A woman with short brown hair, wearing a dark blue zip-up hoodie and dark pants, stands in a shallow stream. She is surrounded by several dogs of various breeds, including a large black dog, a brown and white dog, and a black dog. The stream is rocky and surrounded by dense evergreen trees. The background is a lush green forest.

# DOG NUTRITION 101

How proper feeding can keep  
your dog sickness-free for life

by Nora Lenz

[www.NoMoreVetBills.com](http://www.NoMoreVetBills.com)

## *Dedication*



*Coco*

*This is my last dog “Coco”, who died at age 19 in 2012. He was 15 in this photo and, despite his advancing age, had not visited a vet in 7 years. He would go the remainder of his life, 4 more years, without a single day of sickness until 10 days before he died.*

*Coco’s long, healthy life and painless, peaceful, non-euthanasia death are things I want for your dog. In the following pages, you will learn how to give your dog the very best shot at a long, vet-free life.*

*Be prepared to rethink ideas you’ve always taken for granted were true. A wise person once said, “Don’t be afraid to make a big jump. You can’t get across a chasm in two little steps”. Such is the gap between ‘conventional wisdom’, which has largely been shaped by the sick pet industry, and the simple, non-monetized, empowering truth.*

# Dog Nutrition 101

*By Nora Lenz  
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**The first 90% of this book explains the rationale for proper feeding, including a brief exposé on the commercial pet food industry and an explanation of how it causes disease in dogs. It is very important that you understand how and why proper feeding works to prevent and even reverse disease in many cases. Full feeding instructions are provided at the end of the book.**

**Also provided at the end of this book are some tips for transitioning cats to a fully raw diet. Most of the information in this book is about dogs, and dogs have different dietetic faculties than cats, but all the information about commercial pet foods and disease in general is applicable to cats. The actual practical application of the feeding methods is all that needs to be changed, and cats are easy to feed because they are strict carnivores, requiring only meat, bones and organs.**



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## **THE PET FOOD GAME**

Generally, the pet food industry today models the classic example of conscienceless modern business: profit above all else. The name of the game is producing an ultra-cheap product and deceiving consumers into thinking it has value. By recruiting vets to sell their inedible refuse for them, commercial dog food producers have shamelessly convinced dog owners that if we care about our dogs, we have no choice but to buy their products. The success they have enjoyed with their clever marketing strategies defies exaggeration. All but a small minority of dog owners now believe that they are risking their dogs' health if they don't feed them commercial dog food. Unfortunately, just the opposite is true.

The truth is, commercially processed dog food is nothing but job security for vets. The reason why vets so enthusiastically promote commercial food is that it keeps them in business. It's not that they don't care, it's that they are trained by a system that only profits when dogs are sick. The individual vets think they're doing the right thing, but they are taught to not question the information they are given, and it all comes from an educational system whose goal is to support and sustain the economic machine that treats (but never "cures" or resolves) dog sickness. If the job of the vet industry was to teach people how to keep dogs healthy, sickness would be rare. As it is, sickness is not only common, it is the norm.

We are often told by vets to avoid feeding dogs "human food" but, in reality, it would be difficult to contrive a homemade diet that would have worse health consequences than feeding commercial kibble. We've been led to believe that dog nutrition is a complicated business, best left to the "experts", but this is a self-serving marketing device manufactured by the pet food industry. Just as with human nutrition, myth and misconception have been spread far and wide by the industries which profit from our confusion.

Since dogs have adapted to live on basically whatever they come across, the range of possible foods and combinations of foods that they can thrive on is actually quite large – a fact that has been exploited by the commercial pet food industry. People who advocate the use of commercial pet foods often use the argument that dogs have lived on human leftovers since their domestication. It is a matter of some debate when domestication of dogs began but, even if it's 100,000 years, this is not enough to allow for biological adaptation. By the time dogs were domesticated, biological adaptations that allowed them to live synergistically within the natural world had been in place for some 37 *million* years. In addition, it should be noted that what humans once cast off for dogs to eat is entirely different from what is left over from the modern commercial food processing industry. By-products today are used in the most profitable ways first. It is only the basest, most unusable waste that is reserved for our animal friends. Even what we are led to believe is "premium" food contains ingredients that you

would not knowingly feed to your dog. This includes the expensive ‘prescription’ diets that are sold exclusively in vet offices.

Commercial pet food is a miracle of modern industry. Waste disposal is a huge problem in the business of producing food for people. The meat industry particularly is incredibly productive of waste. We humans like to think we are omnivores or carnivores, but suspiciously we don’t eat all parts of the animal like true omnivores and carnivores do. We want only the tender flesh -- no bones, organs, blood, fat, sinew, eyeballs, hooves, feet, ears, heads or cartilage, not to mention excised tumors and flesh from animals that die from disease or en route to slaughter. This stuff must go somewhere and, in the past, when people killed and processed their own meat or had it done by a local butcher, these by-products fulfilled the family dog’s dietary needs nicely. Nowadays, mega-processors do all of that and they’re the ones left with the waste and “by-products”. The pet food industry represents a place for all of it to go, and to make a profit for everyone involved to boot. What could be better? From a straight business perspective, it’s a perfect scheme. Pet food producers are only left with the problem of transport and storage, which they’ve solved by dehydrating and otherwise processing the life out of the products so that they literally never decompose. This brilliant system solves all the financial problems associated with usable waste that food processors would otherwise have to bear. Wouldn’t it be great if you could give all your problems to someone else and actually have them PAY you for it? And you not only pay for the useless fat and waste, you also pay in the form of sickness, misery and vet bills when your dog eats it.

The by-products of the human food processing industry will always be generated, and they actually provide perfectly adequate sustenance for dogs. If pet owners start demanding that these products be delivered to the marketplace in an UNPROCESSED form, the system can still work without making our dogs sick. Logistically it will be a little more difficult and there is far less profit to be had from selling unprocessed animal parts than waterless, shelf-stable bags of kibble. But if pet owners do the right thing and wake up, the only alternative for the pet food industry is slow bankruptcy.

## **WHAT’S IN COMMERCIAL PET FOOD?**

The squalid and unnatural conditions in which modern farm animals are raised produces a great deal of diseased animals that are unfit for the human food market. The dead, dying, diseased or disabled animals (called “4-D”) that together form the percentage of mortality that processors deem ‘acceptable’ are usually processed into pet food. Processors seek to salvage as much as they can of sick animals for the human market, since this is more profitable, so it is common for tumors and diseased body parts to simply be cut away during processing.

Unbelievably, these tumors and diseased body parts are not just thrown away, they are sent to the rendering plant, where they are processed into pet food, among other products.

The reason why pet food can be purchased so inexpensively is because the pet food industry has gotten very good at finding the absolute cheapest, lowest grade constituents from which to produce their product. It is so cheap to produce pet food that producers can keep prices down even while spending millions on advertising. It's much cheaper to do this than it would be to use ingredients that would actually fulfill your dog's true nutritional needs. But that's only part of the problem with commercial pet foods.

Here are a few more little-known facts about commercial pet food and the consequences of feeding it to our dogs:

- **The meat in pet food primarily comes from "rendered" animals.** "Rendering" is a pretty word used to describe the process by which animals deemed unfit for human consumption are turned into a marketable product. Rendering companies are paid to pick up and "process" dead animals from facilities such as medical labs, slaughterhouses, animal shelters and veterinary offices. Animals that die as a result of being injected with chemicals, or from disease, or which belong to species that humans do not consume, are processed into pet food.
- **The brand of dog food commonly sold in vets' offices was actually developed by a doctor working for a large soap company.** The company used the fat from rendered animals in the manufacture of their soap products but disposing of the tissue was expensive and difficult. They discovered that using it in pet food was a profitable means of "disposal". In fact, most pet food companies are subsidiaries of human food processing companies. They use the pet food market to make a profit from otherwise unusable waste products.
- **Dogs have a very weak sense of taste.** They judge the suitability of the food they eat mostly by the smell. Pet food manufacturers are aware that unless they disguise the true smell of their rendered gruel, dogs wouldn't willingly eat it. They do this by coating the food with an ingredient they call "digest", a cooked, fat-based liquid extracted from processed, rendered animals. Another common product used to convince your dog that the food is edible is used restaurant grease, usually rancid and stabilized with powerful chemicals. Deceptive and euphemistic language is used in the ingredients lists in order to keep dog owners in the dark about what they're really feeding their dogs.

- **Veterinary dentistry is a lucrative off-shoot of veterinary medicine that owes its existence entirely to the dog food industry.** Veterinarians theorize that dental disease causes organ failure and they use this idea to frighten dog owners into getting their dogs' teeth cleaned regularly. However, not only is the relationship between rotting teeth and organ disease NOT causal (they are both symptoms of a larger problem), but dental cleanings are not necessary at all for dogs who are fed properly. This is because a truly healthy diet includes lots of foods which naturally clean the teeth and does not include foods which cause tartar and plaque to build up on the teeth.
- **Fleas are not an inevitable fact of life for dogs, as most veterinarians and the flea 'remedy' industry would have us believe.** Fleas, like other parasitic insects, are attracted to decaying or unhealthy flesh. Dogs fed a diet of dead, commercially over-processed food attract fleas because indigestible wastes are always being exuded through the skin. Just as flies don't swarm around clean garbage cans, fleas and other parasites have little interest in dogs who have clean digestive systems. Minimally, when dogs are fed a natural diet, fleas become much easier to manage without resorting to toxic chemicals or expensive, harmful pharmaceuticals.

**And if all that isn't enough to steer you away from commercial pet foods ...**

## **PRODUCT TESTING**

Recently it came to light through an undercover investigation that Iams was conducting cruel experiments on dogs in their contract labs. This may be a revelation to the uninformed, but it has long been known that pet food companies have two main jobs: 1) making profits and 2) keeping them. If they don't perform experiments on live animals of the same species that their foods are intended for, they will have no defense to use in court if they are accused of making animals sick. What this means for the innocent dogs who are unfortunate enough to end up in one of their labs is a life of misery and suffering. Now that people have heard about what goes on in Iams contract labs, they are switching to other commercial foods en masse, without having any evidence whatsoever that the other commercial pet food companies don't engage in exactly the same practices. In fact, there is every reason to suspect they do.

## ARE ALL COMMERCIAL FOODS BAD?

Yes. The industry has not really improved the quality of its products as a result of consumer awareness. They've just gotten a lot trickier with their marketing strategies and have pulled out all the stops with devices like regular-dog-owner testimonials. The "Blue" brand of dog food has had major success with this one.

The recent "grain free" trend is an example of their sleight of hand. Grains should never have been used in dog food and it was only profitability that motivated their inclusion in the first place. So, the industry does something they should never have done at all and when they stop doing it, they make a big fuss about how responsive they are to consumer concerns. And dog owners en masse go along with their folly, buying the "grain free" food and telling everyone proudly that they feed only "grain free". And when their dogs get sick, they say they can't figure it out because their dogs don't get grains! Meanwhile, the devious processors have found other cheap crap to take the place of grains that is only slightly more digestible than grains.

The claim that their foods contain no "by-products" is another work of deception. Meat by-products are legally defined as the internal organs. Internal organs are a natural part of a dog's diet. But since they repulse humans, and most people don't even know what is meant by the term "meat by-products", they think that buying a food without them is good. It's not that the foods that DO contain by-products are any better, they're not. It's just that "by-product free" is a meaningless term.

And speaking of meaningless, so are the minimums shown on the labels of dog food. Who wants to know what the minimum amount of anything that is in a food? Don't you want to know the ACTUAL amount? If you were watching your sodium intake and read a label that said the food had at least 100 mg in it, would that tell you what you need to know? NO. With this 'minimum' nonsense, pet food processors have hoodwinked consumers into thinking they actually police themselves or that they have some regulatory body policing them. In truth, the requirements that are ostensibly imposed on pet food processors are voluntary, the body that provides oversight (AAFCO) has no authority, and the information on labels is utterly useless. Compare the obtuse, cryptic 'information' on a dog food label to a normal nutritional label on human food and you'll see what I mean.

Commercial RAW dog foods are obviously better than kibble and other over-processed foods, but because of the labeling deceptions and other reasons, feeding them to your dog is ill-advised. They are not only MUCH more expensive than home-prepared food, they contain far too much fat and often contain costly, incompatible, unhealthful and unnecessary ingredients

like vinegar, garlic, oils, flax and supplements. I receive many emails from people feeding these raw commercial grinds whose dogs and cats still get sick. These foods are represented by the industry as the best you can do for your dog, but they absolutely are not. If you want your dog to be as healthy and disease-free as possible, it is not only cheaper for you but better for your dog to learn the simple basics of proper home feeding outlined in this book.

## **RAW OR COOKED?**

Now that you know a bit more about what commercial pet foods consist of, you may not be interested in continuing to feed them to your dog. You may be thinking that the safe answer is to recreate something similar in your kitchen, using “wholesome” cooked ingredients. Lots of dog owners make this mistake. I even spoke to a veterinary pathologist once who had decided to not feed her dog commercial foods anymore but was befuddled when her dog became chronically sick after months of eating the best homemade meals she could cook for him. When I asked her if it had occurred to her to feed raw, she said, simply, “no”.

There are many possible reasons for a dog owner to make this kind of mistake, mostly related to fear and brainwashing by industry. They think they’re being cautious and conservative, but this is not the case. Commercially manufactured food is actually radically different from what dogs evolved to eat. Staying closer to nature is conservative and doing otherwise is taking a risk, not the other way around.

Another reason they make this mistake is that they are seeking the “balance” that they perceive to be present in commercial foods. The truth is, there is ZERO “balance” in commercial pet food. Dogs have no need to eat equal parts of usable and unusable ingredients. Whenever you see the word “balanced”, whether it’s on a pet food label or on one of the thousands of dog food recipes available online, RUN. The idea of “balance” has been used to make home feeding far more complicated than it needs to be. Canine “nutritionists” and ‘holistic’ vets have been the biggest marketers of this myth, and the ‘Prey Model Raw’ (PMR) and ‘Bones and Raw Food’ (BARF) feeding community has adopted it as well, not realizing the effect it has on dog owners who would like to home feed but are too confused or intimidated to know where to begin. The ultimate result is that many more owners who have the willingness and wherewithal to home feed continue to dump commercial food into their dogs’ bowls.

Dogs need only eat foods that are within the context of their natural range of appropriate foods and, with the exception of vegetables, those foods should be raw. Cooking can make vegetables more digestible by dogs, but meat and bones are not improved by cooking. In fact, bones are rendered useless and even hazardous by cooking. More on bones later. Foods should also be uncombined with other foods or combined only with compatible foods (see

below for more info about that). Just these criteria serve to disqualify virtually all cooked commercial pet foods and homemade diets modeled after them.

## **ARE 'PATHOGENS' A VALID CONCERN?**

In thinking about feeding your dog raw food, you may be concerned that he could get sick from the bacteria that inhabit raw meat, like salmonella and e-coli. Those who oppose raw feeding seem to have arrived at a consensus that this is the area which holds the most potential for scaring people away from it. Given all the propaganda we're bombarded with everyday about how disease is caused by "germs" and therefore completely out of our control, they're probably right. So, it's beyond my hope to be able to convince you that there is nothing to worry about in a few paragraphs. However, that won't keep me from trying.

If the other holes in the germ theory have not yet made it obvious to you that you DO have control over whether you get sick (to that end, books like "Goodbye Germ Theory" by Dr. William Trebing may be helpful), you can at least be comforted by the fact that the stomach acid of a dog is 10 times stronger than the acid in a human's stomach. This means that they have no problem ingesting things that are thought (not known) to cause sickness in humans. Since dogs are designed to consume flesh, their systems get rid of it quickly, before putrefaction occurs. It is this process of putrefaction that produces toxins that cause problems for humans, since we are not biologically designed to consume flesh, and food does not move quickly through our systems. Wild dogs are predators, but they are also opportunistic scavengers. Unlike cats, who prefer their food freshly killed, dogs are physiologically equipped to eat and easily digest rotting carrion.

Even though the digestive systems of our dogs are impaired to some degree because of the garbage they've been fed through generations of domestication, they still have the same digestive faculties and chemistry of their wild relatives. The so-called 'harmful' bacteria are of no concern to your dog. If you are concerned about the raw meat you're going to be handling will put you at greater risk of getting sick, I hope the following paragraphs will ease your fears. Nothing in our current culture makes less sense and is more self-destructive than our insane war on the microscopic entities on whom we depend for our very lives. The idea that disease is a stealth attacker lurking on every countertop and cutting board has been used to create fear, which in turn sells products and services. The germ theory of disease has always been about MONEY and CONTROL, it has never had anything to do with health or understanding nature.

Every second that you spend worrying about germs, trying to avoid them, killing them or blaming your dog's sicknesses on them is wasted time from your precious life. Bacteria and fungi are absolutely not the enemies of humankind. They are nature's clean-up crew. They are

unequivocally our friends. There are NO good or bad bacteria. Different bacteria consume different kinds of waste, just as there are different taxonomy categories in mammals. The kinds of bacteria that eat waste that is produced from foods that are the most harmful to humans as they decompose (animal products, generally) are thought to be the most “pathogenic”, such as e-coli and salmonella. But the bacteria are there because the WASTE is there and it’s the WASTE that is the true underlying cause of symptoms, ALWAYS. Bacteria are innocent bystanders. In fact, they are beyond innocent. They are there by explicit invitation, doing their life-preserving job.

## **WHAT NOBODY UNDERSTANDS ABOUT BACTERIA**

I read recently in Dr. Joseph Mercola’s newsletter of an experiment where researchers introduced some “pathogens” (e-coli, salmonella, etc.) to a dish of raw milk, and then did the same with an identical dish of pasteurized milk. The samples were allowed to sit at room temperature for a while and then were tested. It was found that the newly added bacteria flourished in the pasteurized milk, while they died off in the raw milk. The researcher’s explanation for this is that the raw milk contained so many forms of “good” bacteria that the “bad” ones were vanquished in the ensuing battle between them.

The experiment might have yielded some interesting factual information, except that the experimenter, led by his preconceived biases, was more focused on building a story that left his biases intact than giving us a glimpse of reality about what makes bacteria tick. Such lack of objectivity afflicts much modern “science”, unfortunately.

The important take-away message is that the imagined microscopic battle never happens at all. Different types of bacteria don’t compete with each other, in the same way that carnivores don’t compete with herbivores for food. They eat different types of “food”. Bacteria that decompose certain foods that don’t belong in the human body are thought to be “bad” because these foods create so much waste that the people who eat them tend to get sick more than people who don’t. The bacteria that feed upon these types of waste are convicted of disease causation on mere circumstantial evidence. They no more cause sickness than solar flares do. They are just the ones that happen to be present when medical professionals go looking for microscopic villains.

Like all other organisms, bacteria seek their food supply. Bacteria belong to a class of species known as “necrophages”, which simply means that they eat dead things. Contrary to popular myth, constructive sicknesses are not external entities that “attack” us or our dogs, they are self-limiting purification mechanisms, initiated by and for the body. When the body is sufficiently cleansed, the symptoms will stop. If, however, the symptoms of constructive

disease are stopped or changed with remedies, the wastes that would otherwise have been eliminated will be retained in the body. That's why it's very important for us to remove the causes of our dogs' symptoms and wait for healing, rather than merely suppressing the effects.

For all its arrogant faux certainty about the role bacteria plays in sickness, medical "science" has never established a definitive CAUSAL connection between bacteria and sickness. In fact, when they have attempted to demonstrate this hypothesis, they have failed. The simple truth is that bacteria are always present at the site of "infection" (inflammation) by implicit invitation, helping to clean up the mess. Their relationship to us is similar to the relationship we humans have to fruit trees. We don't "invade" orchards when we pick and eat the fruit, and we don't cause harm to the orchard. The trees actually depend on us to disseminate their seeds, and we benefit as well. This is known as symbiosis, and it's exactly what's happening when bacteria proliferate in our bodies. Bacteria decompose waste for us. Anyone who understands the realities of the natural microscopic world would not use a military euphemism like "invasion" to describe a natural process in which two species interact for their mutual benefit.

Hospitals are the most sterile places on earth but still seem to have the highest rates of spontaneous "infection". No matter how germ-free operating rooms are declared to be, people with polluted bloodstreams who undergo surgical injury very often become "infected". This is not caused by errant bacteria; it's caused by the state of the patient's bloodstream. Blood needs to be clean of impurities in order to coagulate and perform the way it's supposed to. When healing doesn't happen, it's most often because of overall lowered vitality, the sub-normal condition of the tissues involved and the polluted state of the blood. Antibiotics are administered to kill the bacteria, but they also toxify the body, kill living cells and end up interfering with the healing process. The word "antibiotic" literally means "against life". Fasting enables much quicker healing of "infection" because it allows the body to clear out the bloodstream.

All we have to do if we want to get rid of bacteria is remove their food supply. If we want to control or otherwise minimize the bacterial populations in our dogs' bodies, we need only stop feeding waste-producing foods and stop causing their bodies to become depositories of accumulating sewage.

We could never kill or disable all the bacteria on earth or even the "bad" bacteria, and if we tried, we'd soon drown in our own waste. It is foolish to fear or give even a second thought to a species that we are so utterly dependent on for our survival.

If humanity survives long enough into the future, the ideas we currently have about bacteria will be ridiculed like we now scoff at the idea that evil spirits were responsible for disease. Bacteria are the new “evil spirits”.

