

# THE POLLAK PROTOCOL FOR ELIMINATING 85% OF COMMON DISEASE IN THE DOG AND CAT

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**Brought to you by**  
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## Introduction

This simple protocol is for those who still believe, if only somewhere deep inside, that curing disease, not treating disease, is the guiding light of real health care. Following this protocol will bring results beyond imagination and give strength to an intuitive learning that has been put on the back burner in a society gone mad about treating disease while giving up on cure.

Courage will be necessary to stay on the path of simple profound cure until the results of this protocol and the principles they are founded upon are seen again and again. The benefits of such perseverance will begin to overflow into other areas of life, bestowing peace, love and an unshakable appreciation of the force of life inherent in all things. This is Holistic Health Care in action- a truly deep benefit for all who are fortunate enough to be in the flow of life itself and consciously know it.

This protocol is based on the dramatic and consistent improvement in health and vitality seen in thousands of dogs (~10,000) and cats (~6000) (1) when dietary changes were made. These dietary changes were instituted with minimal medical intervention. Based on the large numbers, a protocol emerged that helped bring Wellness to over 90% of the animals. Success was directly related to owner compliance with the dietary changes in a large majority of the cases. Understanding the protocol and interest and appreciation by owners of their pet(s) are the primary limitations on the level of Wellness obtainable. Previously no matter how sincere an owner's desire was for greater health for their pet, their desire was insufficient for achieving a more healthy state. With this protocol, any level of Wellness desired by the owner is almost always obtainable (>90%). The owner is usually surprised and very satisfied with the enhanced well being of their pet.

Two factors are necessary to allow the emergence of higher states of health in our pets. First is a raw food diet and second, but just as important, is a basic understanding of how higher states of Wellness become established. This understanding will reduce our need to interfere with the healing process unnecessarily.

The delivering the highest quality health care arises even before anything is done, when healing for healing's sake is foremost in the intention behind the action. Minimizing the mixing of our personal needs and fears into the process of "helping others" reduces healing flow. Holistic healing of our pets provides healing of the client and veterinarian as well. Healing here is not just patching things together for awhile, or getting through the day, week or year in the status quo of things. Healing is a force in and beyond us that paves the way for its own conscious awakening. This

healing creates greater intimacy between our own internal parts and the parts of the world that we contact each day through our senses.

The diet is the major guiding force in shifting the biological system to where it is possible to sustain a higher level of wellness. Resistance to this shift to greater wellness is centered in the owner wanting to sustain the current state of affairs within their present level of fear, and fear in the veterinarian wanting to stay within the commercial/safe areas of veterinary medicine. The two major forces maintaining this situation of sub-normal health are diet and the owner/veterinarian attitudes towards what constitutes proper pet care. Both these issues go hand in hand and both must be addressed from the beginning if significant and long-range improvement in the pet's health is to be seen by the owner (and veterinarian).

The fears and unhealthy patterns of husbandry of the owner must be released into a larger context; a holistic framework if you will, to allow a new level of health to become stabilized. If rigid thinking and fear based action remain in the approach to pet health, there will be no energy available for better quality living (less disease). The pet and the owner in many ways are one unit and must be treated as such. The improvement seen by the owner is the one necessary ingredient for continued compliance. The opportunity of seeing unmistakable stronger health guides the mechanics of further improvement. This is a must; once the client can directly appreciate the changes related to greater health, the holistic understandings become, without further effort, a part of life. This is in contrast to the restrictive guidelines based on the ever present fear of greater disease.

The Pollak Protocol addresses seven basic areas:

1. Diseases amenable to the Pollak Protocol
2. Feeding the Natural Raw Food Diet
3. Transitioning on to the Natural Raw Food Diet (NRFD) and Fasting
4. Understanding Healing Episodes
5. Deworming (if necessary)
6. Least Medical Interference as possible
7. Enjoying the Onset of Cure

### **Diseases Amenable To the Pollak Protocol**

All diseases will loose their grip to some extent upon venturing into this protocol. Some will only be slowed down, but most will truly fall away, especially the current common diseases of our pet population. The most common diseases that currently grip the pet population of our commercially run society are skin and digestive problems. Simply stated, the skin, the largest barrier to the outside world is overly heated and abnormally sensitive due to the under consumption of raw

foods. This mild but chronic inflammation is associated with a concurrent unhealthy state of the liver, under nourished and overworked for lack of proper raw (no pun intended) materials.. The myriad of skin disorders, pruritic, non pruritic, allergic, iso-immune, yeast or fungal based all have at their basis a nutritional deficiency that can be alleviated and in most cases eliminated through this protocol.

The digestive system is over sensitive in another way from lack of healing nourishment. The GI system lacks depth of stability; it is forced to operate under narrow limits of acceptable conditions. The GI system under the nutrition of cooked foods lacks “depth of character”, destabilizes too readily, is weak in its burning ability to properly break down food substances. This is the main reason for poor adaptation to different kinds of foods and the associated symptoms of disease- diarrhea, colitis, vomiting, leaky bowel etc...

Excessive internal heat from unnatural breakdown of processed food is also the main cause of arthritis in our pet population. Dogs or cats showing arthritis in any form will usually respond quite nicely to a diet of only raw food. Return them to cooked or any processed food and the arthritis usually returns.

Other diseases, not so common that have responded well to the Pollak Protocol are hip dysplasia, stifle weaknesses, spondylosis, seizures, the list goes on.

Healing flow generates, maintains and recycles life forms. All forms are submissive and responsive to the healing flow. Removing the two major obstacles to healing flow from our pet population; that of substandard diet and belief systems of humans that no longer serve us and our pets; will go a long way in eradicating much unnecessary disease.

