

TOO FREQUENT FEEDINGS CAN WEAKEN THE BALANCE OF LIFE

Brought to you by
William Pollak, DVM
Fairfield Animal Hospital
1115 E. Madison Ave
Fairfield, IA 52556

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The body functions in a manner that pursues its evolution in the world. The body is built up and maintained by the foods it incorporates. This nourishment then enables life to further its means by efficiently performing the many roles of life.

There are two operating styles (whole body metabolic states); each directed in opposite ways, yet complimentary in their overall purpose; Inward (Assimilation) and Outward (Action/Purification). Each state must have ample time and be followed by the other; too much of one without the other can lead to physical, mental, and emotional disease.

Eating (and subsequent assimilation) necessitates digestion and food incorporation. These processes transform outer food/energy into acceptable inner sources of sustenance and growth. This transformed life force is then made into bodily parts and energies associated with the maintenance of life itself. This newly absorbed energy/nutrient transformation keeps life fresh and vibrant, to act and purify according to the expressions of its core DNA.

This process of Assimilation takes time and energy. The entire body and its metabolic functions are geared to this very important activity, for if this is not performed with exactitude and efficiency, wear and tear due to energy/nutritional deficiency will result, even though there can be plenty of available food in the intestines. Mixing in another round of eating, before this process is completed and/or before a full period of Action/Purification can weaken the flow of life considerably.

These two metabolic states cannot co-exist, just as sleeping and being awake are two distinct states. The body requires time to process and integrate the energy/nutrients. The body uses the rhythms of the day, season and year to adjust optimally to the tasks of life at hand. In nature, eating does not occur two or three times a day for the dog or cat. Too frequent feeding can make nutrients unavailable, as a too rapid shifting of the metabolism leads to incomplete digestion and only partial assimilation. Both processes become crude and result in a clogging or restriction of the passages of the body, this includes the blood vessels, digestive tract, nervous system and even bone marrow. Partially prepared food can only lead to crude functioning. Crude functioning creates internal disorder, excessive friction and premature destruction..

Action as a means to fulfillment of desire; from earthworm to human, is the main event of the day. It is the alternation of Assimilation and Action/Purification that drives the underlying Wellness in its plethora of movement and relationship through the extremes of conditions that life confronts itself with. On a foundation of abundant refined available nutrients, action/purification is a joy to

behold; with too frequent or overfeeding; dullness and internal friction makes action fertile ground for chronic disease.

Animals in their innocence and closeness to humans will deeply feel the attitudes we hold. In our society, food has taken on new dimensions in the context of living. For many of us, we live to eat, instead of eating to live. If this is what we hold true, then our pets become an extension of this belief. This kind of overeating is a detriment to health at its core and serves as the basis of a whole list of psychosomatic diseases, that cannot be eliminated by adding more to the diet. There comes a limit where better eating means less eating, maybe less often.

Adult dogs and cats usually need to eat once a day. A small portion in the evening might help an animal settle down for the evening. Generally speaking the best time to feed is late morning, right before the sun is at its highest in the sky. Animals that are nervous or in need of weight can be fed food with some warm water to help digestion. Growing animals can be fed two or three times daily (especially if they are quite small).

The myriad of functions going on simultaneously in the body maintains one of these two overall metabolic states. These two alternating states of activity are; Assimilation and Action/Purification. They are distinct in their purpose yet complementary in their overall aims.

It is through this alternation of metabolic states in balance with the world around that Health is experienced in the midst of constantly changing conditions. This Wellness is known by all life forms, from the amoebae to earth herself. Know that you and your pet are extensions of this ongoing harmony; the dance of life; an awakening process of our own natural rhythms reflected inward and outward in the worlds around us.