It’s impossible to overstate the harm that has sprung from modern civilization’s irrational fear of bacteria and the mistaken blame that has been placed on them for sickness. And it’s going to get a lot worse before it gets better, if those of us who know the truth fail to speak out. The monopolized partnership between government and medicine has already spawned a thousand ridiculous “health” laws that attempt to force people to participate in their absurd war on “germs”, and much more is coming our way if we continue tolerating the insanity.

## **THE TWO TYPES OF DISEASE**

The paradigm I’m introducing here is a much simpler and more realistic way of looking at disease. It is generally called the “Unity Theory” of disease, because it states that all disease has one sole, singular cause, that being Toxemia or a polluted internal environment.

Despite the 20,000 names that the medical profession has given to various diseases, there are really only two kinds of disease:

- 1) Constructive
- 2) Degenerative

### **Constructive Disease**

In humans, constructive disease typically takes the form of colds, flu, mumps, measles and the like, wherein the body enlists the mucus membranes of the upper respiratory tract or the lymph nodes, skin or many other avenues to move waste out of the body. Symptoms like fever, diarrhea and vomiting may be experienced if the afflicted person is foolish enough to continue eating while symptoms are present or ‘fight’ them with remedies, depending on how much elimination the body must do. All that voluminous stuff coming out is not the body attempting to rid itself of a harmless microscopic virus or bacterium! It’s ridiculous to think that the infinitely wise and parsimonious body would need to waste all that fluid and energy expelling something so small it can’t even be seen with the naked eye.

In dogs, constructive disease looks a little different than it does in humans. Sickneses like “Parvo” and distemper are the canine equivalent of human colds and flu. Like colds and flu, they are nothing more than the emergency accelerated elimination of wastes that have accumulated to the point of jeopardizing the functionality of the body if they are not purged. These diseases cleanse the body, rebuild health and restore homeostasis (internal balance). In

puppies and dogs, the symptoms of “parvo” shut down appetite, cleanse the bowel (via diarrhea), eject unusable food from the stomach (via vomiting), use lethargy to signal the need for rest, and employ fever to accelerate the process of elimination.

Since “parvo” is so feared among dog owners, I’m going to take time out here for a list of the typical symptoms of this disease as compiled by a popular veterinary site. Each symptom is followed by a simple, understandable, truthful explanation of what the body is attempting to do by employing them. This is very empowering information, and that’s why you will NEVER hear it from a vet or see it on a veterinary site, “holistic”, allopathic or otherwise. If you understand the PURPOSE of symptoms, along with their CAUSES, it becomes obvious that cooperation and prevention is what is called for, not suppression, regardless of whether the methodologies are pharmaceutical or regarded to be “natural”.

**Severe, bloody diarrhea:** Foods that are indigestible and unusable by the body cause irritation in the intestinal tract. Wastes from these foods accumulate in the cells and tissues, and the body brings heat and fluids to the areas where wastes are concentrated to dilute them and accelerate their elimination. This happens wherever in the body there is healing to be done because healing cannot be accomplished in a polluted environment. This is inflammation. It represents the body’s effort to purify the bloodstream so blood can perform the way it’s supposed to and tissues can knit back together. Sometimes, when causes continue, the digestive tract becomes so inflamed that it ulcerates and bleeds. The body sends water into the intestine to affect a premature bowel movement because it cannot digest food. The body does this because unusable food will putrefy and further pollute the bloodstream if it is not eliminated. The body is protecting itself, preserving function and attempting to cleanse.

**Anorexia:** In this context, the word simply means a LACK OF APPETITE. Since for most people it brings to mind the dangerous human disorder Anorexia Nervosa, dog owners tend to think that anorexia means a severely underweight condition that sometimes ends in death. But anorexia is not harmful in animals and is a perfectly natural response to sickness. The body does not need food when it is working to eliminate accumulated wastes that threaten its ability to function. Food is WORK for the body before it is fuel. When the body has other work to do, it does not want more work. Not all dogs are in touch with their inner wisdom and lose their appetites, but most do. They KNOW their bodies cannot use and do not need food when they are sick. Lack of appetite is a dog listening to his inner wisdom.

**Fever:** Just as with inflammation, the body uses heat to accelerate the process of healing and waste elimination. Fever requires a great deal of energy to produce, so it is not seen in all animals. It is particularly seen in the young. (That’s why fever in children is common, not so common in adults.) Fortunately, even the medical profession is beginning to understand how

fever is made worse by the administration of medicines designed to bring it down. Fever is never an enemy that invades. It is an incredible, miraculous, life-saving mechanism that the body uses to save itself. *The enemy is the toxic load in the body that necessitates fever.*

**Vomiting:** As previously mentioned, most dogs lose their appetites but if they don't, the body must sometimes take matters into its own hands and sacrifice the energy and fluids required to reject food from the stomach. It does this to cut its losses. The body does not need more food when it is utilizing its emergency elimination symptoms. As with diarrhea, if it allows undigested food to stay, it will putrefy and create harmful by products. Continuing to feed a dog that shows any of the above symptoms is foolish and potentially deadly, particularly if the food is the same kind that caused the original problem. The continuation of original causes, along with the administration of medicines, is what causes ALL "parvo" deaths. ALL.

**Severe weight loss:** It should be obvious by now what's going on. If the body can't use food, doesn't need food, already has so much "food" that it's overburdened trying to deal with it all, and it sends signals to the dog that there is NO NEED FOR FOOD. So, the dog will not eat. "Severe weight loss" will result. While weight loss is a serious sign of problems, and there's obviously a limit to how much weight a dog can safely lose, vets and others do not realize the fasting capacity of dogs and how much reserve fuel even a skinny dog has. So, their unfounded fears often motivate them to take extraordinary and counter-productive measures to get a dog eating again, including tempting him/her with more of the death-dealing foods that caused the original problem.

**Lethargy:** All of these symptoms require energy to produce. The body of a puppy has a LOT of energy, but it is not unlimited! When accumulated wastes rise to a level that overburden the body and threaten vital function, the body must divert its energy to full time cleansing and elimination. Its available reserve energy is sent inward. It has no extra energy for outward activity!

### What Are the Real Causes of "Parvo"?

Domestic puppies eat as close to perfect a food as they will ever get in their lifetimes UNTIL they are weaned. That's typically when the trouble starts because suddenly, they must accommodate large amounts of indigestible garbage in the form of 'puppy food'. The waste capacity of puppies is easily overwhelmed when so much of what they are fed is sharply at variance with what they are biologically adapted to eat. That's why a puppy's body must sometimes use symptoms to deal with the excess. These symptoms are ALL part of the body's effort to save itself.

It hardly ever happens that a caretaker realizes what's happening and cooperates with nature, because typically the kinds of people who feed disease-causing foods don't usually figure out what they're doing wrong quickly enough to save the life of the dog or puppy. But when it does happen – i.e., when causes are removed, puppies will get WELL. Puppies are so vital and resilient that they sometimes even get well when they are medicated. It should be remembered, however, that when a medicated dog gets well, it's always in spite of the medicines, not **because** of them. The body heals ITSELF.

When you understand what the body's trying to do with these symptoms, you can easily see how counter-productive and risky it is to suppress them. Stopping the body from ridding itself of waste and adding MORE in the form of remedies will cause waste to accumulate to dangerous levels. This kills many puppies and it is not the symptoms that cause the death, it's the attempt to stop them.

Contrary to popular myth, constructive sicknesses are not external entities that “attack” us or our dogs, they are self-limiting purification mechanisms, initiated by and for the body. When waste accumulation reaches a point where functionality is jeopardized, the body institutes emergency elimination symptoms. And when the body is sufficiently cleansed, the symptoms will stop. If, however, the symptoms of constructive disease are stopped or changed with remedies, the wastes that would otherwise have been eliminated will be retained in the body.

That most puppies survive weaning is truly a testament to the resilience of canine physiology. It is a matter of statistical probability that a given percentage will develop the symptoms of emergency elimination and that a certain percentage of those will die if causes are not removed. Preventing this is 100% within our control. When entire litters of puppies and kittens die in shelters because they are mis-weaned, vaccinated, wormed and otherwise medicated, it's not because the disease was contagious! It is because similar organisms react similarly to similar deleterious influences. They are all stressed by being caged in strange surroundings, fed garbage and forced to ingest harmful medicines. If an emetic was administered to 5 dogs and all 5 throw up, it could not be said that throwing up is contagious! This idea has been used to relieve us of our power and control over our own lives. To the extent that we buy it and go along with the medical and veterinary fraternities' harmful “prevention” and treatments rather than retain control over our health and that of our pets, we lose.

### Degenerative (Chronic) Disease

The second category of disease – called “degenerative” or chronic -- is not constructive or health-building. It is the result of organs and tissues having been so habitually exposed to acidic, toxic and morbid wastes that they have lost some degree of function. These diseases afflict dogs as they get into middle age much like they do in humans. Some examples of

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degenerative disease are diabetes, heart disease and cancer. While these kinds of disease are signs that some functionality has been lost, they are reversible in many or even most cases, despite what we are told by the medical and veterinary industries.

In the case of either type of disease, there are no medicines, herbs or tinctures that will cause the body to heal. These will only further pollute a chronically polluted system. Since symptoms are the result of complex chemical processes in the body, they can be altered by the introduction of a new chemical. This may change the original symptoms to other symptoms that are euphemistically referred to as “side effects” or it may stop them altogether, but this should not be confused with healing. The underlying cause of the disease will remain until it is removed, or until the body is able to independently resolve it.

The body has a magnificent capacity for self-healing and self-regeneration, so even the vast majority of degenerative disease is reversible, if the cause is removed. In kibble fed dogs, that means the best course of action when symptoms arise is to begin feeding a proper, biologically appropriate diet. If symptoms arise in dogs that are already raw-fed, it does not mean the diet was not the cause. PMR diets are notorious for providing way too much fat and BARF style diets are digestively complicated and often supplemented with useless nutritional fragments. If a dog owner is already feeding raw when a dog becomes symptomatic, following the feeding protocols outlined in this book will usually set things right.

## VACCINATION

Considering the above explanation, it should be plain that there is no place in any reasonable and sensible understanding of disease for the idea that vaccines can infer “immunity” or anything resembling it onto a dog. From the start, vaccination has been based on deeply misguided and flawed ideas. It is not only utterly and completely meritless, but harmful to varying degrees, depending on the substances involved and the extent to which it is used. The only good thing about the new “moderation” approach to vaccination is that vets are doing less of it than they were before and therefore more people are beginning to recognize its harmfulness.

Vaccination never prevents disease or death; it only causes harm. Statistically, it may be possible to show that vaccination “prevents” symptoms of constructive disease and this has sometimes been used by its advocates to demonstrate its usefulness. But this is no benefit once you understand the explanation behind the statistics. That’s because vaccination can cause such an overall devitalization of the body that it may not be able to generate sufficient energy to institute constructive symptoms. We don’t want to stop the body from using its life saving emergency measures to deal with accumulated waste, we want to **remove the causes**

that necessitate this. Vaccination does the former, NOT the latter. What this means is that vaccination not only contributes to degenerative disease in a direct way, by increasing the body's toxic load, but also indirectly by causing extraordinary wastes to be retained when the body would otherwise elect to rid itself of them.

In its never-quenched thirst for more power and money, the vaccination industry has partnered with government to relieve us of our choices with regard to certain vaccines, like the rabies vaccine in dogs. Most states have laws that require rabies vaccination but often they are not enforced. Personally, I'm no martyr. I would not go to jail over failing to vaccinate my dog. If it came to that, I would vaccinate. But I recommend doing everything possible to avoid this, including staying under the radar to avoid bringing attention to the fact that you do not vaccinate your dog, especially if you live in a state where enforcement is rigid. I do recommend that dog owners talk among themselves about the harmfulness of vaccination, however, including on dog health discussion forums and groups online. It's up to us to spread the word about vaccination futility and fallacy, because vets and other health professionals sure aren't going to do it.

## **TITERING**

As you may know, titering is a type of blood test that aims to determine whether a dog has sufficient "antibodies" to 'fight off' disease. As I hope you've learned from the previous paragraphs, disease is not something to be fought off, it's something that slowly accumulates in the body. "Immunity" is a medical myth that does not, and could not, exist in nature. Where there are causes, there is no exemption from disease. The idea that immunity can be conferred by introducing substances into the bloodstream that are known to be toxic has made lots of money for large industries, but it is not valid no matter how much money it makes or how unanimously it is believed. Titering doesn't call any of this into question, it makes the same silly assumptions about "pathogens" that all forms of medicine make. It keeps people in the disempowering game of thinking they have no control over whether sickness happens, instead of that they are 100% in control of it. Economically, titering has become the way in which the vet industry (particularly the 'holistic' sector) recoups some of the losses from flagging vaccination compliance.

Dr. Archie Kaloherinos is the author of "Every 2<sup>nd</sup> Child", a book he wrote about his tragic experiences vaccinating aborigine children in Australia. Both he and great health educator TC Fry have pointed out that the AIDS "crisis" (in quotes because it has not been a crisis to medical profiteers) turned on its head the idea that antibodies are predictors of protection from disease. That's because suddenly rather than signaling 'protection', people with antibodies against HIV were being diagnosed with AIDS. This means the antibodies were now indicating

presence of the disease. I have to think the medical industry has manufactured some convoluted explanation for this blatant inconsistency, the way they've made up other scapegoats (herd immunity, dormancy, etc.) for their flawed ideas. You and I don't need to know all of that, we just want our animals to be healthy! And we do that primarily with proper feeding.

Food is by far the #1 way to ensure health but keeping toxic crap out of their bloodstream is important too, and ironically that's the only possible legitimacy I can give to titering. Titering has been called a "get out of vaccination card" by some, and that's the only justifiable reason for having it done on your animals. If having a titer test can get your dog entry into places he wouldn't otherwise be welcome as an unvaccinated dog, or otherwise get him out of being vaccinated, it's worth the cost, time and trouble. Otherwise, it's not.

## **SOCIALIZATION**

The relationship that socialization has to health is only fractionally contributory in adult dogs, so for many years I did not include information about it in this book. However, for the sake of owners who are reading this in preparation for getting a puppy, the topic is of vital importance. And it's critical that the information come from someone who understands how disease really works and what really causes it, because it is through understanding these realities that puppy owners will be able to do the right thing and get their dogs socialized while they are YOUNG. Of all the ignorant, destructive, self-serving recommendations that vets dispense, the idea that puppies should be isolated until their vaccination series are complete is by far the most damaging to dogs. That's because far more dogs are harmed or killed by this advice than are harmed or killed by "contagious" disease. Only 30% of dogs remain with their original owners for their entire lifetime. Of the remaining 70%, many are abandoned at shelters, re-homed, or euthanized because of intractable behavior issues, most of which are entirely preventable with early socialization. Millions of dogs are being killed because they never learned as puppies not to fear things they did not experience in puppyhood.

Dogs that are isolated in the crucial early stage of development (birth – 4 months) when socialization is easy and un-stressful, grow up to be insecure, awkward and even frightened around their own kind. Fear causes a dog to behave in such a way as to put distance between him and any previously unexperienced thing. Social distance is an integral factor in dog behavior, and it is achieved primarily by two mechanisms -- aggression and retreat -- either of which can manifest in all kinds of undesirable behaviors.

For millennia, puppies learned about their new world through unrestrained exploration that began just after acquiring physical mobility. We are imperiling dogs to ignore this important

biological directive. It seems almost everyone is unaware of the causal relationship between inadequate socialization and the huge numbers of dogs being abandoned, repeatedly rehomed and euthanized. Thousands of others live a life of unnecessary isolation and loneliness because their owners failed to properly socialize them. Guardians of rescued dogs suffer as well because the dogs they adopt cannot be trusted around other dogs and children, due to the failure of the original owners to socialize their dogs while they were puppies.

When a dog lacks social confidence, he communicates his feelings via his body language to other dogs. This makes him an easy target for social dominance by other dogs. To us he may look like the perpetual victim, but he's really the catalyst, because of his social ineptitude.

Puppy owners are told that the answer is the so-called "puppy socialization classes" that are offered by shelters and training facilities. Although these classes can be part of a socialization strategy, they are no substitute for the real thing. They don't prevent the lifelong insecurity and lack of confidence that lead to big problems in adulthood. These classes only teach puppies how to behave with other puppies, and that's something puppies already know. What puppies really need to learn is how to behave around adults of widely varying temperaments, and they can only learn this out in the big, bad world. Owners who think their dogs have been 'socialized' by a puppy class very often have the experience of watching their young socially clumsy dogs get thumped by adults out in the real world when they finally get around to exposing them to it. Adult dogs should not be obliged to tolerate obnoxious behavior from disrespectful teenagers, yet when scuffles ensue because of a young dog's social faux pas, the rightly offended adult always gets the blame.

Here's the typical scenario: A puppy is adopted or purchased at a time (typically 8 weeks) when it is not too late to start exposing him/her to the world. The first thing that the new owner does is take the puppy to the vet who warns him that any exposure to other dogs is "risky" until at least 4 months of age. Nobody realizes it, not even the vet, but this is a commercial for a product (vaccines), not a realistic and useful piece of advice. Vets, being vaguely aware of the importance of socialization but completely UN-aware that puppy socialization classes are entirely inadequate, nevertheless recommend them as a compromise to their "no exposure" rule. So, the new puppy owner enrolls puppy in the classes, dutifully attends every session and congratulates himself for doing everything possible to create security and confidence in his young dog. Then when the puppy turns 4 months and they start venturing out onto the trails and dog parks, the owner is dismayed that his/her puppy is chronically "picked on" by other dogs. After that, the dog owner typically prevents his dog from having access to other dogs for the rest of his/her life. For the remainder of the dog's life, the owner will blame his first encounter with an offended adult dog as the reason for the lifelong fear the dog has of his own kind. This is only one of the possible negative outcomes, and it's all so unnecessary.

Early socialization all but ensures harmony between adult dogs and imbues them with the confidence to be comfortable in widely varying situations. Unfortunately, fewer and fewer dogs are getting the socialization they need because of veterinary misguidance. The crucial two months that elapses between the time a puppy gets adopted and the time s/he gets the veterinary green light to mix with other dogs cannot be made up no matter how much socialization a dog gets from 4 months onward. That's because at around 4 months of age, the window for easy



*My 2.5 pound, 8-week-old puppy, Calico, learning how to communicate with hundreds of strange dogs at the 38-acre off-leash park near my home*

socialization begins to close. Puppies under 4 months of age bounce back from their fears and are much more open to unknown stimuli than puppies older than 4 months. Once the fear responses are in place, something that often happens in those critical months between 8 and 16 weeks of age, it's much more difficult for them to become confident adults.

When socializing your puppy, exposure to all kinds of environments is important. Although leashed walks certainly have their place as part of a comprehensive socialization program, teaching a puppy how to get along with other dogs is best done in a leash-free environment. The leash impedes a dog's ability to communicate with other dogs. It may seem inconsequential to us that a dog's head is forced up when being walked on leash, but to a passing dog it just may constitute criminal disrespect. Leashes can cause tussles to occur between dogs that might not otherwise have a problem. The situation is made worse when owners pull on the leash to keep dogs from making contact with one another. Eventually, dogs begin to associate the discomfort of being restrained in the presence of other dogs and may begin to aggress in an attempt to get rid of the other dog before the pain begins.

For a puppy just learning how to communicate and behave with his own kind, there's no resource that can match the off-leash dog areas that many municipalities are now offering. In the city where I live, we have a beautiful 38-acre park bounded by a river that hosts hundreds

of dogs every single day. If you live in an area where such a resource is provided, avail yourself of it, EARLY, when your puppy is 8 weeks old. If you are worried that big dogs may harm your puppy, be aware the adult dogs do not routinely harm puppies. I have taken tiny 3-pound puppies to the big dog park near me and it is very rare to see an adult dog do anything except sniff and leave. If you are worried, hire a trainer who can go with you to the park and school you on how to watch for danger signs. You should not allow your young puppy to become too frightened, but if you get him/her there early enough, s/he will have her natural inquisitiveness and courage intact and will know how to approach adults. If you live in a small town where it's hard to get your puppy around LOTS of other dogs, consider making trips to the big city where these parks are common and full of dogs. If you do this early enough (8-12 weeks), you will be rewarded with peace-loving canine companions who enjoy interacting with other dogs and are comfortable in any social situation.

## **FEEDING PUPPIES**

We often hear that puppies need constant feeding and it's true that when puppies are very young, the mom spends most of her time with them so that they can feed whenever they need to. However, it's not true that puppies need frequent feeding until they are fully grown. The wild models show us that once puppies are weaned, they must frequently go long periods (days, presumably) without food while mom leaves the den to hunt. What this means for us is that by the time domestic puppies are acquired by their new owners, it is safe for them to go without food for the requisite day in preparation for a transition to a raw diet (which is not necessary if you're lucky enough to find puppies that were weaned onto raw food). We must once again remember that our dogs are identical to wolves on the inside and share a common evolutionary history. After weaning has taken place, the food supply in nature is no more regular for wolf pups than it is for full grown adults, and it is safe to assume that pups have to endure many occasions when their mothers did not come home with food for days. It's logical to further assume that puppies do not fall over dead if they are not fed every day, and that they are much more resilient than we are led to believe.