## **THE NATURAL RAW FOOD DIET**

Raw food is what dogs and cats naturally eat; they have been waiting for this diet their whole life. Intellectual theories concerning the appropriateness come later to support whatever you want. All that I have seen consistently over the years is that dogs and cats on raw food exude a wellness that is unmistakable: visually, behaviorally and emotionally. Animals on such a diet shine in the waiting room, quantum leaps above the commercially fed animals. There are always exceptions. Some animals truly shine on commercial food and some will not shine on raw food (very few). You can be sure though, that placing any animal on raw food will give added strength and vigor with better neurological and immune function over time. Time shifts to the side of healing and strength rather than the decline. This gives great relief and release from the paranoia of fear gone wild in never being able to do enough in any situation.

Fresh raw food prepared at home provides the highest quality nutrition enabling the animal to shine and be sensitive and responsive to the owner, even beyond their imagination. The sole intent of this protocol is to awaken this style of Wellness in action for the pet and make it available for the owners to appreciate, and ultimately to see in themselves.

During the first several weeks to months on the NRF, almost any overweight dog or cat will begin to lose weight. Commercially fed pets exist on a highly processed grain-based diet. This type of feeding creates a doughy, marginally bloated, edematous and chronically toxic condition in a majority of animals. It is a condition that makes it difficult to shed disease. It is a condition that provides fertile ground for chronic disease. As this is the present day "norm", most owners and veterinarians are not aware of this and do not recognize this bodily alert to sub-clinical disease. It is essential in many cases that this weight is lost before higher levels of health can begin to be expressed. The old tissues deposited during the times of non-ideal nutrition must first be shed before the denser, higher vital tissues can be laid down and become part of the more healthy body. Do not worry about this transient weight loss. It will stop at the appropriate level and be reversed when the digestive and immune systems have cleaned up their act. Keeping weight up for show or heavy work will interfere with health's progress. It is best to put both showing and heavy work on the back burner for awhile if removal of deep disease is desired.

In the beginning of this transition it is best to feed no commercial or cooked food. Grains should be avoided as they have been abused in the previously fed commercially processed diets. In almost all cases, the grain diet is too hot; too much heat is released too quickly in the carnivore body. This excessive heat manifests as liver inflammation, hot spots and excessive itching with ear problems etc...

Increasing the ratio of commercial food in the diet will slow down the progress of increasing wellness. As cooked food (including all commercial food) increases as a percent of the total food fed, deeper recovery systems necessary to maintain higher health are deprived of energetic stimulation for becoming active. Healing episodes and better health will not be as clear cut. What will be seen is another unsuccessful, confusing attempt by the body at trying to stabilize at a higher level of health.

At the feeding level of 25% or more (by volume) of commercial or cooked food, the vital strength of these weak animals begins to decrease; making strides in better health less clear and more confused. Feeding 50% raw food and 50% cooked or commercial food is also not a good ratio. After 3 to 6 months on the NRF, cooked food can be reintroduced if the owner so desires, but keeping the level below 25% will usually be OK depending on the animal's history and the sensitivity and interest of the owner in the pet's health.

Feeding commercial pet food at 20% or less (by volume) is probably OK and can replace the vegetable portion of the diet if owners do not want to feed vegetables for some reason. Do not reduce the raw meat portion of the diet if possible. A clean super-concentrated pet food that provides predominantly chelated minerals is the best choice.

Often after some period of time, after improvement of health was seen, the diet was changed back to the old style of feeding (commercial and or cooked food); only to see with consistency the return of old symptoms. A body riddled with disease from weakness combined with poor food is sensitized and will quickly return to a diseased state when placed again on only commercial/cooked food. Rotating commercial/cooked foods at best only brings temporary relief from disease.

## **The Natural Raw Meat Diet—A Place to Start**

Raw foods are the most powerful healers, proven time and time again. Your dog or cat will eat them with gusto as long as there is still some natural remaining taste bud function. The genetic encoding of the raw food and the genetic encoding of your pet is a match; this is the key to revitalizing a weakened system (DNA and RNA sub-unit transfer from food to consumer, from one species to another, guides the return to a more healthy state). Heated and processed food destroys the DNA and RNA structural intelligence, creating food that is appropriate only for survival, not health. With this in mind, it is best to begin your pets on the Natural Raw Food Diet (NRFD) gradually, as commercial food alone has severely weakened the entire body, especially the vital digestive fires.

Water/meat broth fasts of one to two days will ease the transition to the NRDF. Follow this fast with only the meat portion for two more days; then add the veggies (for two more days). This will reduce the occasional side effects of diarrhea arising from too much housecleaning too quickly from this all-powerful sustainer and purifier of life.

## **The Natural Raw Food Diet for your Dog**

General guidelines-

**FRESH-WHOLESOME- VARIED**

Freshness for the breath of life

Wholesomeness for the species in mind

Varied for the breadth of life

Home grown and organic is best, but not necessary, especially when difficult to procure. Supermarket human grade food is just fine. This diet is designed to be easy and comfortable and through you in this easy manner, best for your pet.

One cup by volume total intake per day per 35lbs. of adult dog or 15lbs. of puppy (5 to 24 months old depending on the breed; larger breeds mature more slowly). Extremely active dogs (working, breeding and showing) will require some grain or more food in the following ratios usually given twice daily. The quantity fed is approximately ½ to 1/3 of your current commercial ration. This diet is low bulk and very concentrated, just what your pet's digestive system is designed to receive.

The Natural Raw Food Diet for the dog consists of:

**65%** (by volume) raw meat- raw means NOT Cooked It is fine to cook it if you must, but know that you are cooking it for yourself; not for your pet. If you must cook, cook as little as possible until you feel comfortable. Turkey, Beef, Lamb, Venison- Feed only one meat source at any given meal and rotate between the above meat sources every 3 to 4 days. Feeding the same food more than 4 days consecutively can result in the body interpreting this food source as excessive, and it begins to attack it, manifesting allergic symptoms during the battle. Start with the meat chopped.

**35%** (by volume) raw grated or chopped veggies- fresh, above ground, dark leafy green are best; rape, kale, mustard greens, cauliflower, broccoli, cabbage, zucchini...dogs love green beans (cats like broccoli). Whatever is fresh and happy at the grocery store is best.

