



## Natural Diet for Dogs

Please read the attached information. As a quick guide we have formulated the following general suggestions:

### **ADULT DOGS**

#### **Morning Meal**

Cooked grains (like porridge) – may contain some or all of the following grains:

Brown rice, rye, wheat, linseed, barley, oats, etc (preferably organic or biodynamic)

Add to the above grains:

- One heaped tablespoon of raw honey
- Natural yoghurt or homemade yoghurt (with live cultures)
- Olive oil, flaxseed oil or cod liver oil
- Grated raw vegetables (NOT potatoes, eggplant or onions)
- Very ripe fruit (anything except citrus)
- Raw egg, including the shell crumbled up (just 1 to 2 times per week)

#### **Evening Meal**

Fresh raw meat on the bone (see attached information about bones)

For example:

- Chicken wings (no chicken necks)
- Lamb grillers & necks
- Beef or chicken offal (no liver)
- Beef off-cuts, etc (no pork)
- Whole small fish (remove scales)

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**Fast one day per week – it's healthy and helps to keep dogs interested in their food.**

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## PUPPIES

Puppies should remain on milk foods until at least four weeks old. As you gradually wean them off milk, they can be introduced to the following type diet:

### **Morning**

- Cooked grains (as above). Soak grain in juice of one lemon with one egg (including shell) for 24 hours – feed egg and crumbled shell as well

### **Noon**

- Raw meat on the bone (as above)

### **Afternoon**

- As per Morning menu but no lemon juice

### **Evening**

- As per Afternoon menu but add some minced meat

### **Before Bed**

- As per Afternoon menu but add some yoghurt (give this meal for 1 to 2 weeks only)

NB. Gradually reduce meals to twice per day. You will know when to reduce or eliminate the amount according to their appetite.

Also add homeopathic **Mag Phos/Calc Phos/Silica** mixture (available from our clinic) to all meals and to drinking water until fully grown (12 to 18 months)

## DIABETIC DIET

Two meals per day of equal size as follows:

- Plenty of fibre from low GI foods (ask us for a list of low GI foods if you are uncertain) e.g. wholemeal pasta, vegetables etc (no rice or potato)
- Raw meat and bone, as above, but not too much fat

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- One teaspoon of cold pressed linseed oil or sunflower oil daily
- Regular exercise is also important



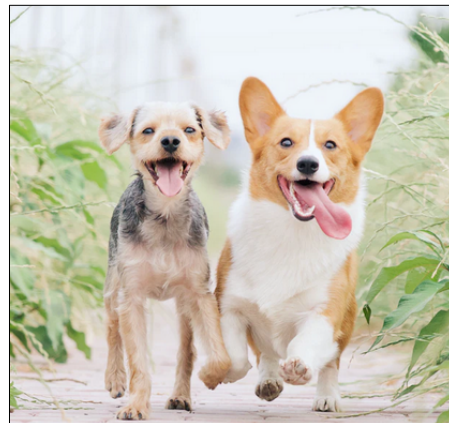
## Feeding Dogs

Dr Ian Billingham, Veterinarian, BVSc (Hons)

### WHAT DO DOGS EAT

In their natural state dogs were hunters and scavengers. All their food was raw. They ate raw meat, raw bones, raw offal (e.g. heart, liver, kidneys, brains, etc), raw vegetables, raw fruit, raw grass, raw insects, raw bark, raw root, raw faeces. You name it – they ate it – raw. That is why they must be supplied with raw food for maximum health. It is what their system is designed to handle.

Dogs are able to live as carnivores (eat a diet composed principally of animal derived foods), omnivores (eat a diet composed of approximately equal amounts of both animal and plant derived foods) and herbivores or vegetarians (eat a diet composed principally of plant products).



**HOW**

### OFTEN SHOULD DOGS BE FED AND HOW MUCH FOOD SHOULD THEY RECEIVE?

How much food and how often are part of the same question. Your dog must be fed to maintain a certain bodily condition. Dogs are not fed by reference to a set of arbitrary rules or feeding standards. The simple principle is – take a good look at your dog. Your dog should be a slim athletic creature no matter what stage of life he/she is at.

If your dog looks like a bag of old bones with a bit of skin covering it – feed it more food

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more often. If your dog is even slightly overweight, feed it less food less often.

Adult dogs do not need to be fed every day, let alone two or three times a day. A large number of sedentary suburban dogs will become much healthier if they are fed every second day. The greatest single problem attacking the health of most of the urban dog (and his/her owner) is obesity.