However, it's probably not a bad idea to feed a puppy a higher percentage of body weight and more frequently than an adult. Some raw feeders start as high as 8-10% of body weight at 8 weeks of age and decrease that percentage slowly over the first year. Two to three percent of body weight is what is recommended for maintenance, generally, but even this is not necessarily valid when plant food days are being fed. More info will be provided on quantity in the feeding instructions section. I think it's best to watch your puppy and remain flexible on quantities if you see bloating of the belly, excessive weight gain, digestive upset or any other symptom that might indicate overfeeding.

When I got my current dog (a Cocker Spaniel) at age 7.5 weeks, she weighed only 2.8 pounds (she's a runt). I fed her cooked yams the day before I started feeding her raw meat and bones. You can either fast your puppy for a day in preparation for raw meat or you can feed cooked yams or yams with fruit or quinoa.

My puppy's first raw meal was a whole leg from a Cornish game hen, which she ate while I held it, using her back-cutting teeth to cut off bites. She ate the entire thing and digested it well. I did not weigh her food when she was a puppy, and I fed her 2-3 times per day until she was about 6 months when I cut her back to a single daily feeding.

*Calico eating her first chicken (game hen) wing at 8 weeks of age.*



We know that pups in the wild and perhaps beyond subsist mostly on varyingly pre-digested, regurgitated food from their mother. Even so, since dogs do not masticate their food, it will not be cut in small bites for them and they will still have to use their inborn faculties for ripping, chewing and crushing to get the food in such condition as to make it past their small throats. So, don't worry that your puppy is not equipped to eat bones or does not know how to eat raw food. Bones must be small and softer than those in large animals, but the bones in foods like quail and game hens are fully consumable by puppies. You will see the first time you offer raw meat and bones to your puppy that they are born with the knowledge of how to eat.

I found that with my puppy, the introduction of plant foods caused some housetraining setbacks, although she loves almost all fruits and many cooked veggies. It seemed the sheer volume of the fiber in the new foods would surprise her and she wasn't yet clear on what to do about it. So, I decided to feed her pretty much nothing except quail and Cornish game hens for her first year, so her poops were predictable, small and easy to clean up. As I've mentioned, young dogs and pups have a much greater capacity for eliminating the excess wastes (primarily from fat) in a predominantly PMR style diet. Around a year of age, I started introducing the combination of quinoa, cooked yams and fruit (usually bananas, apples or pears). I added only

one day per week of plant foods at first and gradually increased until now, at age 18 months, she eats plant foods on 4-5 days to every one day of meat. More about the various rotations can be found at the end of this book.

## AGE-SPECIFIC DIETS

Dogs eat the same foods throughout their lives, from the time they are weaned until the time they die. The idea that their needs change throughout their lives is largely a marketing contrivance (yet another) of the pet food industry. The only exception is that puppies are weaned on regurgitated food, which we have no reasonable way of replicating in domestic circumstances anyway. Ironically, it's the unhealthy nature of commercial pet foods that partly legitimizes the idea of different needs according to age, because when dogs get old after a lifetime of eating that garbage, their consumption needs to slow down to keep pace with their body's compromised ability to stay active and eliminate extraordinary wastes. Even with proper feeding, it may be necessary with some dogs as they get older to be extra vigilant about removing the excess fat, not feeding ground meats, feeding lean or clean animals, rotating plant days into the diet routine and perhaps even lowering overall food consumption. But it's a good idea to do these things throughout a dog's life and if you do that, your dog will be as healthy into old age as s/he was throughout his/her lifetime, including the ability to eliminate wastes as well as a young animal would.



*My dog, Cali, aged 19 months*

## ALLERGY FORMULAS

The allergy concept was pretty much invented to convince people that they can't do anything to permanently resolve symptoms. If it wasn't, it might as well have been because that's the ultimate effect it's had. "Allergy" is an umbrella term that was invented many decades ago when the medical profession encountered something they couldn't explain. Namely, why some people/dogs/cats/etc. have negative physiological reactions to foods or substances that are normally innocuous. They came up with an explanation that is full of speculation and specious thinking (basically that the body attacks itself, which is absurd), but that is taken for granted as

truth, even today. The reality is that the term “allergy” can mean lots of different things, from a bad reaction to a food that shouldn’t be eaten at all or is otherwise less than ideal, to a pathological hypersensitivity to a substance that should be harmless. Often skin issues are blamed on innocuous environmental stimuli like pollen or grass, but this is a dead end, intended to corral dog owners into lifelong symptom management. These substances may be triggers, but there are real, identifiable, underlying causes for hypersensitivities, and it’s on those causes we need to focus our attention. Think of an allergy like this: If you pour lemon juice over healthy skin, you will feel no discomfort. But if the skin is raw and inflamed, there will be pain. The cause of the pain is not the lemon juice, that’s only the trigger. The cause is the inflamed skin. It is the inflamed, unhealthy state of the tissues in the body that causes these overreactions to normal stimuli. That’s what needs to be addressed, and this can only be done with proper feeding.

The truth is, the allergy theory encompasses so many different problems caused by so many different influences that to ascribe symptoms to “allergy” is to admit ignorance of their real causes. Allergy testing has been a great boon to the sick pet industry, and it is 100% ineffective, unnecessary and misdirecting. It does not lead people to the correct response to allergy symptoms, it leads them away from that, usually permanently, which is just what is intended.

Generally, symptoms of “allergies” are simply signs that the body is toxic. In dogs, by far the greatest symptomatic expression that is diagnosed as “allergy” is skin irritation and inflammation, and hair loss. This is caused by toxins and wastes that have overburdened the eliminative system coming through the skin and irritating tissues and hair follicles on their way out. Therefore, before we assume that the dog is just “allergic” to something in its environment, we need to remove those foods in a dog’s diet that create so much waste that the body must enlist the skin as a secondary avenue of elimination.

That’s precisely why “allergy” formula dog foods either don’t work at all or have minimal effect. There are certain ingredients used by commercial producers that have shown themselves to be particularly problematic, like certain grains, cooked proteins and preservatives. “Allergen-free” foods have fewer of these, in favor of less toxic ingredients. But they still contain a great deal of harmful over-processed ingredients that will all but guarantee nothing except minor improvement, and other forms of disease. Most often owners of “allergic” dogs end up not only having to buy the expensive and inconvenient foods in the vet’s office but have to treat their dogs’ cyclical, never-ending symptoms with harmful pharmaceuticals or herbs as well.

Allergies represent one of those areas that has enormous potential to take ill-gotten power away from the sick dog industry and put it back into the hands of dog owners. The absolute best way to deal with skin problems involves ZERO veterinary intervention and ZERO exchange

of remuneration. That being the case, it should come as no surprise that vets don't know anything about this way. Proper feeding is the answer because it will allow your dog's body to gradually eliminate all the wastes that are currently circulating in his/her bloodstream and causing skin irritation and other problems. It bears repeating that when the body is using the skin as a secondary avenue for elimination, it sometimes will continue to use it until the body and bloodstream have once again reached a state of homeostasis, or balance. So, patience will be required, and strict adherence to a proper feeding system so that your dog's body can concentrate on removing old stored wastes rather than dealing with new ones coming in. I have known long-standing skin issues to take 6 months or longer to fully resolve. Healing takes time, and only the body can do it.

## **RAW DEHYDRATED FOODS**

You may be aware of the recent proliferation of raw dehydrated or freeze-dried foods onto the scene. Many people are under the impression that these foods are as good as raw. I've had many dog owners tell me their dogs are raw fed, when what they mean is, they feed dehydrated foods. The problem with these foods is that when water is extracted from a food, many other nutrients, known and unknown, go with it. When the water is put back in, the food is not made whole. Think about what a fresh strawberry looks like next to a re-hydrated dried strawberry. Or a raw potato next to a pile of wet potato chips.

The other problem is that the manufacturers of these foods are still putting in lots of indigestible ingredients that do nothing for the dog and just make the product seem "healthier". In reality, these ingredients (oils, certain vegetables, supplements, garlic, etc.) are not healthy at all and only make the product more expensive. The manufacturers of these products are also apparently unaware of the difficulty that a dog's body has in processing carbohydrates and proteins at the same time. Like commercially ground raw dog foods, these dried or freeze-dried foods also contain way too much fat. Further, these foods are so expensive that owners who feed them think they're doing the very best that they can do for their dogs. When the dogs get sick, diet is the last thing they think of.

I recommend having some of these foods on hand for emergencies, like if an earthquake hits and your dog hasn't eaten for a couple weeks (most dogs would have absolutely no problem going this long without food). Other than that, these foods should not be fed.

## **GETTING READY TO TRANSITION**

When transitioning your dog to a raw natural diet, bear in mind that foods digest at different speeds and can cause problems if they encounter each other in the digestive tract. This is especially true of commercial kibble and raw meat. That's why it is important to make sure no remnants of the dog's previous diet remain in the digestive tract before feeding raw meat as these will hold up the digestion of the raw food. Putrefaction of the raw meat will ensue, and although dogs can handle these poisonous by-products much better than humans, it will often cause the body to quickly eliminate it, either by rejecting the stomach contents (vomiting) or moving water into the large intestine to effect bowel movement (diarrhea). Some dog owners who have combined the two in an attempt to transition their dogs slowly have discovered this fact first-hand. Often people who claim to have tried feeding raw without success think there's something wrong with their dogs when they just made the mistake of feeding raw food too close to the last commercial dog food meal.

Therefore, the new diet should be preceded by one full day of fasting on water only or minimally, a day of veggies and fruits only, to clean out the system and make the first raw meal more appealing. Feeding colorful cooked tubers like yams is a good choice because the telltale orange poops the next day will signal the all clear.

## **BILE VOMITING**

One thing you should be aware of when fasting your dog initially is that almost all dog diets, commercial, home-cooked or raw, are too high in fat. As previously mentioned, meat producers have found ways to make money on both ends of the animal – by feeding extremely cheap foods which create a bigger, fatter animal to sell after it is killed. The problem with feeding these animals to our dogs on a too regular basis is that our dogs end up getting more fat than their bodies are designed to handle. One consequence is that the body produces too much bile. Bile vomiting is extremely common, even among PMR fed dogs. Some PMR feeders are so stymied by the problem that they've just thrown up their hands and declared the problem "normal" and "natural". It's not.

When a wild dog closes in on a kill, the expectation of food initiates digestive preparations in his body, including secretion of bile acids. For a domestic dog, smelling food or watching the owner prepare food in the kitchen might represent the same kind of psychological stimuli. If food is not forthcoming, bile may end up in the stomach without the benefit of dilution with food. The function of bile is the break down fats, and when it contacts the stomach lining and there is no food in the stomach to break down, it may cause irritation in its concentrated form.

The body, in its efforts to protect itself, often elects to expend the resources necessary to eject the bile through vomiting.

Secretion of digestive fluids in preparation for food is normal, but bile vomiting is not. It is only theory at this point, but this seems to support the idea that the body is overcompensating for dietary imbalances that have been present, namely, an excess of fat.

It is common for vets and 'expert' raw feeders to advise just feeding more frequently, so that there is almost always food in the stomach. But this does not remove the cause of the problem, it's a symptomatic approach. Many dog owners report that their dogs vomited bile until they began minimizing the fat in the dogs' diet. Although it may take a few months, it will eventually stop for good. If your dog vomits bile when you fast him, you may not be able to fast him initially. But as the digestive system heals, you will be able to do fasting days. There is much benefit to be had by dogs who are fasted completely, on water only, so it's advisable to keep going back and trying to fast. On an optimal diet, even a dog that has always vomited bile when his stomach is empty will eventually recover.

## **WHAT IS ROTATIONAL MONO-FEEDING?**

This is a new way of feeding which takes into account the fact that the dog has only one chamber in his stomach and is therefore set up to digest only one TYPE OF FOOD at a time. In their history, dogs have had few opportunities to MIX foods. A meal to a wild dog is normally comprised of the entire body of a small plant-eating animal (all the edible parts of an animal are considered one type of food), or, if he is part of a pack, a portion of a large ungulate. A meal would not include meats and carbohydrates together, not to mention all the other foods and non-foods that are normally combined in dog food of all kinds, whether they are cooked or raw, homemade or commercially produced. Digestion is compromised when foods are combined, because the acidic nature of the digestive chemicals required to break down proteins actually neutralize the ones that are required to break down carbs. The cost of feeding more than one food at a time is that the percentage of food utilized is decreased and waste production is increased, which means both food and bodily resources are wasted. When you consider that the accumulation of waste is the #1 cause of both constructive and degenerative disease, this is no small consideration.

Feeding plant foods and meat foods on separate days reduces the chances that incompatible foods will encounter each other in the digestive tract. Rotational mono-feeding involves feeding different foods on different days. In other words, your dog may have fasting days, plant food days, and meat days, in whatever combination or rotation works for you and your dog. It is usually easier to follow a certain sequence of feeding days when you first begin (see the chart

of alternative feeding protocols at the end of this book), but later on, you can feed randomly and not according to any set pattern. It takes a while to find your groove with this way of feeding and develop the confidence you need to be flexible according to factors ranging from what you see in your dog to what foods you happen to have on hand. This feeding plan is actually quite liberating for you because it can even be dictated by your schedule on any given day. All of the feeding protocols in this method will work to keep dogs well. It is not an exact science.

## **QUANTITY TO FEED**

Raw feeding “experts” all seem to have baseline percentages that they use as guidelines, but they never explain how these are arrived at. We know a lot about the types of foods that dogs should eat from our observations of wolves, their closest relatives, so determining WHICH foods to feed is relatively easy. It’s a much more difficult matter determining HOW MUCH to feed. Percentages can only offer a starting point, and they can be downright misleading if followed to the exclusion of other indicators that are more reliable (like weight and symptoms).

Throughout their biological history, dogs have eaten their fill when they have the opportunity. When the food they find isn’t sufficient to fill their bellies, they keep hunting. We know that wolves can consume up to 20 percent of their body weight when they have the chance to eat to satiety. The problem is, we can’t directly extrapolate that information to our dogs, for the following reasons:

1. Domestic dogs aren’t nearly as active as wild dogs, so they need far less fuel;
2. The foods that we feed in domesticity aren’t nearly as clean and healthy as wild foods, and can cause serious problems if overfed;
3. In civilization, the food supply is virtually limitless. A domestic dog’s consumption cannot be balanced by the natural factors that have governed the consumption quantities of wild dogs throughout their history; and
4. Many domestic dogs seem to have no capacity for regulating their intake and cannot be trusted to stop eating at the point where their needs are satisfied but not exceeded.

Unfortunately, nobody in the world can tell you how much food your dog needs. Historically, dogs have eaten a wide range of quantities. Added to that, the needs of domestic dogs are not only lower than their wild counterparts, they are also different from each other. So, any blanket recommendation seems like nothing but a shot in the dark to me. The percentage I’ve seen tossed around most often is 2% of body weight. However, this is the percentage usually

used by prey model feeders, who feed meat every day. Feeding mono plant meals gives us a little more wiggle room, because we don't have to worry so much about over feeding fat. Depending on how many plant food days you feed to the number of meat days, you could feed up to 5% of body weight per day or more, particularly on plant days. It is much harder to overfeed plant foods than protein foods, and many dogs will regulate their own intake on plant food days. It's better by far, however, to use recommended body weight percentages ONLY as a starting point and watch for symptoms and weight gain then adjust if necessary.

Even though the information we can glean from nature is sparse and inapplicable to some degree, we can't afford to NOT take the issue of proper quantity very seriously, elusive as it may be, given that overfeeding is such a large factor in disease causation. We just need to find other reliable ways to determine proper quantity than arbitrary percentages. We know that erring on the side of "underfeeding" (compared to what we've been taught) replicates nature and pays big health dividends. The best indicator a dog owner can have that s/he is feeding the right amount of food and is that symptoms (any and all) go away. For symptomatic dogs, cutting back on the quantity of food (assuming only optimal foods are being fed) almost always brings abatement of the symptom. Sometimes just cutting way back on the fat that a dog is fed will accomplish this as well. A dog that has no symptoms to guide us means health is already present, to some extent, so it's going to be harder to mess up no matter what we do, particularly if the dog is young. In those cases, the main thing to watch for to determine proper quantity is the sharply concave waistline that all wild dogs have (more on that in a later chapter).

Some feeding experts theorize that since dogs can't utilize as much food as their wild counterparts, they are at risk of nutrient deficiency. Granted, the food supply for domestic dogs is definitely substandard. Nevertheless, this does not necessarily mean that nutrient deficiency is inevitable or even a source of concern. The nutrients and energy potential within a food are proportionate. If a dog doesn't need the calories, there's no evidence to suggest that he needs the nutrients he would get if he ate as much as a wild dog. The same argument is used to encourage over-eating and supplementing in humans, and it is false. Dogs AND humans have much, much lower fuel needs than is popularly thought. In one field study, researchers followed one lone wolf that did not get fresh meat for a 10-week period one winter. He lived on previously scavenged carcasses (dried bones and hide), which means he ate practically nothing at all. It could be debated whether this kind of experience has been common enough in the history of dogs to become a requirement for their survival. Minimally, however, the accumulated body of evidence would suggest that canids adapted a need to eat much more sparingly than is commonly thought.

Typically, *young* dogs can tolerate overfeeding for a good long time until excess food and waste accumulates to a level sufficient to cause sickness. That's why degenerative problems generally begin as dogs approach middle age. Often the problems are proportionate to their weight, which may appear "normal" because carrying too much weight is so common among domestic dogs. Even kibble fed dogs whose owners are careful to not overfeed can be healthier than overweight raw fed dogs. Relief from symptoms (joint, digestive, skin, ear, eye issues, etc.) in overweight dogs often comes only when body weight is sharply decreased.

## **MANAGING THE COST**

If you have a large dog or more than one, it may be important to find cheap sources of food. If you have a small dog, it's going to be much cheaper for you to feed properly, even if you feed foods like Cornish game hens and quail. You can also watch the supermarket ads for specials on whole chickens and stock up the freezer when they're on sale. Plus, now many supermarkets regularly sell frozen chicken and turkey scrap (backs and necks typically) very cheaply. In the Fall, butchers or meat processors in rural areas will sometimes sell venison scrap cheaply. Emu scrap is usually very meaty and cheap. Surprisingly clean small game hens are available at Wal-Mart for around \$3 each.

Raw feeders have been quite creative at finding sources of food for their animals. Try to connect with other raw feeders, not necessarily for information (since I have found the raw feeding community at large to be more than a bit confused about the nutritional needs of dogs), but to identify other possible sources of meats. Some areas have on-line raw feeding co-ops that do bulk buys very cheaply. If you happen to live in a rural or agricultural area, there is more opportunity for unconventional commerce, like connecting directly with animal husbandry hobbyists, farmers or processors. Check Craigslist for freezer clean-outs. It is much cheaper than people think to feed properly, especially on my rotational program, although it does require a little homework and mental re-programming at first. You'd be surprised how easy it is, once you've found your groove.

The issue of feeding "organic" and/or "free range" always comes up when the costs of raw feeding are discussed. If you have the time and resources to find and purchase organic or humanely raised meats and bones, that's great, but it's not necessary. Personally, I would prefer to feed meat from animals that had known some freedom and humane treatment in their brief lives, but unfortunately the cost is too often prohibitive. It's very true that animals that are raised cheaply and conventionally are generally fatter and less healthy overall because they are fed more indigestible garbage.

The good news is that since toxins are stored in fat cells, for the most part, an acceptable percentage of these can be trimmed from the final product. The addition of plant food days to the diet keeps overall fat consumption low as well. Although the more expensive, naturally raised meat animals are fed more appropriate foods, it is best to trim fat even from them. (This is the main reason I do not recommend feeding ground meats of any kind, because you cannot remove the fat.) Dogs just aren't set up to eat a lot of fat, even if its only purpose on the original animal was natural insulation. It's even worse in agricultural animals, because the function of their fat is mostly toxic storage.



*Comparison of fat on mature chicken vs. game hen*



*Cut up game hen with 9 ounces of fat removed*

Game hens and quail are more expensive, but they are ideal foods because they are young and their bone to meat ratio is closer to that of a wild prey animal. The bone is actually just as important to your dog as the meat, and domestically raised animals have been bred to have a very high ratio of meat to bone, much higher than is found on wild prey animals, because this is what the human market demands. That's why if you're feeding whole mature chickens, it's a good idea to remove some of the muscle meat before feeding, perhaps 20% or so (you can always eat this yourself, or freeze it, or give it to friends or family). A good gauge of whether your dog's getting enough bone is that the day after meat day the poops are compact and small. Be aware that these kind of bowel movements (BM) move slower out of the body than plant poops, and owners often confuse this with "constipation". A slow BM does not mean a dog is straining or having difficulty.

To economize, you might look for things like chicken frames and fish scraps in the Asian markets or ask the produce manager at your local grocery store if they'd give you their overripe perishable fruits, especially peaches, melons, apples, pears, figs, persimmons, etc. Many raw feeders use primarily chicken or turkey necks, backs and leg quarters because of their low cost. I do feed legs and necks of both turkeys and chickens, but I have found backs and full leg quarters to have too much un-trimmable fat. If you have many dogs or a large one, the economic savings could be worth the extra fat but only if you add more plant days to offset increased fat consumption.

