

# FASTING YOUR PET

## A HOLISTIC PERSPECTIVE ON COMMERCIAL FOOD

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**Brought to you by**  
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Occasional fasting by cats and dogs is a normal, natural phenomenon, especially when natural raw, fresh foods are fed. As long as your pet appears strong with good energy and clear responsiveness, self imposed fasting oftentimes ends by itself with a renewed gusto for life. The system requires periodic rest and purification and so it is taken naturally.

Of course, if your pet appears weak and not bright eyed and bushy tailed, especially with vomiting, then a trip to the vet seems in order. No one knows your pet better than you and understanding the role of periodic fasting on the part of your pet can be very liberating and may save you and your pet from some unnecessary expenses and chemical treatments.

Feeding processed, dead and adulterated food (almost all commercial pet food) artificially creates a pica like appetite. This deranged function arises out of prolonged starvation, caused by the absence of living, vital, fresh food (essential nutrients in their natural form). The body's attempt at normal functioning has been stifled from eating substandard food to which has been added appetite enhancers. It is only when this kind of weak food has been fed, that an occasional lack of appetite can destabilize the system to the point that medical assistance might be necessary.

"Poor fuel makes for little momentum in life".

The commercial food we are feeding' is the disease we are treating---so treat on and on, curing one disease after another, again and again. A narrow definition of disease makes for multiple cures. The multiple diseases are in reality the same disease rearing it's different heads. The disease; not an entity in itself, but a combination of symptoms produced by the body in trying to remove something it no longer wants. What it wants is to remove an abstract sense of dis-ease, some feeling of discomfort, but it can't quite do it. A weakened system short of appropriate building blocks just pushes the same dis-ease throughout the body and mind. As this happens the symptoms change as would the food we eat and the things we see as we travel the world around. There are different forms in different places, even in the body and mind. All the body is trying to do is get rid of what it no longer wants; but just can't quite do it on its own.

Some veterinarians encourage health; they "give health a chance" and are conduits of healing rather than dispensers of medicaments designed to patch over and temporarily conceal what the body is screaming out loud for. Isn't it wonderful we all hear the beat of a different drummer, how else can all our different wishes be fulfilled?

When fear is the motivator there is little room for clarity of thinking or feeling, then one must do what one must (not what one wants). Holistic medicine goes beyond the boundaries of individual discomfort. It's from the perspective of Whole (ness), Complete (ness), and Full (ness) that the cure and relief from all disease comes; whether we know it intellectually or not, and for that we are very lucky.

Occasional fasting is natural in the cat and dog; it is the behavior of rest and purification. Cleaning the bowl of all the commercial food every day, day in and day out is unnatural and is the harbinger of most chronic disease seen in our pet population. When nutritional depletions have been satiated on the natural raw food diet, overeating does not take place. Overeating is a behavior encouraged by feeding commercial food, overeating does not occur in the natural setting. Overeating deprives the system of rest and purification, for in a nutritionally deficient state the body continues to crave; making the mind confused. The mind then can only satiate itself through the dullness of further overeating. This is not living; it is survival mode.

Survival is insured by commercial food; nothing more; not health, not the robustness for life. Health is an inevitable by-product of natural raw foods for our pets, In the state of health survival is not a question, it doesn't arise. Survival arises based on fear thinking and it's shortsighted attempts at disease manipulation instead of encouraging health. Without progress (increased well being) even survival is not insured.

We give to the animals who and what we are, through our thoughts, feelings and actions. There is no fooling them or our deeper selves. Seeing only disease is disease itself. Being blinded to health by our own fears is the fertile ground of sickness. Supplying a diet that is natural and true to our pets will help lift our blinders to health, for our dogs and cats will unmistakably shine in their endowed brilliance and wake us up from a life of intellectual theories and self imposed fears. This is their job, and in their quiet knowingness and unbounded patience we will come to know who and what we truly are, through their help, of never forgetting.