

DOG NUTRITION 101

HOW PROPER FEEDING CAN KEEP YOUR DOG SICKNESS-FREE FOR LIFE

- Exposé on the commercial pet food industry
- Identifying the cause of disease
- Socializing puppies
- Proper feeding protocol (RMF) *and more...*



NORA LENZ

Dedication



Coco

This is my last dog “Coco”, who died at age 19 in 2012. He was 15 in this photo and, despite his advancing age, had not visited a vet in 7 years. He would go the remainder of his life, 4 more years, without a single day of sickness until 10 days before he died.

Coco’s long, healthy life and painless, peaceful, non-euthanasia death are things I want for your dog. In the following pages, you will learn how to give your dog the very best shot at a long, vet-free life.

Be prepared to rethink ideas you’ve always taken for granted were true. A wise person once said, “Don’t be afraid to make a big jump. You can’t get across a chasm in two little steps”. Such is the gap between ‘conventional wisdom’, which has largely been shaped by the sick pet industry, and the simple, non-monetized, empowering truth.

Dog Nutrition 101

*By Nora Lenz
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The first 90% of this book explains the rationale for proper feeding, including a brief exposé on the commercial pet food industry and an explanation of how it causes disease in dogs. It is very important that you understand how and why proper feeding works to prevent and even reverse disease in many cases. Full feeding instructions provided at the end of the book.

Also provided at the end of this book are some tips for transitioning cats to a fully raw diet. Most of the information in this book is about dogs, and dogs have different dietetic faculties than cats, but all the information about commercial pet foods and disease in general is applicable to cats. The actual practical application of the feeding methods is all that needs to be changed, and cats are easy to feed because they are strict carnivores, requiring only meat, bones and organs.

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THE PET FOOD GAME

Generally, the pet food industry today models the classic example of conscienceless modern business: profit above all else. The name of the game is producing an ultra-cheap product and deceiving consumers into thinking that it has value. By recruiting vets to sell their inedible refuse for them, commercial dog food producers have shamelessly convinced dog owners that if we care about our dogs, we have no choice but to buy their products. The success they have enjoyed with their clever marketing strategies defies exaggeration. All but a small minority of dog owners now believe that they are risking their dogs' health if they do not feed commercial dog food. Unfortunately, just the opposite is true.

The truth is, commercially processed dog food is nothing but job security for veterinarians. The reason why vets so enthusiastically promote commercial food is that it keeps them in business. It's not that they don't care, it's that they are trained by a system that only profits when dogs are sick. The individual vets think they are doing the right thing, but they are taught to not question the information they are given, and it all comes from an educational system whose goal is to support and sustain the economic machine that treats (but never "cures" or resolves) dog sickness. If the job of the vet industry was to teach people how to keep dogs healthy, sickness would be rare. As it is, sickness is not only common, it is the norm.

We are often told by vets to avoid feeding dogs "human food" but, in reality, it would be difficult to contrive a homemade diet that would have worse health consequences than feeding commercial kibble. We have been led to believe that dog nutrition is a complicated business, best left to the "experts", but this is a self-serving marketing device manufactured by the pet food industry. Just as with human nutrition, myth and misconception have been spread far and wide by the industries that profit from our confusion.

Since dogs have adapted to live on basically whatever they come across, the range of possible foods that they can survive on is actually quite large – a fact that has been exploited by the commercial pet food industry. People who advocate the use of commercial pet foods often use the argument that dogs have lived on human leftovers since their domestication. It is a matter of some debate when domestication of dogs began, but even if was 100,000 years ago, this is not enough time to allow for biological adaptation. By the time dogs were domesticated, biological adaptations that allowed them to live synergistically within the natural world had been in place for some 37 *million* years. In addition, it should be noted that what humans once cast off for dogs to eat is entirely different from what is left over from the modern commercial food processing industry. By-products today are used in the most profitable ways first. It is only the least desirable, most unusable waste that is reserved for our animal friends. Even what we are led to believe is "premium" food contains ingredients that you would not

knowingly feed to your dog. This includes the expensive ‘prescription’ diets sold exclusively in vet offices.

Commercial pet food is a miracle of modern industry. Waste disposal is a huge problem in the business of producing food for people. The meat industry particularly is incredibly productive of waste. We humans like to think we are omnivores or carnivores, but suspiciously we don’t eat all parts of the animal like true omnivores and carnivores do. We want only the tender flesh - no bones, organs, blood, fat, sinew, eyeballs, hooves, feet, ears, heads or cartilage, not to mention excised tumors and flesh from animals that die from disease or en route to slaughter. This stuff must go somewhere and, in the past, when people killed and processed their own meat or had it done by a local butcher, these by-products fulfilled the family dog’s dietary needs nicely. Nowadays, mega-processors do all of that and they are the ones left with the waste and “by-products”. The pet food industry represents a place for all of it to go, and to make a profit for everyone involved to boot. What could be better? From a straight business perspective, it’s a perfect scheme. Pet food producers are only left with the problem of transport and storage, which they have solved by dehydrating and otherwise processing the life out of the products so that they literally never decompose. This brilliant system solves all the financial problems associated with usable waste that food processors would otherwise have to bear. Wouldn’t it be great if you could give your garbage to someone else and actually have them PAY you for it? And you not only pay for the useless fat and waste, you pay in the form of sickness, misery and vet bills when your dog eats it.

