

Nutrition for Canine Health

Meridianvetcare.com

Fresh

Variety

Less carbs

Good fats

Organ meats

Filtered water

Frozen/Freeze dried

Primal

Stella and Chewy's

Bones and Co

Small Batch

OC Raw

Feed This

Darwin's

Excel Pet Pantry

Northwest Naturals

Just Food for Dogs

My Perfect Pet

Dehydrated/Pre-MIX

Dr. Harvey's (Paradigm, Vibrance)

Know Better

Ziwi Peak

Honest Kitchen

Sojo's

Dry/Canned

Stella and Chewy's

CARNA4

Rawbble

Farmina N&D

Rawzz

PureVida

Nulo

Open Farm

Fromm

Zignature

Superfoods/Treats

Icelandic fish skins

Bully sticks

Beef tendons

Dried tracheas

Raw bones (feet, necks, marrow)

Papa Psuka's

Freeze dried mussels

Sardines

Goat's milk/kefir

Tripe (greentripe.com)

Bone broth

Vitamin/Minerals

Standard Process Whole Body

Support

RX Vitamins Nutritional Support

Dr. Harvey's

Healthy Fats (Omega-3)

Nordic Naturals Omega 3 Pet

Nordic Naturals Cod Liver Oil

Omega QD

Joint Health

Adequan/Pentosan

Vetriscience Mobility Chews

Phycox

Standard Process Musculoskeletal

Support

Glycoflex

Platinum Performance CJ

Cetyl-M

Cosequin

Myos

Gut Health

Ion Gut

Dr. Mercola Probiotic

Standard Process Zypan

Flea/Tick

Wondercide

Pet Protector medallion

Allergy support

Mercola Seasonal Support

Liposomal Vitamin C

Standard Process Allerplex

Fish oil/Omega 3

Immubiome Breathe

Cancer Prevention

Vitamin C

Immubiome Immune

Pet Wellbeing Detox Gold

Stores

Bark Avenue (Rocklin, El Dorado Hills,
Rancho Cordova)

Ben's Barketplace (Citrus Heights,
Roseville, Folsom)

Animal Nutrition Center (Roseville)

Incredible Pets (Sacramento,
Carmichael, Auburn)

Pet Food Express (Sacramento,
Roseville)

Feeding Tips for a Healthier Dog

Feed Fresh food

Kibble creates inflammation in the body because of the high-heat processing called extrusion. In order to get the food into that convenient shape, size and firm, crunchy texture, it must be cooked at about 400°F. This high heat extrusion destroys many vital nutrient and enzymes. In addition, it creates compounds called heterocyclic amines (also found in grilled meats) which are well-known to cause cancer. The product is then sprayed with a synthetic vitamin pack which is hard to digest and absorb. I tend to see a lot of pets with digestive issues such as frequent vomiting or loose stools. Often simply reducing or eliminating the dry kibble in the diet is the only change that I start with and it typically fixes the issue!!

Reduce excessive carbs

There is a pet obesity epidemic right now. Over 50% of dogs and cats in the US are obese or overweight. One main reason for this is the high carbohydrate content in dry food. Carbohydrates such as wheat, corn, potatoes, barley, rice can cause insulin levels to surge and promote inflammation and weight gain. Even grain-free kibble often contains high-levels of starchy carbs including legumes, peas & lentils.

Feed Good fats

The quality of the fats that we consume is of utmost importance to our immune system health. Your dog's diet should include mostly unprocessed animal fats from meat, fish and ghee. Some healthy whole plant fats like olive, flax or coconut is fine, but avoid processed plant and seed oils such as canola, soy, corn or vegetable oil.

Include Organs

Organs are Mother Nature's superfoods because they are very dense in bioavailable nutrients including B-vitamins, enzymes, minerals and peptides. Organ meats such as liver, heart, spleen, pancreas, lung, kidney, tripe should represent at least 10-25% of the total diet for most pets. In Traditional Chinese Medicine organs are used to treat disease. (If you have heart issues, feed heart; if you want healthy joints, feed joint tissue.) This is the concept of "glandular therapy". It is easy to incorporate organ meats via treats, whole fish, or freeze-dried powders. Try to source organs from grass fed animals when possible.

Feed a variety

The concept that we should only feed one brand of food is great marketing, but just like us, dogs thrive on a variety of fresh whole foods. A mono-diet is not natural and may be lacking in nutrients, specifically certain types of amino acids, minerals and vitamins. Feeding variety can help reduce development of food sensitivities and can also add to a more diverse microbiome. The reality is that we really don't know what the ideal diet is and it probably is different for every animal. I believe the body has inherent wisdom to take what it needs from the diet. Even a balanced recipe may look good on paper but may not take into account nutrient bioavailability.

Check your water quality

Most city tap water has added chlorine and fluoride which can be harmful to your dog's thyroid function. Make sure you at least use a simple carbon filter to remove the chlorine.