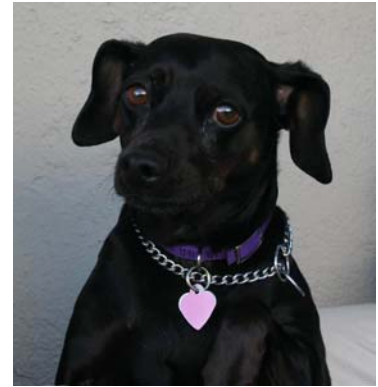


## A Healthy Diet Approach for Dogs

With the major recall of 60 million containers of pet foods recently in the US and Canada as a result of dogs and cats dying of kidney failure, it is so important to seriously consider switching from feeding your pets commercial wet or dry foods to feeding them real healthy foods.



Although we have come to accept commercial foods as a normal and natural way to feed our pets, in fact they are not. Commercial dry or wet pet foods lack most of the vital nutrients that an animal in the wild would be getting from nature. Pet food manufacturers draw from a widely fluctuating market of available ingredients. Some are listed in vague terms like “meat meal” or “poultry by-products” and can vary widely in their quality and digestibility. They may include food rejected by the U.S. Department of Agriculture (USDA) for human consumption, such as moldy grains or rancid animal fats.

In Dr. Pitcairn’s *Complete Guide to Natural Health for Dogs & Cats*, Alfred Plechner, D.V.M., offers this look at commercial pet food.

“Preparation of pet foods in this country is such that molds...and toxins from condemned meats, hormones, mixed allergens, plus any exogenous [added] material needed to meet basic requirements for manufacturing, are present in the available diets on the market. In commercial foods, dry foods are the easiest to mask impure protein additives, canned foods next, then fresh frozen foods the most difficult...”

Just like people, our pets need a broad spectrum of natural food nutrients to stay healthy and age gracefully.

The following article is a healthy diet for dogs.

It is highly recommended that all of the produce and meat that you choose for your dog should be from **ORGANICALLY** grown sources.

### Timing of Eating - Natural Body Cycle:

Your dog should be fed in compliance with their bodies’ metabolic cycle. The body seems to have three different metabolic periods which cycle every 24 hours.

- 1) Elimination and maintenance period:** From 4am to noon the cells are dumping waste products, and manufacturing and/or repairing cells. Choose foods for your dog's breakfast that allow his/her body to continue the process of elimination and maintenance.
- 2) Digestive period:** From noon to 8pm their bodies metabolism is geared towards digestion. Since digestion of foods demands a tremendous amount of energy, it would make sense to feed your dog the biggest meal between noon and 8pm. The earlier within this time frame, the better.
- 3) Assimilation period:** From 8pm to 4am the body is mobilizing nutrients and directing them to the cells.

Feeding your dog in compliance with these three metabolic periods will afford their bodies more

efficient digestion, assimilation, cleansing and maintenance of the cells and therefore good health and when necessary, proper healing can occur.

## **Breakfast:**

Give your dog some fruits in the morning. They are the simplest and most efficient way for their body to produce energy.

A meal of fruits is the ideal way to break their fast each day after sleeping. Fruit is so easily digested that it provides more energy than it uses in the digestive process. It also encourages internal cleansing that helps rid their body of toxins.

- **Here's an assortment of different fruits that your dog may enjoy:**

apples, pears, bananas, papayas, mangos, apricots, peaches and figs

*Make sure you remove the skin as dogs cannot digest fruit skins.*

Here's what Dr. Billinghamurst, DVM, says about fruits nutritional value for dogs:

"Fruits are mostly water. After that, the major nutrient in fruit is soluble carbohydrate. That is simple sugars. Energy foods. Fruit contains lots of fiber, both soluble and insoluble. It also contains vitamin, enzymes, and antioxidants. Because fruit is a whole food, it also contains minerals, small amounts of protein, and small amount of fats."

"Two nutrients present in most raw fruits, vitamin A as carotene, and vitamin C, make fruit a valuable food for your dog....."

"What fruit should a dog eat? ....tropical fruits are a particularly valuable foods. They contain high levels of enzymes, and lots of antioxidants..."

"The older the dog, the more important it is that fruit form a part of it's diet....It is particularly valuable for arthritic dogs. Another reason that fruit is youth food, is because it is low in fat and low in protein." (pgs. 189-191).

- **Another alternative in offering fruits to your dog is to make him/her a fruit smoothie.** The older the dog or the sicker the dog, the more the smoothie is the way to go to feed fruits to your dog. Add in the blender with some spring water his/her favorite fruits.

Examples of a typical fruit smoothie based on a small size dog (4 to 12 lbs):

- 1/4 of a banana
- 1 tablespoon of papaya meat
- 1/2 of a fig without the skin
- 1/4 of an apple without the skin .

Blend all together. You can add supplements to the smoothie from the recommended supplements listed at the end of this article.