**0%- 5%** (final cooked volume, this means very little) cooked or raw grains Most dogs, especially those with skin problems should not be given any grain, it is too hot. The excessive carbohydrate creates an excessive deleterious hyperactive-metabolic state that is at odds with healing.

If for some reason you must feed grain, dogs love oatmeal and it is one of the coolest in metabolic breakdown. (Larger dogs, especially German Shepherds, with continued loose bowels well into this protocol, will do better with 10 to 15% grain in the ration). Rye, millet, couscous, quinoa, buckwheat, wheat etc. are all fine. Cook if desired or crumble raw and sprinkle over the meat, or serve as a separate meal. Add your favorite greens or herbs (watercress, dandelion and cilantro are excellent) 1/8 teaspoon per 10 # of dog per day, 5 days a week, of ground bone meal, or some kind of chelated minerals

## Optional Supplements to the Natural Raw Food diet

None of the following suggested supplements is to be used as a substitute for raw meat and vegetables; they just don't have the depth or broadness in sustaining health.

During the first three months on the NRFD, supplementation with the following food items is usually counter productive. Most of these food stuffs over burden attempts at smooth purification, making the animal's system too hot for proper metabolic burn. Supplements usually work only for a short time and not in a truly balanced manner because the general diet is so poor. In this case with raw food as the main stay, supplements are more risk than benefit, keeping the system cool by not feeding supplements aids in less eventful healing.

**Fats:** only after two to three months into the protocol-cold processed safflower oil, olive oil, sesame oil, butter, ghee (clarified butter), canola etc. ... are fine, very small amounts

**Milk and Milk Products:** Pasteurized cow's milk can cause diarrhea, flatulence and uneasiness in the less vital animal. Any processed (i.e. cottage cheese) or cultured dairy product is usually fine, cheese (best are white cheeses), yogurt, kefir, panir, etc. Raw goat's milk, sheep's milk and in many cases raw cow's milk will be well tolerated if introduced slowly into the diet, after the animal has been acclimated on the raw meat natural diet for awhile.

**Eggs:** Eggs are an excellent overall food source. One to several eggs (depending on the size of the dog) once a week. Raw is fine with the shells broken into small pieces. Lightly scrambled with butter and shells is also fine.

**Water:** Clean spring water is best, but hard to find. Purified (filtered or R.O.) or distilled (if placed in glass in direct sun, the vitality of distilled water will be returned) is just as good.

**Supplements** (Vitamin and Mineral) including but not limited to the following:

- Colloidal minerals containing over 70 natural occurring minerals, preferably in liquid form. There are many such products available on the market. Dosage according to weight on the container.
- Dog multi-vitamin mineral supplement, dose according to instructions.
- Calcium either via Bone meal (human consumption quality) or calcium tablets or powder in the form of calcium carbonate, gluconate, or lactate along with magnesium if possible. Give one to two times the recommended dose to compensate for the lack of efficient absorption from the gut in many animals. Bones, beef, are an excellent source of minerals; raw marrow (long) bones only are to be given, marrow and all. Ask the meat department to cut the bone into smaller "rings", freeze and give as tasty treats. Watch to see how much of the bone is actually chewed away.
- Vitamin C and Vitamin E - child to adult dosage depending on size



- Kelp, Nutritional Yeast, Antioxidants, lecithin, wheat grass juice, sprouted beans or seeds have all been used successfully for their nutritional support and can be added freely or according to label. Start off in small amounts until the animal gets accustomed to the new tastes.
- Dry Dog Food: if you're not a purist or if you do not have the time to prepare a total home diet, use dry dog food as a supplement. Look for foods that have no artificial preservatives, additives, or addictive appetite stimulants, and mostly chelated minerals. The food should be high in meat meal, with a company policy of delivering freshness and quality ingredients. This kind of dog food will not be in the supermarkets.

How much to feed? Generally speaking, after some time the animal will eat approximately half (or less) the amount of natural diet as it was consuming of supermarket commercial dog food. Do not be concerned. The most important thing to consider is how the dog looks; the ribs should be able to be felt, the stomach area should be tucked up compared to the chest, the top of the back bones should be easily felt and should be higher than the muscles/fat to either side of the backbone.

A "doughy" appearance leaves and is replaced by a more compact solid conformation. If there is more dog than described here, reduce food intake. If more weight is needed, increase the food in the ratio of two parts meat to one part veggies. After some time, there is less voracious feeding behavior. The animal's eyes become bright and clear with overall greater energy and vibrancy. The animal is more calm and responsive. There is almost always less drinking with less urination and stool. This is natural and to be expected. These characteristics become more prominent as higher quality nutrition makes its way to the cells of the pet. This can take weeks to months.

How often to feed? Adult dogs need only feed once a day. Fasting once a week with fresh water available at all times will enhance your pet's wellness. The animals truly appreciate the rest day and will periodically take it even though food is made available.

### **Puppies, Lactating and Pregnant Dogs**

This life stage requires more frequent feeding and slightly higher protein, mineral content and dairy in the diet. High quality growth formulas can be used as supplements, best to stay under 25% of total ration.

# The Natural Raw Food Diet for your cat

General guidelines-

## FRESH-WHOLESOME AND VARIED

Freshness for the breath of life

Wholesomeness for the species in mind

Varied for the breadth of life

Home grown and organic is best, but not necessary, especially when difficult to procure. Supermarket human grade food is just fine. This diet is designed to be easy and comfortable and through you in this easy manner, best for your pet. Cats require more meat and fat content in their diet than dogs. After nutritional deficiencies are made up (anywhere from 1 to 5 weeks) average daily consumption is about 3/8 to 3/4 cup of the NRFD.

This Raw Food Diet consists of:

**90%** raw meat- raw means NOT cooked! It is fine to cook it if you must, but know that you are cooking it for yourself; not for your pet. Just cook the food as little as possible until you feel comfortable about feeding raw food. Turkey, Fish, Lamb, Venison and Beef- (this is in the order of usually most liked to least preferred) Begin with it chopped, it's OK to serve the same kind of meat for 3 to 4 days, then switch if possible, steady feeding of the same food stuff can lead to hyper-sensitivities.