If you are worried that the financial cost of raw feeding will be higher than commercial pet food, it's important to take all factors into account. For example, how many times does your dog visit the vet per year? Has your dog ever incurred a major vet bill due to sickness? Just one major vet bill could pay for years of proper feeding, and these are more common than not among dogs that are improperly fed. And this doesn't include the other "costs" like emotional suffering for you, physical suffering on the part of your dog, and a shortened lifespan. Apart from that, the feeding plan that serves dogs best is actually better for our budgets, too. Fruit can be fairly cheaply had, as can yams, quinoa and millet, and since meat need only be fed a couple times per week or perhaps even less, the most expensive part of the diet is minimized. If you factor in a fasting day per week, the whole program probably costs about the same as 'premium' kibble.

It can't be overemphasized how counterproductive it is to attempt to cut corners for financial reasons. Feeding your dog properly is so important that it's worth doing a little work to re-prioritize your expenditures. There's no way around the basic nutritional requirements of dogs. They were shaped by millions of years of evolution. If they are not fulfilled, the only thing that will be accomplished financially will be to shift the red ink from one column of your budget (food) to another (vet bills). It's not just your money at stake either, since every dollar spent on vet bills instead of proper food only further empowers the sick dog industry.

## **MEAT: TO CUT OR NOT TO CUT**

It's preferable that dogs use their own faculties for tearing and cutting their food, so it should be fed as whole as possible. When dogs are given whole meats, they must use their cutting teeth to make bite-sized pieces, and this keeps the teeth clean and allows the digestive tract to properly prepare for incoming food.

New raw feeders sometimes feel more comfortable cutting their dogs' food into bite sized pieces, and it's true that it is less messy for the dog to eat. But the cost associated with this is that tartar and other deposits may accumulate on the teeth. Although I doubt that this alone would cause dental problems, I do suspect it causes bad breath. I cut up my last dog's food for his entire life because he was not crate trained and if I fed whole meats, he would drag them around the house. He never had dental issues of any kind and he still had all his teeth when he died, but he did have bad breath, especially in the latter part of his life.



*Tools that can be used to cut meat and consumable bone include poultry shears, cleaver and a \$20 axe from the hardware store.*

This is one area where it's good to know your dog. Some people are leery of allowing their dogs to have large cuts of meat and bone because they gulp their food and in those situations the concern may be valid. Those are rare exceptions, however. Really the only legitimate indication that "gulping" is a problem is if the dog vomits after eating too fast. If a dog habitually wolfs his food and throws up, he should be slowly hand fed or one of the slow-down pet dishes that are available on the market can be used.

Most often when dog owners make the decision to cut their dogs' meat, it's out of unfounded fear. Dogs know how to eat. The only exception to this is if you're feeding very sinewy meats and your dog swallows before disconnecting the bites completely. If the bites are all connected to each other as they are swallowed, there is a choking hazard (I had this happen once with goat meat). Whether you cut or not, bear in mind that you should either cut the pieces small enough to swallow without chewing at all, or large enough that they CANNOT be swallowed without chewing/cutting. Trying to compromise by offering big chunks can result in the dog just swallowing them whole, without getting the benefit of using the cutting teeth. Often these big chunks need to be coughed back up again and chewed, which is completely normal but is distressing to owners who mistake it for "choking". I do recommend always being in the same room with your dog when he is eating or chewing on bones. For cutting meat and bones, you can either use a cleaver or a good pair of poultry shears. These are available at the kitchen gadget stores and at some supermarkets.

Also, dogs prefer their food at body temperature, so it's a good idea to let the food sit at room temperature for a few hours before feeding. This is optional, however; most dogs will eat cold food. I've heard some raw feeders say they deliberately feed frozen food because it's 'more work' for the dog and slows them down. It could be argued that wolves have been known to 'cache' meat and come back for it later, and in winter it would be frozen. But since this might also slow down digestion, I think room temperature or body temperature is best.

## **BONES**

We've always been told that bones are dangerous for dogs, but it turns out that it's **cooking** bones that makes them brittle and likely to splinter. Cooking returns bones to an inorganic, indigestible state which causes them to pass through the stomach intact and into the digestive tract where they can cause perforation and blockage. RAW, meaty bones, especially chicken and turkey bones – no matter how hard they seem to us -- **completely dissolve** in the highly acidic digestive juices of a dog's stomach. Raw, fully consumable bones are very healthy for dogs and a necessary part of their diet. Until humans very recently discovered that cooked bones cannot be digested and cause problems for dogs -- and jumped to the illogical assumption that all bones are dangerous -- dogs had been eating the bones of their prey for millions of years. The digestive systems of domestic dogs are still identical to that of their wild cousin, the wolf. It defies reason to think that when wolves eat rabbits and wild birds, they carefully remove the meat from the bones. Wolves even eat the very large dense bones in the large ungulates they kill. The only difference is that dogs that are smaller than wolves need bones that they can physically chew, so large bones may not be suitable. But bones that are chewable by small dogs are a necessary part of the diet and **there is no digestible bone in any commercial cooked pet food**. If you need further convincing, please read "Give Your Dog a Bone" by Dr. Ian Billinghurst, DVM.

Most people who are new to feeding raw meat and bones are nervous about bones. For some, it takes actually seeing their dog eat bones to convince them that there's nothing to worry about.

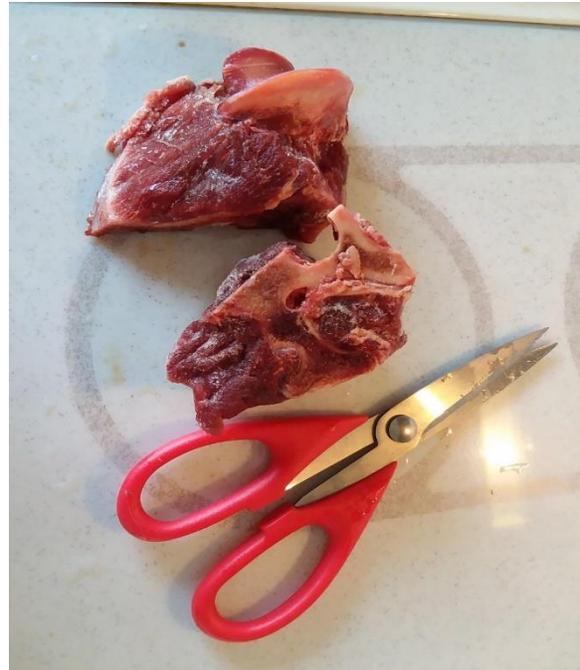
Here is a list of the kinds of consumable bones that are usually appropriate for dogs of various sizes:

- **20 pounds or less:** Chicken or smaller (game hens and quail). Some small dogs can't handle the densest part of a mature chicken leg.
- **20-40 pounds:** This size dog can usually handle all parts of chickens and certain turkey parts, like turkey necks and breasts (bone in).

- **40-60 pounds:** All of the above, plus rabbits and sometimes turkey legs.
- **60 pounds and over:** Large dogs can eat the bones of chickens, game hens, turkeys, rabbits and sometimes even pork or beef ribs.

Bones that dogs can't entirely consume but are eaten mostly for teeth cleaning are called "recreational bones". The best recreational bones, and the only ones I feed, are beef neck bones. They have deep nooks and crannies that a dog needs to dig into with his teeth to get to the meat, and sinews that effectively floss the teeth. You will want to buy neck sections that are appropriately sized for your dog. These are sometimes sold in 1" sections that are only appropriate for small dogs.

Be sure to inspect bones before feeding because they sometimes have loose pieces of bone that I recommend cutting out before feeding to small dogs. A medium or large dog will require a 3-4" section. Be aware that these neck sections can be fatty so trim fat if you can and look for the leanest cuts. Pork necks are actually easier to find in the stores but are much fattier, so I don't recommend feeding them at all unless you happen to find some particularly lean ones.



*Beef neck sections*

NEVER feed the weight bearing bones of large animals, like pigs and cows. Technically these are "femurs" (thighs) but are sometimes called "marrow bones" or "pet bones". These are so dense that they can break teeth, particularly in smaller dogs, and when they are cut in 1-2" sections they are a choking hazard for medium or large dogs. Bones are a completely normal food for dogs but a section of extremely dense bone sawn from the whole is not natural. I have never experienced a dog choking on a femur section and I don't know anyone else who has either, but I think it's best to use our common sense and be conservative, particularly considering that these have nothing to offer nutritionally except marrow, which is almost entirely fat.

## **OTHER ACCEPTABLE CHEWS**

Antlers, pig ears, rawhide chews, bully sticks, dehydrated tracheas and hooves are popular chews for puppies and young dogs, but they are a mine field of potential problems. Many of these commercially prepared chews are treated with chemicals to make them hard and shelf-stable. Some raw feeders swear by antlers and these are probably safe if they are not chemically treated, but they are quite expensive. Hooves are less expensive, but I have heard stories about them not being digestible when dogs do manage to break them down enough to swallow pieces, and I know first-hand that they are very smelly when a dog is chewing on them. Pig ears have the chemical worry I mentioned earlier but also are very high in fat. Other commercially dehydrated chews can be found on the market, and I don't claim to be an expert on each and every one. I just recommend using caution and being aware of the tendency of commercial processors to not divulge everything harmful that is used in the processing of a product. Apart from finding a good source of beef neck bones, an enterprising puppy owner might do well to find out what types of animal parts a local butcher has available and order some for dehydrating. I'm thinking particularly of things like tracheas, but even long strips of meat can be dehydrated to make an entertaining chew for a puppy. Puppies and dogs should always be supervised when chews are given, and these should never be given on fasting days.

## **TRAINING TREATS**

You may think that what you give to your dog for training purposes represents such a small percentage of his diet that it doesn't matter if it's not the best, but this is not the case. When a dog's diet gets cleaned up in a big way like we're talking about here, his system gets very clean and efficient. That means it makes better use of the foods he is fed. The barrier through which nutrients are delivered to the bloodstream becomes more permeable, which means more of the food gets in. That's good news if everything coming in is healthy, but it's bad news if you continue feeding junky treats, and it can hold up a dog's progress because it will necessitate his body keeping some of its protection in place. If you've ever made improvements to your own diet and then gone back to your old ways, you'll know precisely what I'm referring to.

Speaking of training, it should be mentioned that the method of feeding I'm discussing in this book can aid in improving behavioral issues as well. Eating badly causes humans to behave in strange and abnormal ways, so there's no reason to not suspect this happens in dogs too. To whatever extent an undesirable behavior is being influenced by how a dog feels physically as a result of being mis-fed, this can be improved just by changing what is fed to the dog. Many owners have reported positive behavior changes after proper feeding. In addition, proper feeding means dogs are never overfed, which makes food rewards that much more valuable

and meaningful. A day or more of fasting before attempting any counter-conditioning effort can also help to clarify the communication between trainer and dog.

With regard to what kind of treats to use, possible justification for using cooked treats may be found if you're dealing with a particularly hazardous behavior issue. Sometimes cooking adds to the perceived value, especially if a dog has been fed cooked meats in the past. The increased value of the treat and the benefit of having the issue resolved more quickly needs to be weighed against the digestive 'cost' of feeding cooked treats to the dog. I have in mind things like pieces of cooked steak or cubed cooked chicken. A dog that has behavioral issues may really get his mind working on which behaviors to offer in order to get these kinds of treats. This is the goal of proper training.

Treats is one area of the marketplace that has seen a huge shift, at least at the higher end pet food outlets. Nowadays treats that are made from only dehydrated or freeze-dried meat can be purchased, although they are very expensive. They should be used sparingly, and dog owners should read the labels to find the lowest "minimum fat" content. Although the minimum fat is pretty much meaningless information (what we need is ACTUAL), we can probably assume anything with 5% minimum fat has less fat in it than a product with 15% or more. Also do make sure there are no other ingredients besides meat.

For the vast majority of training purposes, home dehydrated treats are highly recommended. There are probably lots of possibilities but the one I recommend is dehydrated beef or chicken liver, or dehydrated meat of some kind. Dehydrated meat is not ideal, but it only has the water removed, its proteins have not been denatured or altered such as what happens when they are cooked, which means it is more digestible.

Here's my "recipe" for dehydrated beef liver treats that can be made in a large batch and refrigerated or frozen:

1. Place sliced beef livers on parchment paper in the dehydrator and dry overnight or until completely dry at less than 120 degrees.
2. Cool in refrigerator then cut in 1/2" squares with poultry shears.

If you're shopping for a dehydrator, try to find one that has an adjustable thermostat (the "Excalibur" brand is best). If you're using your oven, just put the livers on a cookie sheet



and use the lowest possible setting and let them dry till you can cut them cleanly with shears, and they won't stick to the inside of your pocket.

I am often asked if meat treats can be fed on otherwise plant food days, and I think it depends on the situation. Generally, I think dog owners treat too indiscriminately; treats should be reserved for those occasions when you want to communicate your approval to your dog for a given behavior. If you have a dog that considers a blueberry a treat, you can get away with using plant food to reinforce behaviors. If, on the other hand, you have a dog that has significant behavior issues that you want to work on and the dog does not regard plant foods as rewarding, it is worth the 'cost' of feeding meat-based treats even on plant food days. As usual, it's a matter of cost vs. benefit. I give meat-based treats to my own young dog on plant food days and have not seen any issues.

## **THE BIG DEBATE: ARE DOGS CARNIVORES OR OMNIVORES?**

If you've done any research at all about raw feeding, you'll have discovered that in the raw feeding community, there are two basic opposing philosophies concerning how dogs should be fed. One group calls themselves "prey model raw" (PMR) feeders and they hold that dogs are carnivores that should eat little other than meat. Its adherents boast about feeding no plant matter to their dogs. On the other side there are the BARF (bones and raw food) feeders, who feed pretty much everything, including a lot of indigestible 'foods' that have no place in a dog's diet.

Generally, the philosophical differences between the two groups can be boiled down to the above question. Both are correct, ironically, and both are incorrect. Dogs actually belong to a category of meat eaters called "facultative carnivores", which is so close to the omnivore category as to be hardly distinguishable. "Facultative" means contingent, not required or optional. This means that their primary food is meat or prey, but they are capable of surviving without them, perhaps not indefinitely but for long periods.

Unfortunately, when people develop or adopt a new ideology, they usually bring their existing belief systems and biased assumptions with them. Among raw feeders, the belief system that human beings are omnivores tends to determine which side of the omnivore vs. carnivore debate they end up on. Regarding the human dietetic character, all it takes to determine the truth of the matter is a cursory look at the evidence, which shows that we humans belong to a class of specialized plant eaters called "frugivores", or fruit-eaters, like all of our primate relatives (think of that stereotypical image of the chimp holding the banana). The fact that humans are not omnivores is not a matter of debate, it is known with as much certainty as any other basic fact of science. It may seem to have no relevance to the question of what dogs

should be fed, but it does end up influencing the thinking of even high-profile leaders within the raw feeding world. After all, if they accept the idea that dogs are omnivores, it becomes uncomfortably obvious that humans are not. To keep intact their cherished belief that humans are biologically suited to eat anything that will fit into our mouths, they declare that dogs are carnivores and use this to account for the differences between us and them. Adhering to this view causes owners to feed meat so often that dogs never get caught up on the increased eliminative burden that excess fat in the diet creates.

Although BARF feeders contend correctly that dogs are essentially omnivorous, they have some mistaken ideas within their philosophy as well. They tend to over-analyze the nutritional needs of dogs, and they make the mistake of thinking they can make up for the hazards of feeding the sub-standard products of modern animal agriculture by feeding supplements and indigestible non-foods like oils, dairy products and garlic.

A problem on both sides is that people like to make things too black and white. The line between taxonomy classifications is not that clear cut. In every category there is a range of species and the foods on which they thrive. Within the carnivore classification, there are species that thrive SOLELY on prey animals and there are others for whom prey animals are only the primary but not exclusive source of food.

For example, cats are often called “obligate” carnivores and it’s true that they would not thrive or even survive without regular fresh kills. Cats have practically no need for plant foods. Dogs, on the other hand, can survive long periods without a fresh kill, and they can do particularly well if other foods are available. One study of Yellowstone wolves found that their consumption of prey dropped by 25% during the summer months when other foods (fruits, primarily) were more accessible. Even when the wolves in the study had abundant food, they only ate fresh prey every 2-3 days on average, and it should be recognized that the foods they were eating were extremely clean compared to what we raw feeders are forced to feed our dogs. What all of this tells us is that the optimal diet of dogs involves getting fresh meat anywhere from twice a week to perhaps a few times per month. The ability of dogs to do well on foods other than prey for long periods would also account for why many dogs who are fed only vegan foods can do surprisingly well, especially compared to their kibble-fed counterparts. If it was true that dogs could only thrive on daily meat feedings, as PMR feeders claim, this could not be the case.

Following either of these two philosophies can cause feeding mistakes that create disease. Dogs who are prey model fed don’t get a break from the fatty, unbalanced, domestically raised animals they are fed on a too regular basis. Dogs fed a BARF diet also end up getting too much

indigestible (inappropriate or mis-combined) matter in their diets. In both cases, the accumulation of extraordinary waste overburdens the body and can cause sickness.

Dogs may do exceedingly well on either diet, compared to kibble fed dogs, especially if they are young. When a dog approaches mid-life and disease begin to show itself, owners need to re-evaluate what they're feeding. If they are very emotionally invested in one philosophy over another, they will not be able to do this objectively.

## **RAW FEEDING MISTAKES CAUSE DISEASE**

PMR and BARF feeders too often assume when their dogs don't do well that the problems are caused by genetics, previous vaccination or nutrient deficiency. Assuming incorrectly that they're already doing everything correctly with the diet means that rather than seeking out the real causes of disease (which are almost always dietary in origin), raw feeders will often blame other factors and resign themselves to disease maintenance or symptom 'management'.

Dogs do have their share of problems caused by breeding and vaccination, but it is not helpful to make these assumptions without considering more probable causes which may be controllable, such as diet. Even nutrient deficiency is almost never dietary in origin but has its roots in the body's inability to utilize the nutrients coming in due to pre-existing disease. This is best dealt with via removal of cause. Because they are not usable by the body, administering supplements would not constitute removal of cause, even if a deficiency had been accurately diagnosed, which is practically impossible. Despite claims from the veterinary profession to the contrary, we don't know what optimal nutrient levels are for dogs. We don't even know what optimal nutrient levels are for humans!

The bottom line is that symptom management should be resorted to only after every possible cause has been identified and removed, and sufficient time has been allowed to pass for healing to take place. Until this is done, no dog owner can claim that lifelong symptom management is the only option. In my experience, many former PMR feeders who previously attributed their dogs' issues to uncontrollable factors like vaccination and genetics have seen an end to these issues after implementing the feeding suggestions in this book.

## **LET'S USE WHAT WE KNOW**

We have enough information about the biological history of dogs to have a pretty clear picture of their nutritional needs. During their long evolutionary history, dogs have subsisted on a huge range of foods, and they have lived mostly on the edge of starvation, by the excessive standards we go by today. Unpopular and hard to accept as they are, these facts should be fundamental

to the philosophy which guides our feeding practices. If we don't respect their primordial directives, we're only hurting our dogs.

Regardless of what the various camps within the raw feeding community postulate in order to bolster their chosen philosophies, we know without question that the following facts about the canine species are true:

- Dogs have historically eaten primarily prey but eat plant matter as well
- Dogs have historically eaten only one food at a time (all edible parts of a prey animal are considered "one food")
- Dogs have never had the opportunity to eat on a regular or scheduled basis
- Dogs evolved in, and most wild dogs still exist in, relatively spare economies, going long and highly variable periods between fresh kills
- The prey animals dogs evolved eating were extremely lean compared to the products of modern animal agriculture (see photo below)
- Dogs don't go to the trouble of hunting or foraging unless they are truly hungry, therefore they are adapted to digesting food only when there is a true bodily need for it
- Historically, dogs have eaten ONLY what appeals to them in its natural, undisguised, uncombined form

*On the left is a dressed, farm raised rabbit and on the right is a dressed wild rabbit.*

*Note the prevalence of fat and lack of color in the farmed rabbit. Bear in mind that farmed rabbit is not nearly as fatty as some other agricultural meats.*

*(Photographer unknown.)*



## TYPES OF PLANT FOODS TO FEED

For the purposes of rotational mono feeding, foods need to be put into two separate categories – plant foods and animal foods. These need to be fed separately for reasons explained elsewhere in this book. Following are some of the plant foods that are appropriate to feed dogs, and a brief explanation of how to prepare them and why they should be fed. A list of meats that are best for dogs is provided in the instructions following the references.

### COOKED TUBERS and OTHER VEGGIES

Raw vegetables are not really appropriate for dogs, even when pureed. I do sometimes put small amounts of the pulp from my green juicing (lettuce and spinach only, not tough greens) in with my dog's food. If you juice tender greens and/or fruit, you can do this as well. It is food that will otherwise go to waste and may do a dog's body a bit of good. But generally, dogs lack sufficient amylase to break down starch and cellulose, and lack grinding molars for chewing. When cooked, however, starchy veggies like yams, sweet potatoes and green peas (mashed) become much more bioavailable. Cooking breaks down the long-chain sugars of these starchy veggies to simple sugars, so they become quite digestible after they are cooked. In fact, these vegetables are so high in sugars that when cooked they begin to resemble overripe fruit in composition, and we know that overripe fruit plays a varyingly important role in the diets of wild dogs. Raw yams and sweet potatoes are generally not appealing to dogs but when cooked they are universally loved by dogs. I've never seen a dog pass them up, even when they won't eat fruit of any kind.

