

THE CANINE NATURAL RAW FOOD DIET

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"Holistic & traditional approaches to support the best of animal health."

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

Last updated on 12/7/2003

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Raw foods are the most powerful healers, proven time and time again. Dogs have been waiting for this food an entire life, they will eat it 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 severely weakens the entire body, especially the vital digestive fires.

Water fast 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) and then the grain portion. 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

General guidelines:

FRESH-WHOLESOME AND VARIED

Home grown and organic is best, but not necessary; switching to this diet from commercial food is a quantum leap, further steps in refinement are not near as great. Foodstuffs gotten at nearby food stores are fine. This diet is designed to be easy and comfortable for you 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 will require more grain or more food in the following ratios. This 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. This Raw Food Diet for the dog consists of:

65% -- 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. Cook the food as little as possible until you feel comfortable. **Turkey, Chicken, Beef, Lamb, Venison**

Generally speaking, the larger breeds of dog, require the denser meats, which come from the larger animals (meat source origin). 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 unnecessary hyper-sensitivities.

30% raw grated or chopped veggies- fresh, above ground (carrots, turnips and parsnips are fine), dark green, leafy, cauliflower, broccoli, cabbage, zucchini... whatever is fresh and happy at the grocery store is fine! (See comment on organic above)

5-10% cooked or raw grain- dogs love oatmeal. 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).

Fats/Oils: Safflower oil, olive oil, sesame oil, butter, ghee (clarified butter), are fine.

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 NRFD for awhile.

Eggs: Excellent overall food source. One to several eggs (depending on the size of the dog) twice weekly. Raw is fine with the shells broken into small pieces. Lightly scrambled with butter and shells is also fine or French toasting a la shells.

Water: Best is spring fed (check to see if it's contaminated)-Purified –carbon filtered or R.O, or distilled. Give distilled water only after placing it in a glass container in direct sunlight for at least one day; all of the vitality of distilled water is lost, but can be returned through direct sunlight. It might be good to add more minerals to the diet if only distilled water is given.

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 weight on the container. Products that are truly colloidal are clear, there is no cloudiness.
- Dog multi-vitamin mineral supplement, dose according to instructions.
- Calcium either via Bonemeal (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 form 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. 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 NRFD. This kind of dog food will not be in the supermarkets.

How much do you 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 tips of the vertebrae (bones of the spine) should be easily felt and should be higher than the muscles/fat to either side of the backbone. A "doughy" appearance 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 ration. There is less voracious feeding behavior on the NRFD. 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 do I 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

These life stages requires more frequent feeding and slightly higher protein, mineral and dairy content in the diet. High quality growth formulas can be used as supplements, best to stay under 30% of total ration.