**10 %** (by volume) raw grated or chopped veggies- fresh, above ground, dark leafy green are best; rape, kale, mustard greens, cauliflower, broccoli, cabbage, zucchini...cats like broccoli (dogs love green beans). Whatever is fresh and happy at the grocery store is best.

**0 to 5%** cooked grain- not appropriate for overweight cats, especially not good for recovering obese cats. Cats will not be overweight if fed only meat and a small amount of veggies. Oatmeal, rye, millet, couscous; quinoa, buckwheat, wheat etc. are all fine, if you must feed grain.

### Further foods and Supplement Suggestions:

None of the following suggested supplements is to be used as a substitute for raw meat; they just don't have it in them. During the first three months on the NRFD, supplementation with the following food items is usually counter productive. Most of these food stuffs over burden attempts at

smooth purification, making the animal's system too hot for proper metabolic burn. Supplements usually work only for a short time and not in a truly balanced manner because the general diet is so poor. In this case with raw food as the main stay, supplements are more risk than benefit, keeping the system cool by not feeding supplements maximizes uneventful healing.

**Fats:** only after two to three months into the protocol-cold processed safflower oil, olive oil, sesame oil, butter, ghee (clarified butter), canola etc. ... are fine, very small amounts, not more than ¼ teaspoon every other day, with time off for the week ends.

**Milk and Milk Products:** Pasteurized cow's milk can cause diarrhea, flatulence and uneasiness in the less vital animal. Raw dairy products if obtainable is best, goat better than cow, but any processed (i.e. cottage cheese) or cultured dairy product is usually fine, cheese (best are white cheeses), yogurt, kefir, panir, etc. Raw goat's milk, sheep's milk and in many cases raw cow's milk will be well tolerated if introduced slowly into the diet, after the animal has been acclimated on the Raw meat, natural diet for awhile. Dairy can bind and aggravate hyper-sensitivities

**Eggs:** Eggs are and excellent overall food source. One egg, once a week. Raw is fine with the shells broken into small pieces. Lightly scrambled with butter and shells is also fine.

**Water:** Clean spring water is best, but hard to find. Purified (filtered or R.O.) or distilled (if placed in glass in direct sun, the vitality of distilled water will be returned) is just as good.

**Supplements (Vitamin and Mineral):** Including but not limited to the following:

Colloidal minerals containing over 70 natural occurring minerals, preferably in liquid form.

There are many such products available on the market, Dose according to directions:

- Cat multi-vitamin mineral supplement, dose according to instructions.
- Vitamin C and Vitamin E - child dosages
- Kelp, Nutritional Yeast, Antioxidants, lecithin, wheat grass juice, sprouted beans or seeds have all been used successfully for their nutritional support and can be added freely or according to label. Start off in small amounts until the cat gets accustomed to the new tastes.
- Dry Cat Food: if you're not a purist or if you do not have the time to prepare a total home diet, use dry cat food as a supplement. Look for foods that have no artificial preservatives, additives, or addictive appetite stimulants, and mostly chelated minerals. The food should be high in meat meal, with a company policy of delivering freshness and quality ingredients. A super concentrated dry food (predominantly meat) will most likely mimic the Natural Raw Food Diet. This kind of cat food will not be in the supermarkets.

How much to feed? Generally speaking, after some time the cat will eat approximately half (or less) the amount of natural diet as it was consuming of supermarket commercial cat food. Do not be concerned. The most important thing to consider is how the cat looks and how it is feeling; the ribs should be able to be felt, the stomach area should be tucked up compared to the chest, the top of the back bones should be easily felt and should be higher than the muscles/fat to either side of the backbone.

A “doughy” appearance leaves, replaced by a more compact, solid conformation. If there is more cat than described here, reduce food intake. If more weight is needed, increase the food in the ratio of 10 parts meat to one part veggies. After some time, there is less voracious feeding behavior. The cat’s eyes will become bright and clear with overall greater energy and vibrancy. The cat is more calm and responsive. There is almost always less drinking with less urination and stool. This is natural and to be expected. These characteristics become more prominent as higher quality nutrition makes its way to the cells of the pet. This can take weeks to months.

Generally speaking, the cat will eat between 3/8 and 3/4 cup of the NRFD. More will probably be consumed in the beginning as nutritional deficiencies are compensated for. This is considerably less than the amount of supermarket food consumed which is natural and good. Do not be concerned. If more weight is needed, increase the food ration, 10 parts meat to 1 part veggies. A small amount of grain will put weight on the cat quickly. There is less voracious feeding behavior. The animal’s eyes become bright and clear with overall greater energy and vibrancy. The animal is more calm and responsive. If feeding the NRFD, do not feed more than 1/8 cup of commercial food, as overloading of the GI tract can occur.

Feeding raw meat and vegetables as described does not result in abnormal Calcium/Phosphorus ratios, nor does it result in osteoporosis or blood problems. These concerns must be addressed by commercial food producers as the negative subtleties of the dietary effects of processed foods are enhanced due to the removal of freshness in the diet. There is no substitute for freshness. Freshness is by far the major component of food that enhances the positive subtleties on the living system.

How often to feed? Adult cats need be fed once a day. Fasting once a week with fresh water available at all times will enhance your pet’s wellness. The animals truly appreciate the rest day and will periodically take it even though food is made available.

### **Kittens, Lactating and Pregnant Cats**

This life stage requires more frequent feedings and slightly higher protein, fat, and mineral content in the diet. Dairy in the form of raw (unpasteurized) cat or goat milk is best. Be sure to

check to see that no diarrhea ensues. High quality growth formulas can be used as supplements if needed.