Cooked yams make a good transition meal between the last commercial feeding and the new diet, because you'll know when it comes out that nothing else remains in the intestinal tract. This is helpful for owners who are reluctant for any reason to fast their dogs before feeding raw the first time. Cooked yams make rather voluminous poops compared to meat and bones but there is always much less coming out than went in, so we know that the body makes use of a good portion of it. Corn and regular potatoes are too starchy for dogs even when cooked. Cooked carrots are fine.



*Yams ready for baking  
(should be covered)*

## FRUITS

Unlike vegetables, fruits are composed mostly of simple sugars and water and have very little cellulose and starch. So, they are far better choices for dogs than veggies. That's why most dogs will eat them. A good policy is to only feed your dog what he will eat willingly without having to disguise it with other foods. If your dog will eat an apple, that means he recognizes that it is food for him. If he won't eat kale or lettuce, just know that he's listening to his body's wisdom and do not try to subvert it.



Many dogs will not eat secondary foods like fruit when they first start eating properly. Historically, fruit has been a back-up food for dogs when primary foods (prey) was not available, which means it was always eaten on an empty stomach. Sometimes to bring our dogs to optimal health we must replicate these conditions to create the perceived need for secondary foods and make the food supply seem less predictable to the dog. More information about this, along with the specific types of fruits that are best, is provided in the feeding instructions at the end of this book.

If you have a dog that eats everything, including things that are normally inedible or questionable, you have to make his choices for him and only offer him foods that dogs have historically had access to in the wild. Although slightly limiting and much less reliable than a discerning palate, this should be your guideline. Another way is to offer your dog whatever natural, unprocessed foods he wants and watch the feces for recognizable food. If a food is still recognizable in any other way besides color, that means the body has not been able to use it and was only burdened with its elimination. Replace the food with something that you know your dog can digest and try the other food again at a later date. There may be other reasons for finding undigested food in the feces, as well, including overfeeding, stress, or that the food itself was not digestible. An example of the latter would be unripe fruit. Fruit must be ripe in order to be optimally digestible for dogs. Bananas should always be spotted.

## **BEANS, NUT BUTTERS, GOAT'S MILK, NON-CEREAL GRAINS, EGGS**

Many people who feed their dogs a vegan or vegetarian diet use these products to replace meat. I regard this to be experimental because historically and biologically, dogs have always eaten a diet centered around prey. There are anecdotal stories about dogs eating vegan or vegetarian diets living very long lives, nevertheless, and that's why my mind is still open. I do think, however, that there is more risk in feeding completely vegan than feeding a diet that contains meat at least 1-4 times per month. That range is quite wide because nobody really knows the minimum requirement that dogs have for meat. If you would like to experiment with your own dog to see how s/he does without meat or feeding meat minimally, I would recommend being alert to the smallest symptom and be prepared to add or increase meat if you see anything negative. Many people are now feeding meat only 1-2 times per week and having great results. If you do decide to try not feeding meat at all, be aware that most likely if there are dire consequences to be had, you'd be able to turn them around if you catch them early and add meat meals. As much as medical propaganda has everyone fearing nature, she is much kinder than we are led to believe, and second chances are the rule rather than the exception.

Beans are high in protein but are also very complex foods that are high in starch as well. Many dogs will not eat unflavored beans, because they recognize that they are too starchy. People who feed beans often disguise them with other foods so that the dog will eat them. As I've stated previously, I don't think this is a good idea. Dogs should not be fooled into eating something that we think is healthy for them. Beans should be cooked very well if you're going to feed them and should not have salt or other flavorings added. They need to be offered to the dog without the accompaniment of other foods. If the dog eats them, you can take that as a sign that your dog is able to digest them, but only if yours isn't one of those dogs that eats inanimate objects and anything else he can get his paws on. Conversely, if your dog rejects them, pay attention. Watch feces to make sure they are digested, if you do feed them.

Dogs cannot chew nuts sufficiently to allow their bodies to make use of the nutrients, so nuts should not be fed whole. However, nut butters can be handy for stuffing treat dispensing toys, although it's not something I would recommend doing every day. Raw almond butter is better than other nut butters, but a bit of unsalted, natural peanut butter will not harm an otherwise well-fed dog. Peanuts are actually not nuts at all but are legumes, similar in composition to beans. When they are cooked and smoothly processed, dogs seem to universally like them. You may be concerned about the aflatoxin in peanuts, but you can mediate your dog's exposure by making your own peanut butter out of high quality unsalted, hull-less, shelled peanuts. Research done on peanuts and aflatoxin have indicated that the peanuts culled out and destined for the peanut butter factory because of their less appealing appearance

(misshapen/shriveling, etc.) are higher in aflatoxin. If you're not making your own, be sure to buy **ONLY** peanut butters that contain only peanuts with no added oils or salt.

Goat's milk has been showing up in the pet health-food stores and I am often asked if it's an appropriate food for dogs. It's true that milks of all kinds are so similar to meat in composition that they are often referred to as "liquid meat". However, with meat we can remove the fat before we feed, or a good portion of it, and we can't do that with these full fat milks like goat's milk. Goat's milk typically contains 50% fat, which is quite high and can add extra fat to a diet that already contains more than we'd like. If you happen to have access to raw defatted goat's milk or if you're raising a puppy, I would give the green light. Beyond that, remember that dogs in the wild do not drink milk past infancy (no animal does) and their foods have historically been extremely lean and clean. There are claims circulating that a therapeutic diet of goat milk alone can be very helpful in caring for sick dogs. That doesn't mean there's anything special or miraculous about goat's milk. When sickness happens, there are causes and they are usually dietary. Feeding one biologically appropriate food exclusively for whatever period of time the body needs to heal would constitute removal of cause. It's the removing of the cause that creates the opportunity for the body to heal, not the specific food.

Amaranth, quinoa and millet are called whole-grain foods, but they're not true cereal grains. All of these are actually edible seeds called pseudo-cereals because they share many of the same characteristics as whole-grain cereals. Of the 3, quinoa is probably best because it's higher in protein and lower in carbohydrate. Millet has the edge if you're on a budget because it can be had very cheaply. I have fed them all to dogs with no apparently negative consequences. However, as usual, the dog should have the final say. If your dog will eat them cooked and undisguised, you can feed them. If a dog will not eat them, respect that. If a dog will eat these foods, a cooked starchy vegetable like yams, sweet potatoes, carrots or green peas (I usually mash these) will make a well-combined accompaniment. For my own dog, I feed a combination of cooked quinoa, cooked yams and diced (or mashed, in the case of banana) raw fruit 3-4 days for every one meat day. I have found that this combination works well.

## **GRAINS ARE NOT APPROPRIATE FOODS FOR DOGS**

The introduction of grains into the diets of domestic dogs was motivated by economic reasons, not because dogs have any nutritional need for them. The **occasional** consumption of cooked grain probably won't hurt a dog, but definitely should not be a dietary staple. Grains like wheat, rice and oats can be very problematic in some dogs, creating digestive distress in the short term and diseases like arthritis and skin issues in the long term.

It was previously thought that dogs obtained grains and other dietary plant matter from the stomachs of their prey. However, research on wild dogs has found that when they tear into the body cavity of their prey, they consume the internal organs, including the stomach lining and intestinal wall, but deliberately avoid the contents of the stomach and intestinal tract (from L. David Mech's "Wolves: Behavior, Ecology and Conservation").

When domestic dogs willingly eat grain-heavy commercial foods, it's usually because the foods have been disguised by other foods that are appropriate for dogs, like meat. Most dogs will not eat grains that are undisguised, even if cooked. Grains that have been cooked in meat stock are a different matter, but the dog will only eat them because he thinks he's eating meat, rather than something he's not even capable of digesting. Nature never disguises foods.

### **OILS and "BALANCING" FATS**

Oils should never be fed, regardless of whatever incredible claims you may have heard about them. There is nothing in the natural diet of a wild dog that would suggest that dogs have need of oils or any adapted ability to physically make use of them. It is sometimes the case that a mis-fed dog will have flaky or dry skin, and the addition of oils to the diet is thought to improve this. However, what's really happening is that the overburdened primary organs of elimination are not able to handle all the waste, so the body sends the oils through the skin along with other wastes. This covers up the symptom of dry skin but does not improve the skin overall. This happens in humans as well, by the way.

It has become popular in the raw feeding community to attempt to "balance" fats since it was discovered that agriculturally raised animals have far more "omega 6" fats than "omega 3" fats than their wild counterparts. The theory is that this higher ratio of omega 6s to 3s is responsible for, or contributes to, chronic inflammation. So raw feeders are encouraged to offset the preponderance of omega 6s with other sources that are higher in omega 3 fats. Primary among these are oils extracted from hemp, fish, flax and coconut oil. While it may be true that agricultural meats have different fat compositions than wild meats, adding oils to a dog's diet will not have a positive effect on inflammation or overall health.

There's nothing wrong with feeding raw fish to your dog if you have an economical source, and fish is purported to be properly balanced with regard to fats. But it is my contention that fat consumption as a whole is what is largely responsible for acute and chronic inflammation in dogs, and decreasing overall fat is what we should be looking to do, not adding different fats to the diet. What is being attempted is to lower the overall ratio of omega 6s to omega 3s, and that can more easily be done by lowering consumption of omega 6s by feeding lean meats, trimming fat and otherwise decreasing overall fat consumption.

Many of the recipes online that include oils also include ground meats, which are extremely high in omega 6s, and the only purpose of adding oils is to balance out the ratio that is only 6-heavy because of the excessive fats in ground meats. This is crazy. The balancing of fats is another idea that PMR and BARF feeders have embraced that not only harms dogs physically but keeps prospective home/raw feeders intimidated and immobilized by its perceived complication. The ideas are further fueled by industries that grow up around them, in this case, the edible oil industry.

If it was true that a dog could only be healthy by adding omega 3 fats to the diet, the hundreds of dogs who have experienced health improvements after being fed by the methods outlined here would still be suffering. Over and over, I've heard stories from former PMR feeders who have given up all those complicated ideas, simplified their dogs' diets, and consequently experienced major health success in their dogs.

## **RANDOM FEEDING**

For optimal health, feedings should not be regular or routine. Irregularity and inconsistency replicate the conditions that shaped dogs' biological needs. You should mix up the times you feed, the quantities and types of food. In nature, dogs gorge on food when they have it and then may go without food for a day, several days or even many days before they have another opportunity to eat. It also recreates the conditions under which dogs have historically eaten plant foods. Random feedings make fasting easier when you want to do it because dogs don't know when they're going to be fed. It also cuts down on the "feed me" behaviors that dogs learn to display when they think mealtime is approaching, which leads to owners feeding purely for emotional reasons like misplaced guilt.

## **EMOTIONAL FEEDING**

Just like when we eat for emotional reasons, feeding our dogs as a way of salving our own misguided emotional connections to food is harmful to health. When a wild dog is hungry, he must leave the comfort of his den and go out and hunt. In the wild, food is rarely abundant or easy to come by, so the effort required to find it is balanced by the predator's need for it. It may take anywhere from a few minutes to a few days or even weeks to find food. This is not the equivalent of your dog following you into the kitchen and watching you prepare food. The latter is conditioned behavior, and it does not necessarily indicate real hunger. Dogs are opportunistic feeders, which means they are hard wired to not miss any chances to obtain food, even that which they've had to expend no effort in getting.

Instinct and conditioning motivate dogs to do many things that we see as harmful, such as guarding food or toys, jumping on kids or escaping from the yard. We have no problem recognizing that we can't allow these behaviors to continue even though they are "natural". Yet dog owners resist the idea that the all-consuming drive to acquire food can get a dog in trouble when the supply of food is virtually unchecked, as it is in a modern dog owner's kitchen. The negative consequences of other natural behaviors may be more readily visible but feeding our dogs in response to begging and other conditioned behaviors is just as harmful, to the extent that it unduly influences the quantity, frequency and/or types of foods we feed.

It turns out that the feelings that dog owners experience when they themselves are "hungry" often motivate inappropriate feeding as well. It surprises most people to learn that the symptoms that are typically regarded to be "hunger" like growly stomach, weakness, irritability and the like are not really hunger. Healthy people who eat very clean diets, fast regularly and eat only in response to true hunger commonly report that hunger is not an unpleasant sensation but a gentle reminder like mild thirst. That's what we can assume it's like for dogs as well, since throughout history they have spent the majority of their time with empty stomachs. An empty stomach is not painful or stressful, and does not even necessarily motivate hunting or foraging behavior in dogs who are adequately and appropriately fed. The stomach does not have to be full and working all the time in order for a dog to be satisfied. Trying to replicate in our dogs that full feeling that we get from eating 3 or more meals every day is a recipe for dog disease. Humans and dogs eat differently and have different needs. Wild dogs gorge when they can and then go without food for long, variable periods. This is what nature has designed them to do, and it feels right and natural for them. During the periods that a dog is not eating and his stomach is presumably empty, we cannot project feelings of deprivation or suffering onto the dog that we ourselves feel when we don't get our meals on time. The two situations are not analogous.

Nothing in the biological history of dogs has prepared them for the harmful feeding practices that are indulged by most dog owners. In order to create optimal health for our dogs, we must examine and re-examine our own behaviors as well as our responses to theirs. We are literally "loving them to death" to do otherwise. It is not love to over-feed or to feed foods that will make a dog suffer by causing long-term, chronic disease. The ultimate act of love is to understand the true needs of our dogs and be willing to recognize how our own unhealthy relationships with food have caused us to make mistakes in how we feed them.

## **FASTING**

Since the paradigm we're working with is the long biological history of dogs, during which time they established a pattern of eating followed by fasts of varying durations, having your dog go

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without food completely for periods of time will keep him healthy and extend his life. It is now pretty common for raw feeding experts to recommend fasting at least one day per week.

Fasting is not cruel. In fact, it is an act of great caring, strength and understanding on an owner's part. Nature imbued dogs with the ability to comfortably do without food for days or even weeks at a time. During their evolutionary development, dogs became so adapted to going without food for varying periods that this is now what is NECESSARY for them to enjoy a high level of health.

Fasting has been used remedially or therapeutically (in response to sickness), as well. It is nature's healing miracle because it allows accelerated elimination of waste matter from your dog's body. The most common ills among dogs – ear inflammation, skin irritation, diarrhea and digestive upset – typically respond very well to fasting. To varying degrees, some domestic dogs seem to have lost the natural inclination wild animals have to fast when ill or injured and will sometimes continue to eat as long as food is put in front of them. This is a combination of conditioned behavior and a dog's natural drive to eat when food is available, and it does not serve them when they are sick. That's why we must sometimes make this decision for them. Digestion takes a great deal of bodily energy. When a dog is sick, it's best to allow that energy to be directed to the job of healing or detoxification, rather than digestion.

For more information on fasting, read "Fasting Can Save Your Life" by Herbert Shelton or "The Miracle of Fasting" by Paul Bragg. There are no books about the therapeutic benefits of fasting for dogs, unfortunately. Not one single living 'expert' that I'm aware of has discovered the enormous benefits of fasting dogs therapeutically. There was one vet named Dr. Donald Ogden who practiced in the 40s and 50s and wrote a book about natural dog feeding in which he talks about the success he had fasting animals in response to sickness:

*"Every practitioner who will give this meritorious function due concern will realize that ten to thirty days' abstinence from all food except water is nothing monstrous. I have fasted dogs and cats for periods of time ranging from **one to fifty days**, depending upon the pathology with excellent results and amazing recoveries being effected".*

Be aware that fasting can greatly increase your dog's digestive efficiency. What that means is that after a fast of any length the digestive system is better able to make use of every bit of food that comes in. Consequently, you might notice after regular fasting (especially if you fast therapeutically, which means more than one day at a time, usually 3-7 days or longer) that your dog more easily puts on weight. It's at that point that you may need to adjust the dog's consumption, otherwise symptoms may be experienced.

Shown below is “Melba”, a 5-year old Golden Retriever whose owner had tried everything conventional and holistic that is used to treat ‘hot spots’ for a 3-week period with no success. The photos show the progression of healing over a period of 7 days of fasting on water only. The dog continued to heal after she was re-fed, and by the 10<sup>th</sup> day was completely healed.



## **HOW TO TELL IF YOUR DOG IS OVERWEIGHT**

A friend once told me that her vet had confided to her that “skinny dogs don’t get sick”. This is a rare truthful gem that is not often either noted or shared by vets. So, if you’re doing everything right, and your dog is smooth-coated, you’ll have to prepare yourself to hear the occasional comment that your dog is “too skinny”. You might even hear this from a vet, because they see dogs all day long who are overweight, so they start to think this is normal. They probably don’t realize it, at least on an individual basis, but this is one reason why their industry is so busy and rich. Being fat is definitely not normal to dogs. It may be “average”, but it’s not “normal”. In their long biological history, dogs have had to remain lean, agile and unencumbered by extra weight in order to survive.

Agility trainers have a rule that the last two ribs should be visible, because this greatly cuts down the chances of injury. There are some breeds on whom ribs are just not visible, even if they’re carrying the right amount of weight. In addition, there’s nothing special about agility dogs; their owners just realize that when the body is not burdened by having to digest or eliminate excess food, it can function properly, including quickly recovering from the stress of vigorous athletic activity. Agility trainers have also probably discovered that even a small amount of excess body weight can predispose a dog to injuries like the canine cruciate ligament (CCL) tears that are becoming very common. Some holistic practitioners are theorizing that these injuries are actually caused by pre-existing, chronic, low-grade inflammation. It’s hard to say definitively and nobody’s likely to fund a study to provide real evidence, but it’s probably the case that properly fed dogs do not incur life-disrupting injuries like CCL tears while performing normal canine activities like running and jumping. Agility trained dogs achieve their respectable physiques through a combination of exercise and not being overfed. Regular dogs who don’t get nearly as much exercise can achieve the same thing with proper diet and moderate exercise.

When humans are in good shape, they are relatively straight from their shoulders down to the top of their hips, with no ‘hangover’ or ‘love handles’. So, dog owners will often look at a dog who is not bulging around the middle and conclude that the dog’s weight is “just right”. There can also be a great deal of ego involved, since it reflects poorly on what owners think of themselves if their dogs are out of shape. The problem is, dogs don’t get flabby around the middle like people do. When dogs are fat, they are straight, from the top of the foreleg to hindquarters. In other words, depending on the breed, the upper area encircling the ribs can be roughly equal to the circumference of the lower abdomen, with no concave ‘cut’ between ribs and hindquarters. This does not mean a dog is carrying the right amount of weight. In fact, when a dog has no pronounced ‘hourglass’ shape, it can usually be concluded that s/he is fat.

I have read a lot of descriptions of how to determine the ideal weight of a dog and none of them really makes it clear. One vet recommends that you take your right hand and run it across the back of your left fist, feeling how the skin is stretched over the knuckles and bones leading from them, and says that's how a dog's ribcage should feel. It's not a bad test, but it's still not descriptive and accurate enough for me. Lacking a replacement, the only thing I can add is to say that the waist should be sharply concave and easily



*Coco at age 17. He remained asymptomatic as long as I kept his waistline slim.*

visible from above, and the abdomen when viewed from the side should be tucked up and much higher than the ribcage. If you think your dog's weight is just right but s/he still has symptoms, chances are s/he's actually overweight. If symptoms persist and the dog really is at a perfect weight, then you could have one of those rare cases where the health problems are caused by something other than diet. This is always *possible*, it's just extremely rare, despite what we are told by almost everyone who knows or cares enough to have an opinion on the subject. Most likely when a dog has symptoms, s/he is being overfed. When everything else is good – energy, mood, skin/coat, elimination – and a dog has no symptoms at all, weight should be ignored, even if it looks like a dog is “underweight”. Attempts to put weight on a dog to conform to a socially contrived standard are ill advised. Many times, the cost of having your dog look “normal” will be lowered vitality and incessant symptoms.

Dogs do typically tend to lose weight with proper feeding and if a dog is low on reserves to begin with, you may be concerned that he's too skinny. If so, you can increase the quantity you are feeding but be aware that sometimes dogs are not able to carry proper reserves because of impaired digestion. This situation is not improved by feeding more, it's actually rest from food that allows the digestive tract to heal. I have heard fasting practitioners talk about fasting very thin people for weeks in order to restore their ability to make use of the food they eat and carry normal reserves, which is a predictable outcome. So bear all of this in mind, recognize that you may just need to change the way you expect your dog to look, and do be on the lookout for symptoms (itching and scooting, primarily) if you decide to increase quantities just for the purpose of putting weight on your dog.

## DETOX

You should be aware that the process of detoxification will occur during your dog's transition to a raw diet and may produce mild symptoms. Detoxification is more pronounced in older dogs and is a perfectly natural, health-building process. When you stop putting toxins and waste-producing 'foods' in, stored wastes are liberated into the bloodstream from the areas in and on the body where they've been sequestered and are ushered out by the eliminative organs. During their final exit from the body, extraordinary (stored) wastes can elicit symptoms like skin inflammation, ear 'infection', eye discharge and lethargy. If your dog had skin issues before you changed his diet, just be aware that the bloodstream will remain polluted and become clean only gradually. When it's clean, the symptoms will go away and never return as long as you are feeding properly.