Obesity results in a great variety of disease. These include severe constipation, skin problems, lung problems, heart problems, arthritis, pancreatitis, diabetes, etc.

## **IS THERE ANYTHING THAT DOGS SHOULD NOT BE FED?**

You should not feed a dog anything its body was not genetically designed to handle as food. You would not expect it to eat poisons, old tyres, glass, the curtains, etc. That, obviously, is common sense. Unfortunately, both humans and their pets are in our modern world eating a class of food that their bodies are not genetically designed to handle.

I am speaking of processed food. Processed food is acting as a slow poison. It has been found to be involved as one of the causes of most degenerative disease conditions afflicting both dog and man in the western world. Processed food is food that has not been left in its natural state.

It is altered food. It is perceived as foreign by the body that consumes it.

It is akin to putting "home brand" spare parts in an expensive imported car. Processed

foods do not result in positive good health. Processed foods support life (for a while) but they do not sustain health.

Dogs raised and maintained on a diet consisting chiefly of commercial dog food will not maintain good health. Such dogs show an early deterioration of health, premature ageing and an early death. Before that dog is dead it has often undergone much suffering and cost its owners a lot of money in veterinary fees.

Some of the common problems faced daily by the average veterinary surgeon which are a direct result of incorrect feeding (mostly the feeding of processed or commercial dog food) are skin problems, halitosis, rotting teeth, smelly faeces, diarrhoea, continual worm burdens, diabetes, pancreatitis, pancreatic insufficiency, arthritis, kidney problems, bladder problems, cancer, a generally lowered resistance to disease, flea problems, etc. In fact, you name the disease and somewhere in its cause will be found incorrect feeding played a major role. Breeding animals fed processed foods have all sorts of problems.

Dogs raised and maintained on a natural diet with little or no processed food (that includes cooked food – cooking being one of the most destructive forms of food processing) will remain in excellent health all their life and die suddenly without any great fuss, at an advanced age.

## **FEEDING MEAT TO YOUR DOG**

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Dogs do not require meat to maintain health. Meat may form from as little as 0.0% of the diet up to a maximum of about 80% of the diet.

One of the commonest mistakes made by people attempting to feed their dogs a natural diet is to feed them meat only. **THIS IS WRONG!** It will result in all sorts of problems.

If you are going to feed meat to your dog, then feed it raw. It is best if it has not been frozen. However, that is not always possible or practical. Meat is best fed in large lumps, preferably on the bone. If it is on the bone, your dog will have to rip, tear and chew at it. This is excellent exercise for the jaws, shoulders and front legs. It also ensures that the meat is digested properly. All that ripping and tearing alerts the digestive system.

If you feed your dog mincemeat, there are at least two problems. Firstly, no chewing, ripping or tearing is required so that the digestive system is not turned on. This can result in all types of digestive upsets. Secondly, most mincemeat has had preservatives added to it. In that sense it is a form of processed food. Also, note that meat on the bone and the bones themselves are nature's toothbrush. (See section on bones)

The best all round meat for dogs is from sheep (lamb, mutton, hogget). Leave some fat on, especially if there are skin problems. Off-cuts are fine, as are lamb shanks, breast, chops, etc. Buy it from a butcher.

We feed our dogs raw chooks. Whole. Yes, with the bones. Large numbers of our clients are doing the same. No problems. The flesh is relatively tough when raw, while the bones are relatively soft.

For young, small and old animals (with poor dentition), we recommend breaking the bones up with a cleaver while leaving the skin and flesh somewhat intact. We rub brewers yeast into this. Cooked chicken with the bones has been known to cause all sorts of disasters.

Beef is good but not as good as mutton. If you purchase meat from a pet shop, please make sure that preservatives have not been added to it. Pet shops sell beef, buffalo, horse and kangaroo. Kangaroo requires added fat e.g. mutton fat. Buffalo is much the same as beef. Horse (yellow oil fat) is often not tolerated.

In summer limit the amount of meat that you feed. Give lots of fruit and vegetables.

## **BONES**

**RAW BONES.** Feed raw bones. Large numbers of dogs are fed cooked bones with little harm resulting. The problem that vets see with bones almost always involve cooked bones. Feed raw bones. Raw bones are positively good for dogs. Dogs evolved as scavengers eating the leftover dinners of other carnivores plus (often rotten) flesh.