## **TRANSITIONING ONTO THE RAW FOOD DIET**

A period of transitioning onto the Natural Raw Food Diet is important to allow the animal time to adjust to higher level nutrition. Raw food is what our dogs and cats have been waiting for their entire life. Raw fresh food is the most concentrated source of life energy and when given too quickly internal housecleaning (usually diarrhea in about 20-25% in dogs) can occur. Purification too quickly is an unnecessary discomfort.

To someone who doesn't understand the dynamics of health restoration, hearing raw meat and diarrhea in the same sentence can be quite disturbing. This is due to the bad rap raw food has in our commercially oriented society. E. coli and Salmonella are diseases of debilitation and highly unsanitary living conditions. In contrast, diarrhea from eating fresh raw meat occurs from an inability to handle an ideal diet due to weakened states of the GI tract and habituation to nutrient poor food. Adapting to a normal healthy diet takes time (minimally about a week); this is not very long considering the protracted, widespread feeding of poor quality commercial foods. In the dog food industry it is known that our dogs and cats will not eat commercial food on its own merits. Chemicals, like salt, sugar, some kind of digest must be added to the food before pets will even think of eating it. Once they have acquired a taste for this additive (or become addicted), then they eat their food with gusto. This misleads the owner into thinking that the food is good for the pet. This is critical if the dog food is to survive commercial competition.

The chance of diarrhea is nearly eliminated by the transition phase of the Pollak Protocol. Following the day of fasting on water and/or chicken broth, another day of fasting is appropriate for the larger dogs. On day 3 half the daily portion of meat alone is given, this is the same for day 4. On day 5 full meat rations alone are given and on day 6 the vegetable portion is added to the meat. On day 7 the pet is on full feed of the NRFD. Amounts and further discussion on dietary particulars are given in the section entitled Natural Raw Food Diet for the particular species.

This protocol provides a way of action and response to the changing parameters of emerging health in our pets. This emergence can occur with periods of healing episodes (addressed later in this protocol). It is important to be able to recognize these episodes for what they are and respond in a most beneficial way, a way of least fear. This is what this protocol is all about—seeing beauty in our animal friends after seeing and understanding how their bodies and minds purify to get there.

## **FASTING**

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 its many roles. Increasing the food quality requires a concomitant response on the part of the animal; this response, if it is to be maximally healing, requires rest. As a result, digestive fires can increase in quality and quantity to meet the greater life force in the diet. Feeding too much of the NRFD or feeding it too quickly can cause unnecessary digestive aggravation.

It is best when beginning the NRFD to fast the dog or cat for one to two days. Make fresh water or diluted chicken broth available at all times and let them drink as much as they like. This fasting allows life energy to work on cleaning the internal milieu rather than digesting. Fasting also stops the flow of poisons from the commercial/processed food from entering the body (2). It also allows the deeper cleaning mechanisms to become and more active.

Dogs and cats are carnivores, eating predominantly other animals, as opposed to predominantly plant material. This requires a different balance between rest and activity than a herbivore. Animal food source material is higher in the food chain and is very concentrated compared to plant material. Animal protein is not as clean and simple as plant material. This requires more vigorous cleansing in between feedings, with longer periods of down time in between meals. Canine and feline behavior in the wild reflects these regular patterns of “natural fasting”. This fasting is extended during times of mild disease.

There are only two types of metabolic 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 and weakness. The assimilation/purification ratio is a very important factor in maximizing the overall health of the carnivore.

In our society, where more food usually means better, along with the ready availability of much cheap food, the overfeeding of variously concocted cooked carbohydrates is the main culprit of disease. Under quality overcooked food, without adequate down time creates the fertile ground of chronic 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 nutrient/energy transformation keeps life fresh and vibrant, to act and purify according to the expressions of its core DNA.

The process of metabolic purification of the consumed food stuffs 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 excessive heat and energy will result. Mixing in another round of eating before this process is completed deprives time from essential purification, resulting in improper digestion and toxin build up. An insufficient burn of food causes excessive ash (ama in Ayurved), this in turn blocks the flow of life force, resulting in internal friction (skin problems, digestive disorders, arthritis, and an inability to adjust to new and varied diets), this unnecessary heat prematurely wears out the bodily parts, shortens life and makes it filled with more disease than otherwise.

These two metabolic states, assimilation and purification, cannot co-exist, just as sleeping and being awake are two distinct states. The body requires time to process and integrate the energy/nutrients, using 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. Crude functioning creates internal disorder, excessive friction and premature destruction.

Action is a means towards fulfillment of desire; from earthworm to human. Fulfillment of desire 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 movements and relationships through the extremes of conditions that life confronts itself with everyday. 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 eat to live. If this is what we hold true, then our pets in their love and closeness to us, do become partial 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 time when better eating means less eating, usually less often.

Adult dogs and cats need to eat once a day. A small portion in the evening might help an animal settle down for the evening, more than this usually leads to more disease. 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 young).

The NRFD is at least twice as concentrated as most commercial pet foods. Feeding this diet at commercial pet food levels is not good, and can lead to digestive problems that are incorrectly viewed as an inability to accept the diet; diarrhea, soft bowels and periodic vomiting can be seen. Do not feed the NRFD at commercial food levels. Commercial food is bulked up for economic and psychological reasons. Some pet care providers have difficulty adjusting to the feeding of smaller quantities of food, they should be reminded of the compactness of raw food and the energy it provides. The power of the raw food diet is often misunderstood and used as a reason for not feeding it.

Energies need to be more directed to purification rather than assimilation of new foods. Fasting one day (cats and small dogs) to two days (larger dogs, not working) a week is very beneficial in maintaining wellness in our pet population. Food everyday is not necessary and in most cases, not good.

## **UNDERSTANDING HEALING EPISODES**

Switching to raw foods is very powerful medicine. Healing episodes can occur as deep house cleaning starts in the pet's body. This can happen within hours of starting to feed raw food. Our pets have been waiting for this raw food their whole life, and when they get it, the body can over do it a bit in trying to make up for lost time. Diarrhea is the most common symptom seen.