Of course these portions can vary according to the size of your dog. Remember you are working with whole foods so just use your own judgment in terms of how much fruit to give your dog for breakfast.

The only fruits **not to add in the smoothie mix are melons**. If you want to feed your dog these fruits, feed it to him/her separately as a snack.

If you are worried about the sugar content of the fruits for your dog, then choose the fruits from the low-glycemic fruits family to start his/her day.

Here's a list:

Apples, oranges, cherries, peaches, all berries, plums and pears.

These fruits will release their glucose into the blood more slowly and require (cause) a more moderate insulin response because they are high in fiber.

## Lunch:

**This meal is your dog's main and largest meal.** You can either cook these foods or give them to your dog raw (my first preference is always raw)..

**It is best to feed your dog this meal before 5pm.**

If you are going to cook the foods recommended below please **consider using either fresh, unheated coconut oil or ghee (clarified butter)**. **Better yet, don't use oil at all, but steam the food at very low temperature.**

Best meat to feed your dog is **wild meat** (deer, elk, moose, rabbit....etc.), followed by organic meat purchased from your local health food stores (chicken, beef, mutton, or turkey).

If you are feeding your dog raw veggies, **the best method for ideal digestion is to juice the vegetables** and give the dog the juice and the pulp of the veggies. **A second ideal way of offering raw veggies to your dog is to put them in a food processor** and process it a few times until the veggies are mushy and watery.

**Here are some examples of your dog's once-a-day big meal.** As you will note I'm recommending in the following meals one type of protein source mixed with veggies:

1- **Ground meat (chicken, turkey, beef, deer, rabbit...etc. cooked or raw) mixed with zucchini** juice and its pulp. **You can add other types of veggies** to this meal. For example, you can juice some carrots and mix the ground meat with the few tablespoons of the juice and a modest amount of the pulp. Other veggies to consider are kale, zucchini, squash, celery, and cucumber. If you are going to cook the meat, steam it lightly (semi raw).

2. **Beef or lamb bone** with bone marrow. **If you are going to feed your dog a bone it should be fed to him/her raw** and let them dig the bone marrow out of the bone. If you are going to cook it don't cook the bones. Cooked bones are dangerous to your dog's health as the bone will harden up with cooking and can hurt your dog's throat. Take the bone marrow out of the bone and cook it alone for your dog (don't over cook it, just steam it lightly). Mix the bone marrow with some veggies as in the first recommended meal.

3. **Boiled or raw egg mixed with some veggies** as in the first recommended meal. It is particularly important that if you are going to feed your dog raw eggs to make sure that you only purchase organic eggs. **Boiling an egg would be the next best alternative way to offer eggs** to your dog as a source of protein.

## Dinner:

**This meal should be more of a snack than a meal.** Since the liver and kidneys work at night, while the dog is asleep, to process foods and detoxify the body, it is best not to feed dogs heavy meals at night. If you feel that your dog must eat something at night, give him/her a snack from the following choices:

- 1) 1/4 of an avocado (must be real ripe).
- 2) Mashed organic avocado with some fresh zucchini juice and pulp or some steamed zucchini.
- 3) One to two tablespoons of goat yogurt with real cultured/friendly bacteria.
- 4) Steamed yam with steamed zucchini mashed together.
- 5) Soaked almonds with brown shell removed. Add together in a food processor with some raw or cooked zucchini and blend together into a mushy consistency. Or use raw organic almond Butter.
- 6) Steamed artichoke heart mixed with raw avocado.

### Snacks:

1. Fresh fruits.
2. Madjol organic dates.
3. Raw carrots.
4. An avocado slice.
5. A raw bone to chew on.
6. Fresh coconut meat & coconut water (healing for kidneys) from Baby Green Coconuts.
7. Kelp or nori sea weeds dried sheets.

### Recommended Supplements:

You may go to [my website](#) for additional information on the following recommendations:

1. For better digestion and assimilation of foods I recommend the use of probiotics (**acidophilus and bifidus**) and **enzyme** supplements. Every meal, whether cooked or raw should have enzymes powder sprinkled on it to help aid digestion and assimilation. Probiotics and enzymes are highly effective if they are micro blended with a food high in minerals and trace elements such as wild-crafted blue green algae.
2. For added nutrients to supplement dogs' meals I recommend food-based supplements such as wheat grass, a variety of **sprouts and wild-crafted blue green algae**.
3. For better protection against free radical damage (oxidative stress) I recommend whole food antioxidants like **wheat sprouts, red algae, wheat grass or CoQ10 micro blended with wild-crafted blue green algae**.

I offer a FREE pet health consult. [Contact me](#) anytime or go to my [website](#).

**Wishing you and your pets extraordinary health,  
Charlotte Carreira**

**References:** Billinghamurst, Ian, DVM. (1993). *Give Your Dog a Bone*. Australia

