



### ***How to feed your dog for optimal health:***

- *Feed less dry kibble or eliminate it all together.*
- *Aim for at least 50% freshly cooked or raw/dehydrated foods.*
- *Use a variety of meat protein and brands.*
- *Select appropriate protein sources and whole-food nutritional supplements for your dog's unique needs.*

### **Recommended Commercial Diets**

#### **Raw**

Nature's Variety *Instinct*  
Stella and Chewy's  
Small Batch  
Northwest Naturals  
Primal  
Darwin's  
Honest Kitchen  
Sojourner Farms  
Ziwi Peak

#### **Dry/Canned**

Nature's Variety *Instinct*  
Spring Naturals  
Dogswell Nutrisca  
Lotus  
Fromm  
Merrick Grain Free  
Blue Wilderness  
Wellness Core  
Orijen/Acana  
Great Life  
Wysong Epigen

### **Food Energetics**

#### **Cool**

Turkey, Duck,  
White Fish, Rabbit,  
Pheasant, Quail,  
Pork, Egg

#### **Neutral to Warm**

Chicken, Beef,  
Bison, Buffalo,  
Salmon, Tripe

#### **Warm to Hot**

Venison, Lamb,  
Kangaroo

### **Basic Supplements**

#### **Whole-Food Vitamin/Minerals**

Standard Process Whole Body Support  
RX Vitamins Nutritional Support  
Mushroom Matrix Healthy Pet  
Wholistic Canine Complete  
Great Life Enzymes Plus

#### **Omega-3 Fats**

Nordic Naturals Omega 3 Pet  
Standard Process Tuna Omega  
Carlson  
Iceland Pure

#### **Dental Support**

ProDen PlaqueOff  
Oratene Antiseptic/Maintenance Gel  
Vetri-Science Perio-Support

### **Fresh Add-Ins**

Lean meats (raw or crockpot)  
Organ Meats  
Eggs  
Vegetables (steam, crock-pot  
or raw puree)  
Turmeric (organic, non-irradiated)  
Coconut oil  
Kelp  
Bone Broth  
Raw Apple Cider Vinegar  
Chia seeds (dry or soaked)  
Sardines (frozen raw or canned)

## FAQ's

### **WHY DO YOU RECOMMEND LESS KIBBLE?**

Kibble is a highly processed food that creates inflammation in the body because:

- High temperature extrusion destroys many of the naturally occurring nutrients (enzymes, vitamins, minerals) in the food.
- The lack of moisture causes increased digestive stress.
- The higher carbohydrate content (“binders” such as grains, potatoes, legumes, etc.) stimulates more insulin release by the body.

Since the “gut” is the major immune organ in the body, less inflammation here will lead to less disease in the body.

**WHAT IS THE BENEFIT OF GRAIN-FREE FOODS?** Grains such as corn, wheat and even barley, oat and millet can create inflammation in the body by causing excessive digestive stress. Dogs with allergies, cancer or obesity can especially benefit from a grain-free diet. Grain-free dry food diets are generally higher in protein and fat than grain-base kibbles, so you may feed up to 25% less volume.

**DOESN'T THE DRY FOOD HELP TO KEEP THEIR TEETH CLEAN? NO.** Increased tartar buildup caused by wet food is, in my experience, a common misconception. I cannot say that I see a significant difference in teeth of animals on canned vs. dry foods. I do typically find that dogs on fresh or raw diets have less tartar than dogs on dry food.

**DO YOU RECOMMEND RAW DIETS? YES, IN MOST CASES.** Raw foods have higher levels of enzymes which means that your dog will absorb more nutrients (vitamins, minerals) from the food. **The benefits of raw diets include more energy and vitality, fewer allergies, less tartar build-up, smaller and less “stinky” stools, easier weight management and healthier skin and coats.** I do NOT recommend raw diets for animals under one year of age, geriatric, or sick pets

**ARE RAW DIETS SAFE?** As with any raw meat, there is a small risk of bacterial contamination, so safe food handling techniques are recommended. However dogs are better suited to handle higher bacterial loads than humans due to more stomach acid and faster digestion times. In my career to date I have not seen any adverse effects or illnesses related to feeding a raw diet. *Stella And Chewys* and *Instinct Raw* Diets now use a “high pressure pasteurization” process to further reduce any risk of bacterial contamination in the diets.

**IS IT OK TO FEED MY DOG HUMAN FOOD? YES, IN MOST CASES.** Unless your dog has a sensitive stomach and develops diarrhea easily with diet changes. Supplementing commercial diets with fresh, whole foods is an easy way to increase the quality of your dogs’ diet. Examples of acceptable human foods include lean, simply cooked meats without sauces or heavy spices, cooked or pureed raw veggies and fruits (**AVOID ONIONS, GRAPES, CITRUS and TOMATO**). In general, I do not advocate feeding grains unless specifically discussed on a case-by-case basis.

**CAN I MAKE MY OWN PET FOOD? YES.** Home-cooked diets are a wonderful way to incorporate whole, fresh foods into your pet’s diet. Generally dogs should be fed roughly 25-50% meat/protein and 50-75% vegetables. If you cook the food, a crock-pot is preferred as it destroys fewer nutrients than higher heat cooking. If fed over the long-term, these diets should be balanced with the help of your veterinarian.

**SHOULD I FEED THE SAME PET FOOD CONTINUALLY? NO.** I recommend rotating brands and proteins (unless otherwise discussed) to give your dog a variety of nutrients and to avoid creating a food intolerance.

**DO YOU RECOMMEND THAT MY DOG TAKE A VITAMIN/MINERAL SUPPLEMENT? YES.** Although commercial diets are labeled as “complete and balanced”, I still recommend a whole-food vitamin/mineral supplement to protect against any nutritional gaps in the diet.

**ARE THERE ANY OTHER SUPPLEMENTS MY DOG SHOULD TAKE? POSSIBLY.** Depending on your pet’s age, breed environment and current health status, there may be nutritional supplements that can prevent or improve current health issues.

### **WHY SHOULD I GIVE MY DOG SUPPLEMENTAL FISH OIL?**

- Natural anti-inflammatory helps many conditions including allergies, skin problems, kidney and heart disease, eye and joint health and boosts immune function
- Anti-cancer
- Use only high quality, purified brands that are molecularly distilled of PCB’s and mercury.
- Keep liquid fish oils refrigerated for freshness.
- Dose at 200 mg EPA per 10 pounds body weight per day.

### **WHAT ARE SIGNS OF HEALTH IMBALANCES IN DOGS THAT MAY SIGNAL A NEED FOR NUTRITIONAL SUPPLEMENTATION?**

- **SKIN/COAT CHANGES:** “Doggy” smell; attracts fleas a lot; dry, oily, or lack-luster coat; excessive shedding; poor grooming; ear problems; eye discharge; brittle/dry nails
- **DIGESTIVE:** “Sensitive stomach”; bad breath despite recent dental cleaning; poor appetite; eating non-food items (feces, dirt, plastic, rocks, etc); vomiting often; mucous on stools; obesity; anal gland problems; recurrent worms
- **JOINT/MUSCLE:** Stiffness when getting up; decreased activity; difficulty going up or down steps