### **The strengthening of Wellness can sometimes bring symptoms suggestive of disease.**

Understanding the difference between symptoms of disease and healing episodes is essential to keeping the momentum of health moving in a positive direction. Elucidation of this distinction is the main function of a doctor primarily interested in supporting health. Sharing with the owner what will happen and empowering them with the tools to clearly assess the difference between disease and healing episodes will strengthen the ties of all concerned (including the animal) into the realm of health rather than disease. It is essential that the owner be given the underlying principles of recovering health so that harsh chemical measures that are counter-productive to overall bodily strengthening either not be instituted or be minimally used.

Healing Episodes occur when the body moves in a direction of completing purification processes. The system has grown strong enough to shed the disease physically from its midst. Most of the time no healing episodes are seen, but sometimes these episodes are necessary to shed disease completely. Healing episodes can be very mild or be sub-clinical and can appear to be within the normal limits of everyday living. With or without clinically noticed healing episodes, a strengthening system will continue to shed disease on all levels: physically, emotionally and mentally.



Disease symptoms are mimicked in abbreviated form during clinically observed healing episodes. This process, of finally shedding disease that is no longer wanted, must be allowed to happen with as little intervention of any kind as possible. This is nature's way of strengthening biological systems while simultaneously addressing the deeper layers of disease. As health increases, these deeper layers of disease are brought to the surface for further removal. This process continues at quicker rates and removal becomes more and more efficient. The system becomes more fluid in this process of shedding and more flexible in allowing this to occur as health is strengthened. Stress (that which is perceived as a threat) is thus reduced; the biological system becomes more resilient and more powerful in making finer adjustments before internal alarms are needed to be set off.

What previously might have seemed difficult or near impossible for the system to eliminate is now shed with great finesse, offering little resistance or interruption to daily living. During these times of purification, the body and mind will temporarily go into this mode of purification, making deep modifications in life's operating style. Different, more holistic habits of functioning will replace the old: in areas of metabolism, digestion, physical movement, thought, and emotion. These fundamental refinements allow for smoother flow of life force—deeper enhancements of life's appreciation of itself.

The most common healing episodes seen are diarrhea, mucous in the stool, itching, shedding, and skin flaking and biting of the feet. HEALING EPISODES CAN MIMIC ANY SYMPTOM OF DISEASE, especially previous bouts in the patient's history. The difference between a healing episode and symptoms of disease is that during a healing episode, the animal is bright and alert, good energy levels are maintained and a localization of disease symptoms is restricted to only one area of the body at a time. These healing episodes will end on their own without medical intervention, either allopathic or holistic (see exception below), and a state of greater health will appear due to completed purification processes. During these periods, if symptoms persist, it is best to limit or remove normal feedings and provide fresh water or chicken broth and a quiet comfortable place, familiar to the pet.

Disease symptoms can mimic healing episodes but in this case the animal will be depressed, emotionally and/or with CNS weakness, the eyes will appear dull and glassy and there will be low energy with the previously mentioned symptoms. There can be dehydration, persistent vomiting, and/or anorexia. In this case a trip to the veterinarian is in order. The animal is sick and should see a doctor! Do what must be done so the natural healing can continue with whatever help art or science can offer.

With strengthening tissues and greater mind/body integration from the raw food diet, healing episodes are almost always the case. 95% of the time all of the previously mentioned symptoms are

healing episodes; they will cease naturally with little or no discomfort to the animal. After several weeks to months on the NRFD, animals with a history of skin and hair coat problems can have an episode of hair loss. This is a good sign, as this is the indication that the animal is now capable of replacing these poorer quality tissues with better components more highly integrated in health. The new hair coat and skin is unmistakably luxurious. These periods must be allowed to happen, with as little intervention as possible, otherwise, with incomplete purification, disease will continue to hold on the body longer than is necessary. Even with overzealous medical treatment (holistic or allopathic), as long as the NRFD is fed; time is on the side of Health.

5-10% of the time episodes will continue beyond the abbreviated periods. This can be due to two reasons. First, commercial food is still being fed, and second there is a deep disturbance in the system from parasites. These healing episodes are periods of healing for the humans as well, both owner and veterinarian alike. These episodes elicit our own fears and bring them to the surface to be dealt with. All our fears have associated with them a corresponding physical disease, either overt or latent. Action based on fear propagates fear, no matter how it is clothed.

Understanding these dynamics of healing episodes will give opportunity for much disease to be shed, not only in our pets, but in the human community as well. Our pets are one of nature's way of restoring balance and love among us humans (gardens do a similar thing). Seeing healing episodes for what they are, responding with holistic knowing and the least amount of fear enables the cessation of symptoms with minimal intervention. There is a snowball effect working here. Seeing the rise of vitality in and of itself, least fettered with fear, changes blind faith (faith of the mind only) into faith based on action (faith of mind and heart). This is Wellness made more manifest; it is quiet knowing that all is well. It is from this perspective that holistic medicine serves both us and our pets, making each of us instrumental in restoring the dignity of living in Health naturally.

## **DEWORMING**

The second reason, other than diet, for healing episodes to continue beyond the abbreviated periods is just as common as the first. It is the presence of parasites. Parasites will cause havoc in all systems of the body, and severely retard wellness in spite of any treatment other than deworming (and in spite of negative fecal floatation tests). The reasons for this are many, here are just a few:

- Leaky bowel syndrome
- Serious agitation to proper immune function
- Too large sized molecules entering through the bowel
- Larval migrans throughout the body, especially skin, especially in the feet

- Encysted pockets of numerous parasites (poor blood supply allows them to persist even after multiple treatments with parasiticides)
- Secondary hepatitis, encephalitis, pancreatitis and gastritis
- Blood, bruised colon with reduced re-absorption capabilities
- The subtler abnormalities go on and on.