Cleansing symptoms do not occur in all dogs after dietary change and if/when they do, they are **temporary**. Generally, the older the dog, the longer healing takes. Symptoms that involve the body using its alternative outbound avenues like ears, eyes, skin and respiratory tract can be regarded as 'detox'. A dog may cough, scoot, smell bad, have smelly urine or irritations of the eyes, ears or skin while in transition. In any case, cleansing symptoms are not cause for alarm. Remember, the only alternative is having all that stuff stay inside your dog's body where it will eventually create chronic disease. If these symptoms persist after 6-8 months, you can probably assume you're feeding too much fat or making some other mistake, and this needs to be addressed. If they don't even go away after you've done that, THEN, and only then, you may be able to conclude that management of symptoms with remedies is your only option. In the short term, be aware that problems the dog has had all along MAY get worse before they get better.

You may also notice your dog drinking less, because his food will have more water than he may be used to. That means he may urinate more, as well.

In some of the dogs I have newly transitioned, I have seen blood in the urine, and I think this might be a common issue for dogs that have been highly medicated and mis-fed in the past. Fasting or feeding of plant foods may precipitate the speedy elimination of stored residues of old drugs and other substances that will cycle through the urinary tract and may cause irritation or inflammation. In my experience, continuing to feed high water, alkaline foods allow everything to resolve naturally. Often this symptom may occur but not be seen because people don't see the color of their dog's urine unless they have an accident in the house, which is how I happened to see it. When I have seen this symptom, the dogs were otherwise asymptomatic, and the problem resolved itself without intervention of any kind.

It should be noted that vomiting and diarrhea are NOT “detox”. Although they are likely related to the healing that needs to occur, and likely will occur, in your dog’s body, they are not a sign that the body is eliminating old stored wastes, such as when true detox happens. They are a sign that the dog is having trouble digesting what s/he is currently being fed. Diarrhea and vomiting are the body making the costly sacrifice of eliminating food it cannot digest. There are many reasons for them to occur, but when a dog is being introduced to an entirely different way of eating, it’s very likely a matter of physiological adjustment and you will need to make changes to your feeding plan initially. The food itself can cause diarrhea or vomiting, but it’s more frequently the case that a dog has impairments for digesting either raw meat or plant foods, and if that happens there are a number of things you can do, along with trying different foods. If a dog seems not to be able to digest meat or has loose stools after meat days, you can feed more bone to bulk up stools or you can try administering a digestive enzyme supplement. Enzymes are the catalysts that enable the body to break down food and there’s a different enzyme for each macronutrient (fat, carb, protein). Amylase breaks down sugars, lipase breaks down fats and protease breaks down proteins. Pet enzymes contain all 3 and are sold inexpensively online and in the healthier pet food stores. If doing those things still don’t allow the dog to properly digest meat, you can feed nothing but plant foods for a couple weeks until the dog has healed sufficiently to produce enough acid to digest meat. Producing acid for the digestion of meat is a natural condition for dogs, so it’s not necessary for a dog to eat meat in order to recover this ability. You can feed plant foods for as long as it takes for a dog’s body to reestablish the proper digestive chemistry in his gut. If you do have to administer an enzyme supplement, it’s a temporary crutch, not something you’ll need to do for the life of your dog. It is much less common, but if your dog has vomiting or diarrhea after eating plant foods, you can feed meat only, but you’ll need to be very careful to feed lean meats, cut away as much fat as possible, and fast regularly in order to avoid overconsumption of fat. Feeding meat too often is one of the problems with the PMR (prey model raw) way of feeding. Feeding cooked plant foods that are too warm can cause vomiting, so make sure they are not warm to the touch. A digestive enzyme may help with plant foods as well, if you notice intact pieces of plant matter in your dog’s stool. If your dog has issues with either type of food, plant or animal, do keep going back and trying the problem foods after periods of not feeding them. Most dog owners find that they can feed their dogs any appropriate food once recovery is complete.

## **REMEDICATION**

Since it sometimes takes weeks or months for dogs to heal after proper feeding is begun, I am often asked if remedies can be used to ease transitional discomfort, the most common of which is continued skin itchiness. It should be remembered that anything given orally is intended to stop the process that the body is using to eliminate wastes through the skin. As we know,

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that's not a proper goal because these wastes have to go somewhere, otherwise they will continue to perpetually wreak havoc with your dog's health. So, I think dog owners should be very circumspect about administering oral remedies, even so-called natural ones. If relief is sought, however, there are relatively harmless topical remedies that can be safely used and that may bring some relief. I have in mind herbal preparations or coconut oil that can be applied directly to the skin.

## **POOPING**

If you're used to feeding commercial foods, you will notice that your dog's poop will look different after proper feeding. I received an email recently from someone who said she read that her dog's white poops meant the dog isn't getting enough nutrition. When I inquired further, she conceded that the poops are not white when they come out but turn white within a few days. This is actually a sign that all that is left of the food after it's digested is the calcified remains of bone material that cannot be digested. This is completely normal and a desired and expected outcome following meat days. Feces from a dog that eats meat and bones are invariably small and compact. Also, as mentioned previously, slow poops do not equal constipation.

You will notice that poops after plant food days are quite voluminous. If you're a former PMR feeder, this may take some getting used to. It does not mean that the food is not being utilized by the body, it's just the fiber that is not used and must be expelled in the feces. There are many benefits to adding plant food days to the dietary rotation, so in my opinion this small inconvenience is worth the pay off.

## **POOP EATING**

Dogs eat poop for many reasons. Depending on the dog, and the poop, feces can be seen by a dog as a completely legitimate food. What comes out of the bodies of other animals is a function of what went in and how well it was digested. It should be no surprise then that much of the poop that our dogs find is made up at least partially of undigested food, which means it is fair game in their eyes. I've also heard boredom cited as a cause for poop-eating, but this is probably a projection of the human penchant for eating to cure boredom.

In addition, dogs eat the entire bodies of animals, including their feces, so they don't have the built-in repulsion that we do. (Although I will say that our repulsion, to a large degree, is valid because the garbage that we civilized humans eat causes \*our\* feces to be extremely offensive.) People tend to freak out about the poop eating habit of dogs because of our

programmed aversion to "germs", and since all the information we get about it is also tainted by this bias, there is very little truly objective info about poop eating. Since so much of our civilized attitudes about this habit conflict sharply with what we observe both in wild and domestic dogs, the topic begs objectivity. So, although I don't have a problem with the bacteria issue relative to poop eating, my response to it is dependent on the situation. For example, I don't allow dogs to eat the poop of other dogs, cats or humans when I can prevent it because of what the person/dog/cat likely had eaten, not because of the bacteria that are there decomposing the leftovers.

I DO think it's totally normal for dogs to eat the poop of plant-eating wild animals. I allow my dog to eat (but not roll in!) rabbit, horse and deer poop if she wants. I have observed that dogs seem to have little interest in horse poop from hay fed animals but do sometimes eat the poop from grass fed horses. I have seen properly fed dogs forage for rabbit droppings for hours. These seem to be a particular delicacy.

Generally, I think it's a mistake to assume that a dog eats poop because s/he's missing something nutritionally. It could possibly mean that the dog is legitimately hungry, particularly if he's properly fed and eats his own poop. A dog who eats his own poop is probably smelling undigested food in the feces and frankly I'm not sure whether it is harmful or not to allow a dog to re-ingest it. If my dog did this, I probably would stop her. There is risk in taking this one behavior as evidence that feeding more food is indicated, especially if the dog is doing well otherwise. The transition to proper feeding sometimes motivates dogs to eat things they otherwise wouldn't because of the withdrawal symptoms they experience from addictive commercial foods. Humans who are new to healthful diets experience the same thing. The difference with humans is that we know intellectually how to discern foods from non-foods, unlike dogs who use their senses alone. People who experience these feelings tend to misinterpret them as "hunger" and eat in response, but invariably they find that if they stick to healthful eating that the feelings eventually level off. It's reasonable to think this will happen in dogs as well. In the short term, however, feel free to experiment with higher quantities of food while being on the lookout for symptoms of overfeeding.

## **EATING NON-FOODS**

The animal agriculture industries have been very successful at selling their waste products to other industries. You may not be aware that animal products are used in everything from scotch tape to asphalt. So, we can hardly blame dogs for being confused about what is food and what is not. Paper products are fair game because dogs commonly eat bark and similar foods in the wild. If the paper products in question have been used to serve food or contain human excrement, all the more reason a dog would eat it. As I've mentioned, dogs in transition

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may experience some of the same withdrawal symptoms that humans do when they give up addictive foods. That discomfort is temporary, but it may drive some dogs to eat things they normally wouldn't. It is absolutely not indicative of disease or deficiency, but it *may* mean the dog needs more food so you can increase quantities conservatively if you'd like. You should know whether your dog is one of those that typically eats non-foods, and if this is his normal habit it is not indicative that he needs more food necessarily. If it's a new behavior, it should eventually stop but in the meantime, be vigilant about keeping your dog's favorite non-foods out of reach.

## **EATING GRASS**

Consensus among researchers at this point seems to be that grass eating is a common behavior that usually occurs in normal dogs and is generally not associated with illness or dietary needs. They go on to suggest that grass eating may reflect an innate predisposition inherited from dogs' wild ancestors. This is supported by research on droppings left by wolves. Such research finds evidence of grass in 11 to 47% of the stool samples studied.

Most domestic dogs seem to eat grass, no matter what they are fed. Dogs do not vomit consistently after eating it, nor is there any evidence to suggest that it fulfills some specific nutritional deficiency.

Grass eating seems to be a natural and normal part of canine behavior and is no cause for concern. The only exception is when a dog vomits afterwards, which probably signals that there was/is some digestive discomfort, such as the irritation caused by the presence of errant bile in the stomach. This usually happens when the dog's stomach is empty so if your dog does this when s/he's new to proper feeding, there's not much you can do other than foregoing fasting days temporarily, feeding more frequently and feeding more plant foods than animal foods. Eventually on a proper low-fat diet, the vomiting should resolve itself, although the dog may continue to eat grass.



*Maggie, a healthy, properly-fed 11-year-old Springer, eating grass.*

## ARE SUPPLEMENTS NEEDED?

An appropriate, balanced, natural diet, in addition to plenty of exercise, fresh air, rest and companionship, will most likely keep your dog free of illness for a lifetime. To determine what constitutes “appropriate”, “balanced” and “natural” is not a science, although some have made it a life-consuming pursuit. The mistake that some people make is in thinking they have to learn all the confusing and convoluted effluvia forthcoming from “alternative medicine”, including which foods contain which nutrients, which nutrients “assist” which bodily function, ad infinitum. Even hard-core raw feeders have a difficult time rejecting the idea that only commercial pet food provides complete nutrition, and their fears of “nutritional deficiency” rule their thinking. The practice of supplementing with vitamins, oils, herbs, etc., is not only costly and unnecessary, but very unhealthy. Even though we can’t precisely replicate what a dog or cat would eat in the wild, it is a mistake to think we can compensate for this by administering fractionated, refined, isolated substances that would never be found in nature and are unusable by the body. Nutrients can be utilized by living organisms only as part of whole, natural foods. You can partially undo all the good you’re doing by feeding raw if you overload your dog’s digestive system with indigestible, commercially produced nutritional fragments. Stick to the basics – meat, bones, organ meats, fruits, cooked veggies, quinoa and millet. Have confidence that you are following the best example of all: nature herself.

The only exception to this is enzyme supplements, which can be administered temporarily to help a dog break down foods he’s not quite adjusted to yet.

We are encouraged to micromanage nutrition because the claim that something is missing from your dog’s diet creates an opportunity to sell you something. That’s why everyone looks to deficiency when things go wrong, instead of in the direction most likely to hold the answer: EXCESS. Our minds have been manipulated by industry to think that when symptoms happen, we need to ADD something. In truth, most often we need to TAKE AWAY something. Taking away, however, makes NOBODY any MONEY. That’s why we never hear about it.

## BATTLING DETRACTORS

It’s important to be aware that it is common for allopathic and even some holistic veterinarians to be unsupportive of homemade diets, especially diets which incorporate the feeding of raw meat and bones. Many even recommend against feeding bones because of their experiences seeing animals who have been injured by eating COOKED bones. Vets ignore the fact that foods which are *perfectly healthy, necessary and digestible in their natural, raw state can become toxic or injurious when cooked* (most notably, BONES). The choking argument is just one that may be used against you if you mention to your vet that you feed raw meat. For this reason,

many raw feeders tend to stay low profile when interacting with vets. Maybe it's good that vets are so clueless about the connection between diet and disease that it's common for the subject to not even come up during office visits.

Veterinarians are not only notoriously undereducated on the subject of dog nutrition, most sell pet foods as part of their practice. Vets rarely see dogs who are properly fed because these dogs never get sick. When home-fed dogs do get sick, it's usually because the owners are making the previously mentioned mistake of trying to replicate commercial food by combining lots of inappropriate foods together. It is the similarities between this kind of homemade diet and commercial food that causes the problems, but when vets hear that even some of the food is raw, they tend to blame the diet and recommend commercial feeding. When problems happen in commercially fed dogs, other scapegoats are sought (like germs and genetics), and the real causes are ignored. Vets don't recognize that the pet food model is fundamentally flawed. We need to move completely away from it to something that is more reflective of how dogs eat in the wild.

Since we're talking about optimal feeding here, it's ironic that I should have to issue warnings about people calling themselves "Canine Nutritionists". As a whole, human nutritionists tend to be confused about the human dietetic character because the industries which influence the educational system that trains them are at odds with the truth. I strongly suspect the same is true of formally educated canine nutritionists. They get so bogged down with their theories about the microscopic world that they don't step back and see the big picture. They tend to overcomplicate home feeding and advocate feeding incompatible foods together as a way of covering all possible nutritional contingencies. These might even include oils and supplements, which are a disaster for dogs. Some of these experts even claim they are sanctioned by vets. Run!

The most effective way to deal with sickness of all kinds is to remove its causes, and that's what we're doing in feeding our dogs a biologically appropriate, natural, random, rotational mono-diet. Veterinarians are not trained to seek out and remove the cause of disease. The industry would quickly go broke if this was their aim. Rather, they only cover up its effects with drugs or herbs. Whether they call themselves naturopathic or allopathic, they all employ this same ineffective approach to disease. Holistic vets merely replace drugs and surgery with supplements and herbs. Although slightly less toxic than drugs, which means they do less additional harm to the body, supplements and herbs do not cure or prevent disease. Although they may sometimes function to suppress symptoms, *this is not an appropriate goal* and it always comes at the cost of an increase in the toxic load. The goal is to remove the cause of the disease, and most often, inappropriate diet is the #1 culprit, although other factors like vaccines, medications, remedies and over-supplementation also contribute.

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In addition, many vets who market themselves as naturally inclined are actually conventionally trained vets who have learned “natural” therapies adjunctively, usually as an economic imperative in response to growing demand. They learn these ancillary therapies, including raw feeding if they know about it, in the same ways that you and I do. They have no more access to this information than we do. It is popular nowadays for vets to combine conventional and naturopathic medicine, calling themselves “integrative” or “complementary”, ostensibly to give patients the “best of both worlds”. Actually, however, it’s the worst of both worlds. Both fields seek to suppress symptoms with drugs or herbs, which only exacerbates the underlying cause of disease (generally, the accumulation of uneliminated wastes). Remember, remedies of all kinds just give the body something more important to deal with than expressing the symptom. Disease is not an entity that attacks, it is a body-directed process. It's the body attempting to deal with, and compensate for, the harmful influences it has been besieged by. And the process will always continue, as long as the causes are still in place, even if it’s not visible to us.

It is the rare vet who knows about nutrition and has the requisite understanding and appreciation for the healing wisdom that lies within each living organism. Proceed with caution if a vet seems more interested in selling you herbs or supplements than getting to the root of the problem. Remember this important fact: *You are just as capable, as a lay person, of understanding your dog’s nutritional needs as anyone calling him/herself a health professional (perhaps more so, since you have not been indoctrinated by a system that only makes money when dogs are sick).*

Generally speaking, people abdicate far, far too much responsibility to health professionals. It makes a lot of sense for people to leave things like plumbing and auto maintenance to experts. When your plumbing or car has a problem, nobody’s likely to become diseased or die as a result. With our health or that of our animals, there is a great deal more at stake. In addition, in other fields like plumbing and auto repair, practitioners don’t actively promote practices that create more demand for their services. Doctors and vets DO, with their disease-producing dietary recommendations and toxifying medical meddling. Most importantly, unlike plumbers and mechanics, doctors and vets cannot “fix” disease. A doctor or vet cannot eat for you or feed your animals for you, and THIS is what determines whether you, or your animals, will get sick.

Some vets are obviously better than others but even the best vets over-treat, labor under false ideas about disease causation and have no training at all in REMOVAL OF CAUSE. What I’m talking about, and what is really up to us, is to endeavor with every bit of effort we can muster to avoid the drugging (including herbing) industries completely, by learning the biological needs of dogs and cats. When those needs are met, **disease does not happen**. Disease is nothing but a natural consequence of biological needs NOT being met.

Dog owners must begin to see how dangerous it is to put our animals in the hands of people with such obviously conflicting interests. Vets and those who believe in them may think their education is objective and scientific, but they do not realize how much the monied interests in industry have involved themselves with the schools. The result is that we have practitioners learning harmful, misdirecting, money-driven propaganda, thinking it is reality and convincing everyone as they themselves are convinced that the way they do things is not just the best way, but the only way. The truth is, it's not the only way or even the best way, it's the way that makes the most money for the most people. That's the ONLY reason this disastrous model predominates.

Please note that the above is a discussion of DISEASE. None of this includes traumatic injury. If I or my animals are in dire need of stitching up or bone-setting, I'll have no choice but to enlist the help of a medical professional, naturally. If there existed a health professional on earth who was knowledgeable about the real causes of disease (toxemia), was readily available and was also skilled in the conservative treatment of traumatic injury, I'd avail myself of him/her. As it is, we have nobody who can fulfill that criteria. In a situation involving traumatic injury, all any of us can do is enlist the help of conventional practitioners but then do everything within our power to extricate ourselves or our animals from their control as soon as the stitching and bone setting are done. I've seen far too many cases where the body's ability to mend itself was impeded by protracted medical meddling.

When it comes to choosing a health professional for the purposes of treating traumatic injury, there isn't as much variation from one to the other as you might think. In my opinion, it would be better to just pick one off Google or the yellow pages than to risk taking your animal to a vet for regular "check-ups" just to establish a relationship in case of injuries. Check-ups very often lead to diagnoses, which always lead to drugging or other forms of toxic interference. Vets know this, and that's why they encourage this relationship-building. Most people have difficulty not following a vet's instructions. Diagnosing is only helpful if it includes information on how to REMOVE CAUSE. It's better to have no diagnosis at all than to risk making the situation much worse with drugs or herbs.

## **SUMMARY**

The basis for the information in this book is "Natural Hygiene", also referred to as the Science of Health. The Natural Hygiene approach to health and disease offers a great deal of promise to pet owners, and there is nobody I'm aware of who is currently applying this vast body of knowledge to pets. I have not only used it in the care of my own animals, but I have helped lots of other pet owners resolve symptoms and full-blown diagnosed disease as well. I invite all pet owners to objectively compare these methods to the harmful and toxic methods commonly

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employed by vets. It is my fervent hope for the future that a natural, TRULY holistic approach will replace the current palliation paradigm. Nobody has more to gain from this than our pets.

Natural Hygiene holds that perfect health is the normal state of being for all living organisms, and that it is maintained through natural, self-initiating, self-healing processes. Natural Hygiene further maintains that health is achieved only by the conscientious application of healthful living practices in all areas of life. The Natural Hygiene approach offers to reconcile science and nature, in a way that the medical system fails to do. It is based on the idea that all the power to heal resides within the body, that nature is always correct and cannot be improved upon, and that it is the violating of the natural laws of life that causes all illness.

For over a century and a half, thousands of people have acquired the highest levels of health through the practice of Natural Hygiene, and yet very few people have even heard of it. Fewer still are applying its life-preserving principles to the care of cats and dogs, to their great detriment. Since Natural Hygiene takes all its cues from observations of nature, it is universally applicable to all species.

In humans, following the principles of Natural Hygiene requires a great deal of resolve and commitment, since it encompasses 19 different areas – food, air, water, exercise, rest, psychological security, creative expression, purposeful work, etc. Applying natural hygiene to the care of our animals, by contrast, is vastly simpler. Their needs are very basic: food that meets their biological requirements, rest, a bit of exercise every day, and fresh air. Their simple needs work in our favor because when we want to figure out what's making them sick, there are only a few areas to investigate. Far and away, the one that holds the most potential return on investment is the area of diet. Please think about this: **Every cell in a dog or cat's body is made from the food that goes in their mouths.** If what they are being fed isn't what their bodies adapted to during the 50 million years that their species has been around, sickness is the natural and inevitable result. All we have to do is figure out how the foods we've been feeding them deviate from their true needs -- and fix it.

Dog nutrition is not confusing, complicated or mysterious. That it has been made to appear so is a crime against dogs, for this has served to keep millions of dog owners in the rut of abdicating responsibility for their dogs' health to the mega system that not only produces commercial dog food, but, conveniently, also unduly influences the training of the "experts" in the veterinary industry who recommend and profit from its use.