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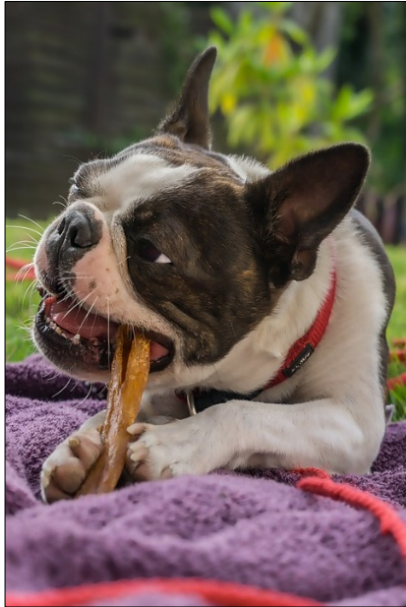


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This is one reason

that dogs bury their bones. Another reason is that they have been fed too much (the most common reason).

Note that dogs are designed to handle off meat, so long as it is raw. The best bones fed are those from young animals, preferably sheep (or chicken as described above). Beef bones, the big “dinosaur” bones, tend to wear the teeth down too much.

## **WHAT ARE THE ADVANTAGES OF FEEDING BONES?**

They are numerous. They are the most sensible and easiest way to supply a young dog with its balanced requirements of minerals to make its own bones. In this context they may be fed ad lib, with no problem, unlike mineral supplements, which need careful balancing with the rest of the diet, a usually impossible task.

Bones are nature’s most efficient toothbrush. We never have to clean our dog’s teeth. They

eat bones daily. The chewing of bones stops boredom and self-mutilation. Bones supply an almost balanced complement of essential amino acids. The fresh marrow in raw bones is a great source of nutrients. Ripping and tearing the meat off bones and then chewing the bones is brilliant exercise for the whole front end of the dog, developing strong shoulders, neck, front legs and jaw. This is how dogs are meant to develop. Bones ensure a firm stool. Dogs that eat bones have less problems with their anal sacs. Bones function somewhat like fibre in man. They absorb toxins from the bowel. The faeces of bone eating dogs are much less offensive.

## **WHAT ARE THE PROBLEMS ASSOCIATED WITH FEEDING BONES?**

Bones are nature’s storehouse of toxins. Don’t feed bones from old animals. Excess feeding of bones with very little else can cause constipation. Cooked bones splinter easily and may pierce a bowel, are poorly digested and set hard like concrete in the bowel. They are the major cause of constipation in old dogs.

Conversely, after interviewing hundreds of clients with very ancient dogs that were still healthy, I discovered that many of those owners had fed raw bones their dogs on a regular basis. **DO FEED BONES.**

## **VEGETABLES AND FRUIT**

An essential part of every dog’s diet. Dogs can live as vegetarians. You can start off with vegies lightly steamed. Gradually accustom



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your dog to eat them RAW. Three days with no food and your dog will eat almost anything you offer it within reason. Prepare the vegies daily. Fresh. Cut them up fine. Use whatever is in season.

For healthy dogs all vegetable are fine with the exception of raw potatoes. Cereals e.g. rice, oats, wheat, barley, must be cooked or else soaked until they are ready to sprout. Rolled oats will not sprout. They are crushed and heat treated. Prepare them by soaking them. All legumes should be either soaked and cooked or soaked and sprouted. Sun dried fruits are excellent. Any fruit in season may be fed. Mostly animals grow to love them once they get used to the idea.

There are many herbs that can be added to your dog's diet to great advantage. Garlic is the most popular and perhaps the most useful.

## DAILY ADDITIVES

Brewers yeast and kelp tablets

## WEEKLY ADDITIVES

Offal, liver, heart, kidney, brain. Buy them from a butcher.

## PUTTING IT ALL TOGETHER

This is a (raw) meat, vegetable and bone diet plus additive of brewers yeast, kelp tablets and offal. Feed the mat and bone at one sitting and the vegetables and fruit as another meal. Add the additives to a suitable meal. Feed less meat in summer with more fruit and vegetables. Cereals are excellent in

winter. Bones (raw) are an excellent part of the healthy dog's diet.

## WORMS

Dogs fed a regular diet of raw sheep's meat and sheep offal should be wormed every six weeks\*

*\* Please contact us at Pet Power to talk about using a natural approach to changing your dog's susceptibility to parasites.*

## HOW MUCH DO I FEED MY DOG?

Must use common sense. No rules beyond that.