If diarrhea or loose bowels continue beyond a few days and or reoccur with regularity every two to four weeks, this is a strong indication that parasites are part of the problem in spite of not finding ova in the stool. It will take awhile for the strengthening system to get rid of parasites on its own. Some systems will never be able to do the job by themselves, as deep disease can be handed down from generation to generation. As a holistic practitioner solely interested in seeing health flourish I have found that the only thing that works consistently and effectively in the majority of the cases at this stage of the protocol are chemical dewormers. Neophytes in this protocol should use chemical wormers to keep things simple. Recurrent rhythmical aggravations will clearly indicate continued parasite involvement. Whipworms, hookworms and tapes are usually the culprits in adults; rounds as well are to be considered in the young.

Keeping the pet on raw foods is the foundation for better health as this maximizes the chance of clear, powerful healing. Seeing these changes also keeps the owner compliant with instructions and allows for the owner to feel successful as the primary care giver. Making this appreciation for rising health available to the owner has a small window of opportunity in our society today. I have found it is wise to use whatever means are available to achieve those ends, and chemical dewormers in this case fits the need. Exceptions prove the rules. The chemical dewormers today are very effective and quite mild, even with recurrent use.

The parasites most commonly involved are tapes and whipworm though hooks and rounds, especially in the young can be there. Lungworms are also important in the younger cat. Looking for ova to justify treatment is short sighted as false negatives predominate. The surfacing of these symptoms with the pattern in approximately 2-4 week cycles is reason enough to initiate the worming procedure.

With repeated patterns of digestive dysfunction, with or without skin irritations deworming is indicated even with negative fecal flotation tests. Symptoms can range from:

- Diarrhea
- Mucous in the stool, with or without blood
- Persistent biting or licking of feet
- Continued scratching of skin

- Seizures
- Chronic ear infections (really a skin problem localized in the ears)
- Skin irritation in the rectal or perianal area
- Vomiting of phlegm or small amounts of food
- Vaginal or prepuccial discharges
- Recurrent cystitis with blood

### **Deworming Protocol**

Use dewormers in combination to insure effective broad spectrum treatment. Many times more than one type of worm is present, even though only one (or none) is seen on ova floatation tests. When one type of worm is removed, another type can rise to the surface and can delay healing efficacy. Fenbendazole and praziquantel is a good combination. Both kinds of common tapeworms will be gotten, if dewormed twice, 18 days apart and fleas are gotten rid of. This deworming will include effective whipworm treatment if done frequently enough. Hookworm infection is usually more clinically overt than whipworm while hookworms are more amenable to treatment than whipworms. Multiple worming dosages over a period of 3 months are usually necessary for whipworms. In cases of tapeworms give praziquantel twice; 18 days apart. Fenbendazole will get most of the other common parasites; give as directed in 3 day treatments. Hookworms usually require only two 3 day treatments (poor hygiene will require more treatment rounds). Whipworms often require further treatments, best to start a three day treatment on days 0, 20,41,61,90. With these two products almost all of the common worm parasites will begin to be killed off. If lungworms are suspected in cats, a weekly treatment of ivermectin for 4 weeks is in order.

In a significant number of cases, after tremendous improvement from worm medication and raw food, over a period of weeks to months, a return of symptoms occur at the same level of intensity. Raw food feeding is essential in these cases and repeated worming treatments are in order. Changing the animal management is important with whipworms. In these cases encysted parasite pockets can be retro-intestinal or be throughout the abdomen. This can account for return of symptoms even though deworming has been performed. With continued raw food feeding and the rise of more efficient digestive burning of food and crisper cellular respiration, these pockets will be addressed by the system when it can. This can take months to years.

Changing the animal management is important with whipworms. Areas where defecation occurs should be blocked off for 6 to 12 months as to reduce reinfection directly from the stool or through the feet. A dog on soil with poor drainage makes it almost impossible to get rid of worms.

This routine of deworming and continued raw food feeding has worked best over the years. If you're not sure of the worm(s) involved, continue with the entire deworming procedure. I have seen no side effects from this worming combination. If worm loads are heavy, there will be fatigue and some discomfort for a day or so after deworming. This is due to the dying of worms, not the medicines. Supposed immune-suppression from deworming is not seen while feeding the NRFD.

One complete series of both Droncit and Fenbendazole constitute a single worming. This is important for two reasons. First, it will take this length of time to reduce the worm load in these immune-deficient animals. Second, this time frame of about 90 days is minimally required for health strengthening on the raw food and complete removal of whipworms. If this point is made clear to the owner; that this worming protocol of 92 days is essentially one worming; the owner is then almost always willing to try it.

Recently a natural deworming program for dogs shows good promise. It is included for those who are comfortable with the protocol, are familiar with the deeper understandings and benefits from serving holistic approaches for many years. If a reinforced faith in this approach is not present, using natural deworming remedies will only confuse the issue and water down results and insightful benefits from this natural, powerful approach. One cup of raw grated pumpkin seeds along with 5 teaspoons of honey per 60 pounds of dog for three consecutive days every month is showing to be an effective deworming approach.

## **LEAST MEDICAL INTERFERENCE AS POSSIBLE**

Only after the bodily replacement of more vital tissues and in some cases, the removal of parasites is the patient with deeper disease able to begin active shedding of deeper abnormalities. This is the Wellness process at work. As purification becomes stronger, deeper weaknesses emerge that need to be addressed in such a way as not to interfere with the overall strengthening process.

It is at this time, and not before, that holistic treatment becomes effective in aiding the body's desire and ability to institute deeper healing. This process can take from weeks to months to years. Further support is then given with nutrition as medicine and natural remedies as food whenever possible. These natural remedies allow the inherent correcting mechanisms of life to function more effectively as designed with the least amount of violence. Chemical medicines add violence to the biological system as shown by side effects and the need to modify, detoxify and excrete the chemicals as soon as possible. Though chemicals are necessary at times, they are sorely over used at the present time.