Nobody could make the claim that vets deliberately cause suffering. It's the rare vet who doesn't truly care about dogs. But to suffering dogs, intention doesn't matter. What matters is that the suffering need not happen -- and *would* not happen if vets were taught the right information. For the sake of our dogs, we must recognize that regardless of how much vets

care about dogs, they are nothing but middlemen trained by a system that only thrives when dogs don't. We've got to stop pretending that there's nothing motivating the pet care industry besides love and compassion for animals. Industries are non-human entities. It is foolish to expect them to have human attributes, like compassion and heart. The cold, hard truth is that the primary reason for an industry to exist is to serve up dividends to its shareholders. Systems and industries seek only to sustain themselves, which they will do in any way possible, no matter how harmful or unscrupulous. We pet owners must face the fact that it is not the job of the pet care industry to look out for our animals' health. That's OUR job, and this is best done via wholesale avoidance of the so-called pet "care" industry.

The various tentacles of the pet care industry do not conspire with each other to keep animals sick. It just seems like it because they all follow the same false ideas and flawed concepts that result in making sickness worse. The commercial pet food industry has found it quite easy to recruit vets to sell and recommend their misery-causing products, because both quarters benefit, not only from the sale of the products but because when dogs eat them, they keep coming back to the vet. Typically, the only time vets ask their clients what they feed their pets is when they want to recommend a switch to one of the junk foods they sell. Thusly they all but ensure that their clients remain in the dark about the causes of their animals' diseases. Even now, when pet owners are starting to get a clue about the scam that's been perpetrated on them, vets are pulling out all the stops for their buddies in the commercial pet food industry, using all the false ideas manufactured by the latter to frighten people away from sensible alternatives like home feeding.

There is no longer any excuse for dog owners to continue feeding disease-causing commercial food waste to their dogs. It is not difficult to learn how to feed dogs properly. It is not hard work, nor is it expensive or time-consuming. You don't have to make feeding their dogs a new hobby or field of study, as some have done. In fact, there is so much nonsense that passes for "information" in the home/raw feeding world that doing too much reading and research can actually be hazardous to your dog's or cat's health.

It may surprise you to learn that there is a very good chance your dog or cat could be healthy and vital for life, even if s/he's already sick. That's because the same conditions that prevent sickness from occurring in the first place can also reverse it once it's there. It is actually the rare case of disease that is not resolvable once its causes are removed. If you've been told that you have no option but to "manage" your pet's symptoms, bear in mind that the person who told you that was trained by the above-mentioned mega system that profits when animals are sick.

In response to the great awakening that is happening among pet owners, a community of sorts has developed where people share their extremely divergent ideas about how to feed and care

for dogs. This is a step in the right direction, obviously, but unfortunately this community is populated by people who have not sufficiently freed themselves from the flawed ideology of veterinary medicine. So, they still very often make the same mistakes, and when these mistakes lead to illness, they usually assume that lifelong management is their only option. Such is the case with that sector of the sick pet industry calling itself “holistic”, unfortunately. True holism does not involve shutting down symptoms, but rather understanding their function and removing the body’s need for them. True holism does not sell products, even if they are kinder and gentler than the pharmaceutical variety. True holism, in other words, makes nobody any money.

The causes of disease are easily determinable. Simply explained, disease is a result of the body becoming saturated in wastes and toxins. Waste comes from outside the body, in the form of inappropriate foods, vaccines, medicines, herbs, supplements, oils and other indigestible substances, and it comes from inside the body when cells die and the parts that can’t be recycled must be eliminated. The accumulation of waste in the body creates chemical imbalances and an overall state of toxemia, which results in disease. All that is needed to resolve disease is to remove these sources of waste to the fullest extent possible.

Since we hear otherwise every day, it may be hard to believe that sickness is not something that attacks from the outside. Rather, it is something that accumulates from the inside. The idea that we can “protect” ourselves from something that we CAUSE ourselves (and cause in our pets) has had many disastrous consequences, not the least of which is vaccination. Vaccination is as useless as it is lucrative, but foregoing vaccination is only part of what we need to do to create health in our pets. We need to recognize that it is entirely within our control to determine whether our animals get sick. We needn’t *protect* our pets from sickness, we need only not cause it, which, it turns out, is quite EASY to do.

This program is for people who want to understand the true needs of their dogs and are willing to abandon the counterproductive belief system that has created epidemic disease among dogs. By harnessing the power of nature, disease can be entirely avoided.

Taking responsibility for our health is empowering, but it can also be isolating and challenging if we’re used to having doctors and other health professionals to guide us. When we find the truth, we suddenly find that the people we used to rely on for information about health are not qualified to provide it. Helping our animal friends acquire and maintain perfect health can be even more of a solitary experience. I’ve yet to find a single author or vet who understands the true nature of disease and correctly applies this understanding to the care of cats and dogs. Unfortunately, the flawed medical interventionist paradigm is alive and well in the world of animal health, even that which calls itself “alternative” and/or “natural”. So just as there are

adjustments that your pet's body must make to the new way of feeding, there are mental adjustments you will have to make as well. It takes most pet owners awhile to feel comfortable dealing with minor symptoms by tweaking the diet or fasting rather than running to the vet. It's worth it to endure the learning curve, however, because this is by far the best way for all concerned (except the vet industry).

I hope you realize the value and uniqueness of the information provided here. It is not MY information. Most of it was arrived at by people much wiser and more clever than I. I have just accumulated it over 30 years of reading and researching and paired it with my own real-world dog rearing experience, along with learning from others who have also stepped 'off the grid'. In our present society, dependency is nurtured in all of us in a thousand different unacknowledged ways by the sickness-for-profit industries. This is particularly true of dog owners, who seem to love their dogs even more than they love themselves, which often makes them more fearful of being independent. Giving up dependency is going to be particularly difficult for those who have come to think of their vets as friends or partners. It's important for all of us to understand that going to a vet is like hiring one real estate agent to represent both buyer and seller. As we all know, that's just not **done**. The difference between what we owners want for our dogs and what vets are taught in their training is actually much greater than the difference between a seller's interests and a buyer's. No matter how earnest and caring a vet seems, money is what has driven their training. We dog owners just want to improve the length and quality of our dogs' lives! Money doesn't figure in at ALL. For purposes of self-preservation, we cannot ignore that when we enter into a de facto contract with a business owner like a vet, their business is #1 to them. They may truly care about our dogs, but they care **more** about their business, and the system that trained them doesn't know or care about our dogs at ALL.

If the contents of this book are sufficient to get you started on a new healthy life for your dog, congratulations. If you find that you need extra guidance and hand holding in order to be confident about the new information, there are a number of resources available to you.

1. I have a Facebook group called No More Vet Bills with (as of this writing) 3,500 members, a large number of whom have discovered these feeding methods, are experiencing the same excellent results I did, and love sharing them with others. I participate in the group discussions very frequently.
2. I offer very affordable consultations (\$150/hr), during which I can answer your questions and share my personal experiences that may relate to your situation. Please note that my website does not sell, promote or endorse any products. The information stream as a whole has been overtaken by people who are putting forth information **not** because

it's truthful or empowering, but because it SELLS PRODUCTS. When I began researching health, I wanted the truth and ONLY the truth, and that's what I want to give to you. That's why my website has remained pure since its inception 10 years ago. Websites are not free, and the bills need to be paid, however, and the funds that I raise from selling this book and consultations allows me to provide information for which there is otherwise ZERO remunerative incentive to dispense.

3. If you have not already done so, please read through the blog articles on the website. There are articles on many varied topics relating to both cats and dogs, including heartworm, fasting, dehydrated foods and commercial raw grinds, urinary disease in cats, ear inflammation, bile vomiting, fleas, grape "toxicity" and much more.
4. If you have interest in learning about Natural Hygiene as it applies to human health, the Life Science Course which comprises 2,600 pages of information is available in digital format and the accompanying lecture series recorded in the mid-1980s by TC Fry is available in MP3 at [www.RawSchool.com](http://www.RawSchool.com).

## **APPENDIX I: ROTATIONAL MONO-FEEDING INSTRUCTIONS and ALTERNATIVE PROTOCOLS**

As you have likely gathered from the foregoing, one unique feature of this feeding method is that dogs are fed different types of foods on different days. Remember, the main types of food to avoid mixing are proteins and carbs. I regularly combine plant foods of all kinds in the same meal and have had no issues. Some people choose to feed the same mixed plant-based meal on every plant day and others choose to separate fruits and veggies. Others opt to fast their dogs in place of plant meals. The protocols that follow will provide lots of different options so you can customize your feeding plan.

This section is intended to acquaint you with the various types of feeding days. Following this section is the list of alternative feeding protocols. I offer them because most people who are new to home feeding want a specific, structured plan to follow but also need a way to customize their feeding plan according to their dog's age, condition and preferences, and their own lifestyle and mindset. Even if you settle on one particular protocol, you are not bound to it for the life of your dog. Once you find your groove, you can be flexible as your dog's condition changes or because of other factors such as which foods you happen to have on hand or time constraints.

### **FASTING DAY**

A fast day is optional but can ensure a smooth beginning by giving the digestive tract the chance to clear out in preparation for new foods. Alternatively, you can begin with a plant food day if you'd like. If you do fast your dog, make fresh water available and nothing else.

It is rare, but if your dog seems lethargic, skip exercise. Usually energy is not affected by fasting. In fact, most dogs have more energy for outward activity when their bodies are not busy internally, digesting food.

If you have a dog that has been known to eat inedible objects, it will be important to fast him only when you're around to supervise. For normal dogs, just make sure he has no access to things like rawhide chews (these should never be fed, anyway), trash, or other non-edibles that might be tempting (underwear, dog toys, used tissues, cat feces, etc.). Some people fast along with their dogs to ease irrational guilt, but this is not necessary! It is only necessary to change the way you think about allowing your dog rest from food.

## FRUIT DAY

Most people have not deliberately fed fruit to their dogs, so they are unfamiliar with which kinds, how much, and how to serve it. Fruit is a very valuable food for both dogs and humans, but it is too often thought of as a snack rather than a meal. Even after adopting this regimen some people are not able to think of fruit as sufficient to comprise a meal, and that's ok. Other plant foods can be fed that are perceived to be more satisfying. If you do like the idea of feeding fruit, congrats. One of the advantages of having fruit days is that it accelerates healing. Fruit has been called a "healing food" because it takes so little effort to digest it that the body is free to divert energy to cleansing and healing. It works this way in all species who are adapted to its consumption, whether as a primary or secondary food.



*Fruit is a naturally-appealing secondary food for dogs.*

After a day of fasting, even the most reluctant dog will usually eat fruit, but if your dog won't, don't worry. A truly hungry dog will not pass up perfectly suitable secondary foods like fruit. If your dog refuses fruit, it means he is not hungry. He is only following the dictates of nature, and it doesn't necessarily mean he dislikes fruit. Dogs will seek out their primary foods first (prey) and will only resort to eating secondary foods if they are truly hungry and prey foods are not available. If meat or commercial foods have been fed everyday such that the dog has enough reserve fuel on his body to see him through a period of scarcity, in addition to having the reasonable expectation of regularly receiving primary food, he may not feel the need to eat secondary foods. Secondary foods have historically only been eaten by dogs when their stomachs were empty and their efforts to find prey were unsuccessful. In some dogs, we must replicate these conditions before they will eat secondary foods. Randomizing a dog's feeding schedule will help reduce predictability in his food supply.

Offer the fruits that your dog will eat without coaxing or disguising. Most popular are apples, pears, figs, persimmons, bananas, melons and some berries (although it's difficult to find berries that are ripe). Fruits can be mixed, and you can feed 1-2 or more meals per day. Most dogs will self-regulate the quantity of fruit they eat but if your dog is a chronic overeater, or the kind that seems to have no regulation valve, start with the 5% of body weight per day mentioned earlier. If you notice any problems, such as vomiting or feces that contain

recognizable fruits, switch to different fruits and/or try administering a digestive enzyme with meals temporarily.

Feed fruit at room temperature. Cut it up in bite sized pieces and serve immediately. Some dogs enjoy eating half a melon with rind on, but others prefer to have melons cut up with rinds removed. Apples and pears can be fed with the skin on but feel free to peel if your dog prefers it or if you see whole pieces of peeling in the feces. Berries can be fed whole. Dried fruits are ok in moderation and fruits can be fed frozen if necessary. Fresh is always best and fresh fruit should be the rule.

Grapes are not poisonous to dogs, as popular myth claims, although some dogs can have difficulty digesting their dense cellulose skin. Usually if this is the case, they will just refuse them, which should be honored. It should be noted that thousands of dog owners give grapes to their dogs obliviously or in defiance of the warnings from vets, and their dogs are not dropping over dead. As usual, it seems to be the people who are dependent on vets, follow their advice, administer all the 'preventatives' and feed the vet-recommended garbage that are encountering problems. These are the same people who call Poison Control when their dog eats a grape, and their dogs are the ones making up the scant statistics we have. Nobody's ever going to try to "prove" it 'scientifically', but to me it seems reasonable to draw a correlation between the compromised state of the organs of commercially fed dogs and the rare problems that have been observed with grapes and raisins. Dr. Greg Aldrich, researcher at Kansas State University, recently rediscovered some studies that had been done to determine if grape-eating was beneficial to humans in which dogs were used as the subjects. Although it's incredibly misguided to attempt to learn what happens to one species by experimenting on another, the results of these particular studies are relevant for our purposes because it was shown that the dogs that were fed grapes (very large quantities, reportedly) were healthier at the end of the study than their non-grape-eating counterparts. Dr. Aldrich also found that grapes and grape industry by-products are actually added to pet foods in Europe.

### **VEGGIE DAY**

As previously mentioned, raw vegetables are too starchy and/or cellulose dense to offer anything beneficial to dogs. But cooked vegetables make appealing and palatable secondary foods. Yams, sweet potatoes or squash are extraordinarily sweet and resemble overripe fruit in composition when their long-chain sugars have been dextrinized by cooking. When raw, these foods are starchy, and dogs lack the starch-splitting enzyme necessary to digest them. But cooking turns the starches to simple sugars, like those in fruit, which are easy for dogs to digest. They can be cooked in any way except frying, with or without the skin but I always feed the skin. Cut lengthwise after cooking, allow to cool and then cut into chunks into your dog's bowl

or mix with other plant foods. Yams are easy to mix with other foods if they are well cooked. Feed at body temperature or cooler. If your dog refuses cooked yams or sweet potatoes, do not give in to the temptation to add other foods that would disguise or condiment them. See the above comments regarding dogs who refuse fruit. Other veggies can be fed as well but roughly half of all dogs (in my experience) will not eat cruciferous veggies like broccoli, cauliflower and cooked greens, even when cooked. Try them alone and un-disguised to see if your dog likes them. Canned pumpkin can occasionally be substituted for veggies but remember that you are giving up some degree of control when offering foods that have been processed commercially.

A high protein plant food that combines well with other plant foods, including fruit, is quinoa. I have even fed plant fats like coconut meat or fermented cashew cream with it, with no issues. Frozen, cooked green peas can make a good accompaniment to quinoa as well, and mashing makes peas more bioavailable. Feed one or two meals per day.

## **MEAT DAY**

Try to feed meats at room temperature or a bit warmer. Don't be concerned about leaving meat out at room temperature for 24 hours or more before feeding, especially if it starts out frozen. Feed one meal per day, or break up a day's food into two feedings, according to yours and your dog's preference. Feed at whatever times are convenient for you. If you're feeding a puppy, feed more frequently and avoid feeding late in the evening. A meaty 'recreational' bone may be added in addition to the meat meal, but do not feed femur (leg) sections, sometimes called "marrow" or "pet" bones. These are hard enough to break teeth and offer nothing nutritionally except fat. Beef, pork or venison neck bones are the best kinds of recreational bones, although beef and venison are the leaner of the three.

Feel free to feed different types of meat together in the same meal. The body treats all protein the same, whether it once flapped a wing or lifted a leg. It is also not necessary to "rotate" proteins. This is the PMR feeding community's stab in the dark at dealing with health issues that persist or arise even when dogs are raw fed. When a dog owner rotates proteins and finds that it helps with things like "allergies", what it usually means is that they've been feeding fatty meats and more variety means that there is a better chance that a leaner meat will be fed, which will inadvertently resolve the issue. This is particularly true if they choose "novel" proteins, which tend to be leaner, like emu, kangaroo, venison and other exotic meats. I have known many dogs to thrive and live to very old ages with no vet visits whatsoever eating the same one or two meats their entire lives. It is also not necessary to calculate the percentage of bone, meat and organs to feed. Just watch your dog's feces and feed sufficient bone to keep

them solid after a meat day. Make treats from livers, kidneys, spleens or other “secreting” organs or toss some in with a meat meal 2-4 times per month.

If a dog initially refuses raw meat, you can try braising it very gently in a frying pan. Just make sure only the surface is seared and that it is not heated all the way through. This usually allows dogs to connect it with something they’ve eaten before and will get them eating it. It is only necessary to do this temporarily so every time you feed meat, offer it raw first then braise only if you must.

Following are the types of meats I recommend. This is not an all-inclusive list.

- **Cornish game hens, bones and all**, with all trimmable fat removed
- **Quail, bones and all**, trimmable fat removed (there is not much on quail, generally)
- **Meaty beef (like necks, not femurs), lamb, emu or venison bones**

- **Lean beef or buffalo (NOT ground)**

For feeding purposes, beef heart is extremely lean and usually inexpensive and can be thought of as muscle rather than organ. It can be fed just like any other lean meat. Feeding only muscle meat without consumable bones can sometimes cause diarrhea, which is normal (this has been observed in wolves when they first make a kill and are eating only muscle without bone), but for this reason I recommend feeding some bony meat like chicken, turkey, game hen or quail along with boneless meat.

- **Rabbit**

I rarely feed rabbit due to my personal and irrational aversion to killing bunnies. However, I do sometimes pick up fresh road-killed rabbits when I’m lucky enough to encounter them. I used to think this was eccentric and it may sound strange to you as well. But an experience I had with a cat I was caring for who was very sick and refused to eat convinced me otherwise. The weakened cat, who had rejected the best foods I could buy, grabbed the rabbit, ran into the back yard and growled viciously when I



*Most prevalent brand of Cornish Game Hen, found in most grocery stores in the freezer aisle. So-called “game hens” are not really “game”, they are domestically raised adolescent chickens*

attempted to get it away from him. I did finally get it back and cut it up for him. He ate a huge meal, his first in weeks. Wild food is the best food on earth!

- **Chicken frames or “carcasses”**

These are what’s left over after chicken tenders are cut away. They can be purchased at Asian markets. They have little flesh on them so when I feed them, I supplement with some other kind of meat, like lean beef. They are very inexpensive and can be bought in quantity and frozen. They can sometimes be fatty so as much fat as possible should be trimmed.

- **Whole chickens**

Small dogs need to eat smaller animals, like quail and game hens. They just don’t have the proper equipment for chewing some of the larger bones on a chicken. If you have a large dog or more than one, these smaller animals are good but can be expensive so whole chickens are fine as long as you trim the fat as much as possible and approximately 20% of the meat, in order to create a higher and more wild-prey-like bone:meat ratio. Chicken has developed a bad reputation in the raw feeding community, but for some dog owners the relative affordability of chicken is the difference between being able to properly feed and having to feed commercial food. In this rotational program, as I’ve mentioned, the fact that we are trimming fat, buying the leanest meats we can and adding plant food days means there is less likelihood of chicken causing problems, since it is generally the fat on chicken that is the real culprit, not the chicken itself.

- **Fish**

Personally I have never fed much fish because it is expensive and there is nothing in it that dogs can’t get elsewhere. But there are lots of raw feeders who do feed fish and I think it’s a great food for dogs. As with everything else, the dog should have the last say. The only kind of fish I have experience with is smelt (raw sardines) and my dogs would either not eat them at all or throw them up afterwards, although all the dogs I’ve offered dehydrated smelt to (as treats) have loved it. Many raw feeders feed fish heads because they are very cheap, and if I had more than one dog or a large one, I’d be looking into it seriously too. At least one field study of the wolves on Prince of Wales Island observed that salmon was 25% of their diet and the researchers noted that the wolves would often eat the heads only, for reasons that were not explained. There are fears about fluke infestation being a problem in salmon for all canids, but I suspect it may only be a problem for mis-fed domestic dogs because I have been unable to find any references about wolves becoming sick from eating salmon. The bones in fish are completely digestible by dogs. Fish bones are a problem for humans because 1) humans

are not designed to eat fish and 2) we cook them, which causes bones to be brittle. So, to project the problems we have with cooked bones onto dogs and fear feeding fish with bones to dogs is not valid. If you have a cheap, reliable source of fish, feel free to feed it. I am not well versed in the farmed vs. wild arguments and I'm sure there are disadvantages either way, but I have read that farmed fish are fed abominably, like farmed animals are. Still, if access to cheap farmed fish allows a dog owner to avoid commercial dog food, it might be worth it. If you have only one dog or a small dog and can afford to feed fish or have access to it for free, I'd recommend opting for wild caught.

- **Raw Eggs**

Eggs are cheap and widely available so are often fed by raw feeders. They can be fed with or without the shell, depending on your dog's preference. Because certain proteins in eggs interfere with the absorption of some nutrients, it is not advisable to feed eggs more than once or twice per week. The yolk is also very fatty, and dogs already get too much fat in their diets, so this is another reason to not use them as a staple. Personally, I do not feed eggs and the only time I recommend them is when a dog owner has access to their own chickens' eggs or another cheap, reliably healthy source.

