

FOOD QUALITY FOR YOUR PET

Brought to you by

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Available online at
<http://www.healthyvet.com>

Last updated on 12/7/2003

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Eating is the action of energy flowing through matter. It behooves physical life forms to eat, as life is universality expressed in boundaries. Physical life forms eat to obtain energy from the matter they ingest. What is needed to eat varies with the life expression. What is best for that life form brings the nourishment that enables it to most radiate its Wellness; the translation and expression of the non-physical energy flowing through its body.

Wellness is the subjective experience of this energy flow of the living, it is present in all life forms. It can be experienced in a localized manner, appearing to be contained within the physical system (body). Wellness can also be experienced in a non-localized fashion as between a subject and an object. In any relationship Wellness can be experienced as the flow of Oneness bridging and consuming all concerned.

Life forms are the expression of this Wellness, every life form knows this in spirit, it is the role of the human to translate this knowing into communication and active creation. Nurturing and sharing through loving intent generates active Wellness that is reinforced in the recycling process of the harmony of things.

In animals, the natural flow of life is more inherent, less conscious, more visceral as compared to humans. The localized willful intent is not as elaborate in animals, as it is in humans. Intellect (a process that functions through negation, resulting in a rational sequence as we know it) has a powerful influence on internal and external sensory data, flavoring it with stronger interpretations of past experience and future desires (mental scenarios).

This added function of intellect can enrich life through adding greater possibilities into the present situation (less restrictive creative power, i.e. if you are cold.... build a fire, rather than go to the back of the cave). At the same time though, an over active intellect can drain life's Wellness by removing significant attention from the present, and feeding data only slightly relevant to the situation at hand. This results in the energies of the mind and body to be spent predominantly on irrelevant mind constructs of the past or future, leaving no one home in the present. Energy continually drained from the system to sustain future or past scenarios lacking Wellness deprives tissues of the present body of their needed life force. This lack of basic nourishment gives rise to physical disease.

You and your pet are more linked than you can imagine, sharing thoughts, space, food and time allows the intimacy of knowing each other to flourish. Our thoughts (and our pet's thoughts) are not only linguistically based. Thoughts also generate as pictures, fragrances, tastes, and are tactile as well as having sound. Our pets see these thoughts and cannot always separate them from our verbal

commands. Our pets are innocently a part of this continual relationship and through it all they do not judge their surroundings or us. Indeed they can be our best friends. Yet with time, acceptance of our thoughts makes them their thoughts, the distinction becomes not all that clear. **What you think is also what they eat.**

Our thoughts and experiences are like food. They are presented before us to be processed (digested) and used to sustain the continuity of life. All that goes into the food; growing, harvesting, processing and preparing is consumed when eaten. Our pets like ourselves not only eat our words, but thoughts as well. Do not underestimate the influence of these more subtle energies in shaping our lives, for our pets and ourselves.

Feeding a natural diet to your pet is a fulfilling experience for all concerned, physical as well as emotional and spiritual. What often times gets in the way is worrying about whether the diet needs to be even better. Many owners feel they must be feeding organic, range fed meat and organic vegetables if they are going to do it "right". This is not true! This concern is often times unwarranted and can erode the quality of food that is being fed through thoughts of inadequacy.

Procuring, feeding and eating in an ideal manner involves ease and the expression of the love of giving and sharing throughout the **entire** process. Straining to provide what is not easily gotten often brings on more worry and sooner justification for stopping the "more" natural diet altogether.

Shifting the diet to human supermarket foods is a MAJOR step in significantly upgrading your pet's diet from a supermarket commercial pet food; indeed, a MAJOR STEP. Continued attempts to "improve diet" if taken with strain can negate on an emotional level what might appear to be an enhancement on the physical. Many people sustain their discomfort in trying to procure an organic diet beyond their financial or physical means. This straining goes into the mix and retards its life giving influence.

Supermarket pet foods are almost devoid of Wellness, they are judged by a fabricated system of % protein, carbohydrates, fiber etc. designed to rate the degree to which they aspire to the excellence of "subsistence without acute disease". The commercial food we are feeding is in most cases the disease we are treating.

The forum of intellectual discourse then becomes analyzing disease in an attempt to cure it. How will analyzing disease remove it when there is so little Wellness available in the diet? Narrow definitions of disease (i.e. from a specialist's perspective) just increases the rate of "cure" (in a localized sense) while enhancing the number of over all diseases and pushing them deeper and deeper into the body. Nothing can be further from practicality or simple sanity, yet this is the benchmark of proper protocol in most circles.

Feed fresh wholesome and varied foods, designed for the species in mind, and about 70% of disease will vanish within one year's time. With gentle, holistic treatment continuing on a diet full of

vitality after one year, about another 15% of disease with vanish. The other 15% of disease is for the abundance and recycling of life; it is mostly non-individual and reflective of the times we live in.

The disease we see without proper nourishment moves about in the body the way air moves about in our house; interfacing with everything and capable of expressing itself in every room; any tissue, cell, organ or emotion. Without the life force of nourishing food, the body is deprived of the materials necessary for it to do what it was designed to do----express in diversity the flow of universality under the conditions of living.

Pets raised and maintained on natural raw meat, vegetable and cooked grain diets for extended periods of time, grown and harvested on home farms, with organic fresh and full of personal love as the underlying motto will many times turn their nose up at "supermarket" vegetables, organic or otherwise----it's just what you're used to.

Raising the level of nutrition for you or your pet starts where you are. Any move to higher quality must be appreciated and integrated comfortably before further enhancement (if at all necessary) is made. Please remember that food is only part of the equation of living Wellness to whatever extent; the quality of surroundings, air, water and company along with daily routine, exercise and sleep add into the equation of healthy living.

The following is an attempt at a general hierarchy of quality nutrition from best to least. This list's purpose is to help show you where strain in procuring these items might enter in your personal equation of providing the daily diet.

- Organic home grown, meats and vegetables and grains harvested at the peak of ripeness and consumed readily thereafter in season. Meat and vegetables are fed raw and whole (at least in large pieces), this preparation should only be given to animals with healthy, powerful digestive fires.
- Organic foods purchased, knowing first hand the situation on the farm(s).
- Supermarket organic foods fed in balance for the species in mind
- Supermarket human grade foods fed in balance for the species in mind.
- Natural Raw Meat Diet Supplemented with a premium quality, preservative free, meat based pet food
- Premium quality, preservative free, meat based pet food, supplemented with the Natural Raw Meat Diet
- Excess supermarket or restaurant food
- Supermarket national brand pet food (all are grain based)
- Supermarket local brand pet food (not much different from the previous)

As the higher categories of food quality are unattainable for most of us, it is fortunate that it is really not necessary to pursue them with fervor. Intent and knowing our inherent internal Wellness in it's sharing form, makes a most powerful impact on the food we feed (and eat). Securing fresh, wholesome and varied foods that are readily available, in a lovingly easy manner is the secret to encourage Wellness in our pets and ourselves it is simple, powerful and eternal.

Go easy on yourself and your pet, they know immediately when you are straining and not in the flow of life they are in. Their knowing is not in your words but in the underlying feeling generating the words. Sharing more of life together and growing in the appreciation of our pets opens the door to a richer life in more ways than you can imagine.

Enjoy, appreciate and know that the flow of life of you and your pet arise together in mutual splendor.