This approach of holistic support is guided by a deep appreciation of the powerful correcting measures inherent in living systems. As a Health provider, decisions on the most appropriate measures for return to health are based on not only the needs of the patient, but also the need of the

doctor to feel comfortable with the treatment given. A holistic predominant approach is one of least fear; least fear of disease proliferation and ultimately, least fear of death (failure of treatment / failure of doctor). The conscious or subconscious fear and resistance to death causes attempts to attack disease symptoms rather than support health, as fear restricts the viewing perspective.

Chemical treatments have their place in holistic medicine as well. These laboratory molecules act as replacement therapy for organs and metabolites in a system no longer capable of creating their natural counterparts. Severe immune weakness generated over generations weakened by processed grain based diets make chemical parasiticides appropriate for holistic practices.

Chemicals as replacement therapy, whether hormonal or antibiotic have the side effects of reducing what minimal function remains in a given organ or system. Giving such treatments can shut down other functions of that system or organ, and put further strain on the excretory organs of the body. It is important from the holistic perspective to give these chemicals only as a measure of continuing life and ideally only after the unsuccessful attempts at this protocol (which is not very often, less than 10%). If the patient is already on chemical treatments it is OK to continue them. Almost always with time, the need for chemical replacement therapy becomes markedly less. Depending on the concern level of the client and veterinarian, it is best to be conservative in removing chemical support measures. Under this protocol strengthening of health will proceed in spite of some unnecessary chemical medicine. It is our job as holistic care providers to know as soon as possible when chemicals can safely be removed.

## ENJOYING THE ONSET OF CURE AND OVERCOMING THE FEAR

With the deep newfound sensitivity to life, necessary responses to living are made more quickly and efficiently than they were made before on all levels of biological functioning. In higher states of health, what is desired is accomplished sooner, leaving little need for symptoms to express themselves in the interim. The body/mind does what is needed more efficiently and quickly, without side effects; higher states of health mean being better able to keep up with the ever-changing present life conditions. There are fewer backlogs, less baggage and less stickiness for disease to attach itself to. Deeper changes of higher states of health occur in a more fluid manner as the dynamic adaptations of homeostasis become more fluid. Expanded wellness is freedom and love, bound in a body that can more easily radiate it.

Unmistakable improvements should be seen by the owner within two to four weeks but it is important to make the owner aware of the necessary timeframe in which to look for real cure. The ground work for the emergence of better health has been made in the initial attempt at holistic cure by giving an understanding of healing episodes and the proper expected time frame of recovery This

approach has eliminated most of the reasons for the owner to go running back to the veterinarian (or another one) for more cortisone and antibiotics, should there be some obvious purification.

It is important that the owner be made aware of this dynamic, long-range process of healing from within and be given the tools and understandings in advance of the healing unfoldment. The veterinarian cannot fake this. This natural approach must reflect the growing appreciation of the veterinarian for the rising power of natural feeding, rearing and treatment of disease. Following this protocol with the veterinarian's own animals first, will help pave the way for confidence in sharing this information with others, especially in a professional setting. This approach cannot be an intellectual theory or some small bit of information to be shallowly passed on. It is an appreciation of life itself mostly devoid of fear; it is healing on the move, spreading to all concerned for greater well being.

The approach of fear predominant action finds justification in limiting the definition of disease and claiming cure in a more narrow sense (limiting disease to say the kidney). Further attacking treatments of disease require further restriction of the definition of disease for any sense of success. This is the justification of continued assaults on the disease as well as the body as a whole. Action based predominantly on fear proliferates fear (disease), no matter what is done. Action initiated from this level can only provide temporary relief (from fear). This is the opposite of holistic care and is in opposition to the underpinnings of this protocol. It is assumed that removal of all fear in the approach to disease is impossible. But, as action becomes more and more based on the familiarity with the power of innate healing, the health provider becomes a more powerful instrument in enlivening the healing mechanisms in not only the animal patient, but the client and himself as well. This IS holistic healing in action.

Fear has its role in life. It is what the ego uses to keep the body from walking on to highways and into trees; it helps keep the life force localized and allows for physical world navigation with an extended sense of continuity. Excess fear diminishes life, creates stress and disease. Living life from the perspective of shedding deeper disease and the shedding of the fear that keeps it present is like relieving yourself of old, heavy worn clothing, only to have them replaced by more comfortable and useful coverings. Our pets will truly heal much more quickly than we as humans can. This is one thing they can teach us about nature. Our pets do not have the extensive temporal lobes of the brain that demand explanations for everything that is done.

A Holistic Health provider maximizes Healing on all levels of life, not only for the patient, but for the client and himself as well. Life becomes more emancipated from the grip of Fear and the thinking and feelings that arise from it. True holistic health care by definition flows into all those involved. Practicing this and aiming for cure will bring new understandings and clearer incidents of

unmistakable healing both inside and outside of practice. Seeing new, deeper manifestations of healing in personal life is the cosmic feedback that holistic care is truly being embraced.

Restoration of health through this protocol of ideal nutrition and least medical intervention again and again, will help strengthen the healer's resolve and creativity to further spread healing in the world, beyond the egoic understandings. Greater flow of peace and harmony will innocently radiate through and around the healer whenever life presents challenges. As long as cure is sincerely desired and there is a belief in the body's innate ability to heal itself when treated naturally and with supportive measures, then the amount of life force available for curing and healing will grow.

Thank you for your attention and time in seeking more encompassing and compassionate approaches to restoring health in our midst. Your efforts in making this happen are appreciated more than you can imagine and the benefits to our loved ones as well as to us are truly unfathomable.

For further information concerning key understandings on health for our pets and us,  
please go to [www.healthyvet.com](http://www.healthyvet.com)

Feel free to call 1-641-472-6983 or 1-888-402-9142 and I will be happy to speak with you.

Peace to you and yours.

(1) In house study, see [www.PHDproducts.com](http://www.PHDproducts.com) or [www.healthyvet.com](http://www.healthyvet.com)

(2) The Effects of a Natural vs. Commercial Pet Food Diet on the Wellness of Common Companion Animals [www.healthyvet.com](http://www.healthyvet.com)