- **Offal**

This is the term that is used to describe all the internal (organs, tissues, etc.) and external parts (hide, horns, hooves, feathers, etc.) of a food animal's body that are not normally used for human consumption. Some of these can be fed like any lean meat, such as heart, which is just very dense, lean muscle. Others, like liver and kidneys, should be fed more sparingly but are an important part of the diet. Dehydrating livers or other organs and using them for training treats can take the place of including them with meals. Other parts like tongue, lungs, brains, giblets, etc., can be fed regularly if desired, if you're careful to rotate them so that they are appropriately proportionate in the overall diet.

- **Green tripe**

Universally beloved by dogs, this is getting easier to acquire all the time, but it's important to find a source that will guarantee the cows were grass fed until they were killed. Commonly, grass fed cows are "finished" on grain, which means their last few meals are grain instead of grass. While what the cows are fed during their lives will determine the quality of their *flesh*, what they ate in their last meals is what determines the quality of their entrails as a source of food for dogs. Just be aware that if you feed green tripe from grain finished animals, you're feeding partially digested grains to your dog. Some dogs will have no problems with this, but in others it may produce

symptoms, so you may have to just try it out on your dog to know for sure. Also, I have checked some labels on green tripe products and the fat content seems to vary widely and be very high in some. I can't account for this unless there is something in the product besides the muscular membrane that constitutes the intestine and its contents. With labeling being as deceptive as it is in the pet food industry, it's not unreasonable to imagine something else is being tossed in along with what they're willing to reveal on the label. If you can get green tripe from a trusted source and is finished on grass, you can feed it with confidence as long as it's appropriately proportionated to the rest of the diet. Otherwise, check the label and feed sparingly.

## FEEDING PROTOCOLS

This is a sampling of the variations you can use to fit your lifestyle and your dog's needs. The only mistake you could possibly make using any similar routine with the foods and other instructions I've outlined in this book would be to feed meat too often (daily or close to it) or not feeding meat at all, which I do not recommend. In these new protocols, I have eliminated fasting days in all but two. A fasting day can be added to ANY of them.

Recreational bones (meaning not fully consumable) like beef necks can also be fed and do not count as a meal but should only be fed on meat days or far enough away (several hours, at least) from plant meals to avoid digestive conflict.

Following this table are three specific examples and a chart that shows which plant foods are best for dogs and why.

RATIO	PROS	CONS	NOTES
<b>PROTOCOL #1 -- Pearl</b>			
<b>1:1</b> 1 Plant day to 1 Meat day	<ul style="list-style-type: none"> <li>✓ Easy to keep track of</li> <li>✓ Good for owners who are averse to fasting</li> </ul>	<ul style="list-style-type: none"> <li>➤ May be too much fat for some dogs</li> <li>➤ Will usually maintain weight in dogs that are already thin</li> </ul>	<ul style="list-style-type: none"> <li>• For young or active dogs</li> </ul>
<b>PROTOCOL #2 -- Petey</b>			
<b>2:1</b> 2 Plant days to 1 Meat day	<ul style="list-style-type: none"> <li>✓ Better than 'Pearl' for dogs who need to lose weight</li> <li>✓ Great for older dogs</li> </ul>	<ul style="list-style-type: none"> <li>➤ None that I can think of</li> </ul>	<ul style="list-style-type: none"> <li>• Used by my parents to resolve their dog's cancer</li> </ul>
<b>PROTOCOL #3 -- Carnivore</b>			
<b>1:2:1</b> 1 Plant day to 2 Meat days to 1 Fasting days	<ul style="list-style-type: none"> <li>✓ Allows more digestive rest with the addition of a fasting day every 4th day</li> <li>✓ Since meat is fed on back to back days, it stays fresh between feedings</li> </ul>	<ul style="list-style-type: none"> <li>➤ Fasting is necessary to offset increased meat consumption and requires owners to resolve emotional feeding issues</li> </ul>	<ul style="list-style-type: none"> <li>• Watch for symptoms of fat over-consumption like itchiness of ears or skin, and be prepared to cut back on meat if necessary</li> </ul>

RATIO	PROS	CONS	NOTES
<b>PROTOCOL #4 – Calico</b>			
<b>3-6:1</b> 3-6 Mixed Plant to 1 Meat day	<ul style="list-style-type: none"> <li>✓ Good for fast healing from previous mis-feeding</li> <li>✓ Great for people wanting to feed less meat</li> </ul>	<ul style="list-style-type: none"> <li>➤ A bit experimental to feed meat only once for every 6 days because nobody really knows how much meat dogs need</li> </ul>	<ul style="list-style-type: none"> <li>• Flexible rotation for those not needing a specific routine</li> <li>• Dominance of plant foods may help dogs cope with hot weather</li> </ul>
<b>PROTOCOL #5 -- Herbivore</b>			
<b>3-6:1</b> 3-6 Veggie days to 1 Meat day	<ul style="list-style-type: none"> <li>✓ Flexibility for owners, natural randomness for dogs</li> <li>✓ Great for older dogs</li> <li>✓ Great for owners wishing to decrease their “meat footprint”</li> </ul>	<ul style="list-style-type: none"> <li>➤ Veggies require cooking so more food prep than fruit/meat dominant protocols</li> </ul>	<ul style="list-style-type: none"> <li>• For dogs that prefer cooked veggies over fruit (plant meals are mostly or all veggies rather than fruit)</li> </ul>
<b>PROTOCOL #6 -- Frugivore</b>			
<b>3:2:2</b> 3 Mixed Plant days to 2 Mono Fruit days to 2 Meat days	<ul style="list-style-type: none"> <li>✓ Predictable 7-day cycle</li> <li>✓ There may be digestive benefit in feeding only one food at a time</li> </ul>	<ul style="list-style-type: none"> <li>➤ Not good for dogs that are reluctant to eat fruit on its own</li> </ul>	<ul style="list-style-type: none"> <li>• Great for people who live where ripe fruit is cheap and abundant, and/or who eat a lot of fruit themselves</li> <li>• Rotation can be mixed up so that feedings are random</li> </ul>
<b>PROTOCOL #7 -- Wolf</b>			
<b>4:2:1</b> 4 Meat days to 2 Fast days to 1 Plant day	<ul style="list-style-type: none"> <li>✓ Fewer, bigger meals are thought to decrease “hunger” and the tendency to forage</li> <li>✓ Good for owners with access to wild meats</li> </ul>	<ul style="list-style-type: none"> <li>➤ For the nature-trusting owner who also knows and trusts his/her dog</li> <li>➤ May not be appropriate for some deep chested breeds prone to bloat</li> <li>➤ Meats should be as lean as possible</li> </ul>	<ul style="list-style-type: none"> <li>• Mimics the ebb and flow of the wild dog’s diet</li> <li>• Feeding quantities need to be increased conservatively initially</li> <li>• Fasting days can be interspersed among meat days or done consecutively</li> </ul>

RATIO	PROS	CONS	NOTES
<b>PROTOCOL #8 -- Puppy</b>			
<b>All Meat Days</b>	<ul style="list-style-type: none"> <li>✓ Lack of plant foods makes bowel movements predictable and easy to clean up</li> </ul>	<ul style="list-style-type: none"> <li>➤ Predictability of primary foods may lead to reluctance to eat plant foods later</li> <li>➤ Be on the lookout for symptoms of fat overconsumption, like itching or licking</li> <li>➤ Foods should be as lean as possible, while not ignoring a puppy's need for consumable bone</li> </ul>	<ul style="list-style-type: none"> <li>• A temporary plan to make housetraining of young puppies easier</li> <li>• Puppies can eliminate wastes more efficiently than adult dogs so to avoid overconsumption of fat, plant days should be added when adulthood approaches and housetraining is complete</li> </ul>

### An example of Protocol #1

The namesake of this protocol is “Pearl”, a 70-pound, 4-year-old, very active female Golden/Border Collie I am currently feeding. Every other day, she gets 2 pounds (weighed after preparation) of plant foods and every other day she gets 2 pounds of mixed raw meat and bones. The recipe that I use for plant food days is equal parts of cooked quinoa or millet (sometimes both) and cooked yams, with a mashed ripe banana, half a peeled diced apple and sometimes the pulp from my green juicing (mostly romaine and baby spinach). I mix all of this together and feed it to her in two feedings per day. For meat days, she typically gets turkey necks, chicken necks, beef heart and chicken legs. I remove all trimmable fat and cut all of these in bite sized pieces, about 1½”. I dehydrate beef liver for treats. I don’t measure or estimate the percentage of bone, but I would say approximately 1/4 to 1/3 of the mixture is beef heart or other lean meat, and the remainder is bony poultry (necks and legs primarily). I watch Pearl’s stools to see that they are compact and solid, and this tells me she’s getting enough bone.

### An example of Protocol #2

This protocol was named for “Petey”, my parents’ 35-pound male Mini Aussie, who is now almost 17 years old. My mom feeds him 3-4% of his body weight every day, which works out to be 1-1.25 pounds of food. She separates this into two daily feedings. She does not routinely

fast Petey. His food on plant days consists of quinoa, cooked yams or squash, pureed apples and bananas. He eats exclusively Cornish game hens on meat days, with the addition of lean beef, pork or beef heart, which comprises about  $\frac{1}{4}$  of the meal.

### **An example of Protocol #4**

Named after Calico, my 12-pound, 18-month-old female Cocker Spaniel. Cali eats fairly randomly and similarly to Pearl, only she eats plant foods roughly 3-4 days for every meat day. On plant food days, she eats equal portions of cooked quinoa and cooked yams, with the addition of mashed banana and a bit of lettuce/spinach pulp (I find that if I put too much of this in, she won't eat it). I feed her at different times of the day, usually once but occasionally twice. I sometimes give her a beef neck bone in the evening even on plant food days and she's had no issues. I don't measure or weigh her food but since she's young, I probably do give her more food than I would an older dog of the same size, or if I was feeding meat more often. It probably amounts to around  $1\frac{1}{2}$  cups (weighed after preparation, about 5-6% of her body weight) on plant food days. On meat days, I remove all trimmable fat from a Cornish game hen and feed her approximately  $\frac{1}{3}$  of one hen, which is a little less than 4% of her body weight. She sometimes gets the part of the hen with internal organs (liver, kidneys) and she gets dehydrated beef liver for treats daily.

## **APPENDIX II: BEST PLANT FOODS FOR DOGS**

<b>FOOD CATEGORY</b>	<b>SPECIFIC TYPE</b>	<b>TO FEED OR NOT TO FEED</b>
<b>SWEET &amp; NEUTRAL FRUITS</b>	Apples Bananas Blueberries Figs Mangoes Melons Papaya Pears Persimmons	<ul style="list-style-type: none"> <li>• All of these are good to feed, although dogs will prefer some over others.</li> <li>• All should be fed raw and can be combined with each other or other plant foods.</li> </ul>
<b>CITRUS &amp; ACID FRUITS</b>	Grapefruit Oranges Raspberries Strawberries Tomatoes	<ul style="list-style-type: none"> <li>• Many dogs will not eat these.</li> <li>• If your dog likes them, you can feed them as long as you do not see them come out intact in the feces.</li> </ul>
<b>STARCHY VEGETABLES</b>	Carrots Potatoes Squash Yams	<ul style="list-style-type: none"> <li>• The sweeter veggies like yams, carrots and squash are best for dogs, and should be cooked.</li> <li>• Even when cooked, regular potatoes are too starchy.</li> </ul>
<b>CRUCIFEROUS VEGETABLES &amp; GREEN LEAFIES</b>	Broccoli Brussels Sprouts Cauliflower Green Beans Kale Spinach Other (Collards, turnip, beet)	<ul style="list-style-type: none"> <li>• Some dogs will eat these, and others will not.</li> <li>• They should not be mixed with other foods until you know your dog will eat them alone and undisguised.</li> <li>• They should be cooked before feeding.</li> </ul>

FOOD CATEGORY	SPECIFIC TYPE	TO FEED OR NOT TO FEED
<b>NUTS, SEEDS &amp; LEGUMES</b>	Almonds Beans Lentils Millet Peanut butter Quinoa	<ul style="list-style-type: none"> <li>• Nuts and peanuts can be fed in moderation when they are pureed into butter.</li> <li>• Quinoa is not a grain but is technically a seed and dogs seem to do well on it (it should be cooked).</li> <li>• Millet is similar but higher in carbohydrate and lower in protein.</li> <li>• Lentils and beans are very complex foods and should be fed experimentally if the owner desires to feed less meat. Feed alone at first to see if the dog will eat them, and make sure they are digested well and cause no problems before feeding again.</li> </ul>
<b>GRAINS</b>	Barley Oats Rice Wheat	<ul style="list-style-type: none"> <li>• Should not be fed. Too starchy and cellulose dense to be broken down by dogs, even when cooked.</li> </ul>
<b>FLAVORANTS</b>	Garlic Ginger Onions Salt Spices Turmeric	<ul style="list-style-type: none"> <li>• No fuel value for dogs minimally, and some are toxic.</li> <li>• Used only to disguise and flavor foods in the human diet and have nothing to recommend them nutritionally, for dogs or humans.</li> </ul>

## **APPENDIX III: CAT TRANSITIONING TIPS**

***Cats get very stuck in their ways, particularly older cats. It's best to make extremely small changes when transitioning them to a natural diet. Bear in mind that you may not need to go through these extremely gradual changes, especially if your cat is young. Do the gradual steps only if necessary.***

***Please read this entire list before beginning. Be flexible, according to how your cat progresses. Each step can take from several days to several weeks, depending largely on the age of the cat.***

Before starting, lay the groundwork by decreasing the amount of food you currently feed. If you've been free-feeding, STOP! Next to commercial kibble, this is the worst feeding mistake cat owners can make. Start by feeding two small meals a day.

If you're already in the routine of feeding meals and removing food that is not eaten, feed only  $\frac{1}{4}$  to  $\frac{1}{2}$  of the cat's normal amount for a few days leading up to the start of the transition. If your cat vocalizes his desire for more food, remember – you trained him to do this particular behavior, albeit inadvertently, and you can UN-train it, but it can be a noisy process. 😊 Never feed your cat while he is vocalizing. Instead, ignore him and wait till he is quiet, then feed him.

1. Start with the last thing the cat ate normally. If it was dry food, add warm water and let it soak so that it is fully moist.
2. Then, try warming the food up slightly (a microwave can be used but it's better to put the food in a plastic container and float it in hot water till it is body temperature). This is to get the cat used to eating food at body temperature (which is quite a bit warmer than room temperature), as the food he'll be eating later on will be warm. Once cats get used to eating natural foods, they prefer them at body temperature, and this aids digestion as well. I regularly use my microwave to warm food for my cat.
3. Next, try a better type of kibble than the cat is used to, repeating with the moisture and warmth if the cat will eat it. If not, try the new kibble dry. If it is rejected, try other brands. If you've already been feeding the best, grain-free kibble, go to Step #4.
4. After the cat adjusts to the new kibble, soaked and warm, start trying canned foods. If your cat is used to kibble, you may initially want to crush a couple pieces of kibble and put it on top of the new food. If the cat won't eat it, feed the soaked, warmed kibble with only a very small amount of the canned food mixed in. Gradually increase the canned food over days or weeks, according to your cat's pace.

5. If you have trouble getting the cat to accept canned food, you'll need to try all kinds, starting with the low-quality brands you'll find in supermarkets all the way up to the expensive grain-free canned foods in the pet health food stores. Move up slowly until you get the cat to eat the very best canned food available. If she'll eat one of the healthier canned foods, you may want to try skipping ahead to Step #6.
6. The next food to try is the commercially prepared raw foods that are sold ground and frozen in the pet health food stores. If your cat will eat it, great. This will eventually allow you to replace the commercial stuff with cleaner foods you can prepare yourself. If the cat rejects it, there are some things you can try. It can sometimes cause digestive upset if raw and cooked foods are combined, since they digest at different rates, but the risk is sometimes worthwhile if it allows your cat to get closer to a health-building diet. Add enough of the canned food to the raw to make the cat think he's eating canned food. Over a period of days or weeks, as determined by your cat, gradually decrease the amount of canned food. If you notice any negative result from feeding raw and cooked together, do Step #7 instead.
7. In order to get the cat completely off cooked food, it is sometimes necessary to slightly cook the new food. Just braise the outside surface of the food in a skillet. Always offer it with as little cooking as possible but be ready to cook it more if the cat rejects it. It is also helpful to mince the food by chopping over and over with a cleaver (see specific instructions in #8). Cats also like their food juicy, so adding a little warm water will make it more appealing.
8. The final step is to get the cat on a diet of 100% raw lean meats. The best foods for cats are meats that have consumable bones like game hens or quail but it's only necessary to feed these periodically, not daily. Alternatively, you can feed lean beef, buffalo, venison, chicken, turkey, all kinds of fish (Smelt is especially good because it's whole), rabbit and organ meats (the latter in moderation). These kinds of foods are not only cheaper, they are much healthier than the commercial raw foods. For one thing, commercial producers generally do not get how difficult and taxing it is for a cat to digest fats. They purchase the cheapest cuts of meat they can find, don't trim any of the fat (where toxins are stored), and throw all of it into a big grinder. They are not required to disclose on the label the maximum percentage of fat that the product contains. Notice on the labels that it only states "minimum" fat content. This is due to outdated regulations from the days when producers were using non-meat fillers in order to get around the high cost of real meat. Now that meat is so cheap, primarily because of the tricks producers have learned to fatten up animals, those regulations are meaningless.

9. When you first start with homemade raw foods, you may need to do the same thing with the new food that you did in Step #7, i.e., mixing and warming or cooking. However, it's important to cook minimally since very high temperatures render bones and other parts of the food indigestible.

### To cut or not to cut, quantities, etc.

If a cat has shown reluctance to eat new foods, it's probably asking too much to expect them to eat foods whole, and new raw feeders usually don't feel comfortable just plunking down a whole game hen leg or half a quail. However, if your cat is game, it's much better for a cat's dental health to eat whole foods because then they must use their rear cutting teeth to get it into bite sized pieces. If you're transitioning a kitten, you may be able to feed whole. But not all cats will do this so it's perfectly fine to cut the food up. You can use a cleaver (which works very well with quail or game hens) or poultry shears (KitchenAid is a good, reasonably priced brand).

Cats are pretty good at regulating their intake but watch your cat's weight in order to determine how much to feed. If you're feeding low fat meats with the addition of boney meats periodically and you're sure your cat is eating nothing but what you feed him, symptoms may be due to overfeeding. I have found with my second raw fed cat that he is not as good at regulating himself as my first cat was, so I was assuming when he came into the kitchen he was truly hungry, and I was feeding him 2-3 times per day. His symptoms (eye discharge, shedding, matted fur, hair balls and a small lesion on his face)



*"LB" was morbidly obese and addicted to extremely low-quality supermarket kibble when adopted at 9 years old. Following a gradual transition, he now enthusiastically eats his raw meals and is fit and thriving at 13.5 years old.*

confounded me until I cut back on his food and they all went away. I now feed him once per day and plan to experiment with alternate day feeding.

Be aware if you allow your cat to roam that many people feed their cats outdoors. Eating kibble at the neighbor's house can un-do all the good you're doing by feeding raw. So best to feed kitty before he goes outside, talk to your neighbors or hang flyers to ask them to feed their animals indoors (you can always use the excuse that it attracts vermin), and you can even hang a tag on your cat's collar asking that people not feed her (I have done this!). Cats are strict carnivores and really require no plant matter at all. I recommend feeding whatever a cat shows interest in, as long as it comes directly from nature. My cat comes around when I'm eating melon or avocado, so I share with him, but he doesn't eat enough to constitute a meal.

### General tips:

- Every time you introduce something new, smear some on the cat's nose or paws so he has to lick it off. This will often get them started.
- If you notice your cat is not going to the bathroom, don't worry. Not defecating is normal if the cat is not eating much. After s/he starts eating raw, you may notice increased urination and a decreased need to drink water, since the food has so much more water in it.
- If the cat normally likes catnip, you can put small amount of catnip on top of or near the food, or you can mix it in.
- In contrast to dogs, whose transitioning to a new diet should always begin with a fasting day or two, cats can sometimes have problems fasting, especially if they are obese. When food is not coming in, the body starts breaking down fat for fuel and this can overwhelm the liver if it is already functioning at a less than optimal level. Cats are not set up to process much fat, even the stored fat which comes from their own bodies. This is probably erring on the cautious side because it probably only applies to older fat cats with compromised organs, but if a cat refuses the new food for more than a full 24 hours, go back to offering small amounts of whatever food the cat was eating regularly. Try transitioning again, using even smaller changes or smaller amounts of the new foods you're introducing.
- Usually, younger cats transition much quicker and easier than old cats. The exception is if an old cat has been used to hunting and eats what he catches, in which case they are already accustomed to raw food.

- Canned fish like tuna can be mixed in with new foods to tempt a cat into eating but be aware that it is very addictive for cats and it can be difficult to get them off it if you use it during transition. If you use it, wean your cat off it as soon as possible and try using only the juice in the can (be sure to use ZERO ADDED SODIUM and WATER PACKED only).

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