The by-products of the human food processing industry will always exist, and they actually provide perfectly adequate sustenance for dogs. If pet owners start demanding that these products be delivered to the marketplace in an UNPROCESSED form, the system can still work without making our dogs sick. Logistically it will be a little more difficult and there is far less profit to be had from selling unprocessed animal parts than waterless, shelf-stable bags of kibble. However, if pet owners do the right thing and wake up, the only alternative for the pet food industry is slow bankruptcy.

WHAT IS IN COMMERCIAL PET FOOD?

The squalid and unnatural conditions in which modern farm animals are raised produces a great deal of diseased animals that are unfit for the human food market. The dead, dying, diseased or disabled animals (called “4-D”) that together form the percentage of mortality that processors deem ‘acceptable’ are usually processed into pet food. Processors seek to salvage as much as they can of sick animals for the human market, since this is more profitable. As a result, it is common for tumors and diseased body parts to simply be cut away during processing. Unbelievably, these tumors and diseased body parts are not just thrown away,

they are sent to the rendering plant, where they are processed into pet food, among other products.

The reason why pet food can be purchased so inexpensively is that the pet food industry has gotten very good at finding the absolute cheapest, lowest grade constituents from which to produce their product. It is so cheap to produce pet food that producers can keep prices down even while spending millions on advertising. It is much cheaper to do this than to use ingredients that would actually fulfill your dog's true nutritional needs. However, that is only part of the problem with commercial pet foods.

Here are a few more little known facts about commercial pet food and the consequences of feeding it to our dogs:

- **The meat in pet food primarily comes from "rendered" animals.** "Rendering" is a pretty word used to describe the process by which animals deemed unfit for human consumption are turned into a marketable product. Rendering companies are paid to pick up and "process" dead animals from facilities such as medical labs, slaughterhouses, animal shelters and veterinary offices. Animals that die as a result of being injected with chemicals, or from disease, or which belong to species that humans do not consume, are processed into pet food.
- **The brand of dog food commonly sold in vets' offices was actually developed by a doctor working for a large soap company.** The company used the fat from rendered animals in the manufacture of their soap products but disposing of the tissue was expensive and difficult. They discovered that using it in pet food was a profitable means of "disposal". In fact, most pet food companies are subsidiaries of human food processing companies. They use the pet food market to make a profit from otherwise unusable waste products.
- **Dogs have a very weak sense of taste.** They judge the suitability of the food they eat mostly by the smell. Pet food manufacturers are aware that unless they disguise the true smell of their rendered gruel, dogs would not willingly eat it. They do this by coating the food with an ingredient they call "digest", a cooked, fat-based liquid extracted from processed, rendered animals. Another common product used to convince your dog that the food is edible is used restaurant grease, usually rancid and stabilized with powerful chemicals. Deceptive and euphemistic language is used in the ingredients lists in order to keep dog owners in the dark about what they are really feeding their dogs.

- **Veterinary dentistry is a lucrative offshoot of veterinary medicine that owes its existence entirely to the dog food industry.** Veterinarians theorize that dental disease causes organ failure and they use this idea to frighten dog owners into getting their dogs' teeth cleaned regularly. However, not only is the relationship between rotting teeth and organ disease NOT causal (they are both symptoms of a larger problem), but dental cleanings are not necessary at all for dogs who are fed properly. This is because a truly healthy diet includes many foods that naturally clean the teeth and does not include foods that cause tartar and plaque to build up on the teeth.
- **Fleas are not an inevitable fact of life for dogs, as most veterinarians and the flea 'remedy' industry would have us believe.** Fleas, like other "parasitic" insects, are attracted to decaying or unhealthy flesh. Dogs fed a diet of dead, commercially over-processed food attract fleas because indigestible wastes are constantly being exuded through the skin. Just as flies do not swarm around clean garbage cans, fleas and other parasites have little interest in dogs who have clean digestive systems. Minimally, when dogs are fed a natural diet, fleas become much easier to manage without resorting to toxic chemicals or expensive, harmful pharmaceuticals.

And if all that isn't enough to steer you away from commercial pet foods...

PRODUCT TESTING

Recently it came to light through an undercover investigation that Iams was conducting cruel experiments on dogs in their contract labs. This may be a revelation to the uninformed, but it has long been known that pet food companies have two main jobs: 1) making profits and 2) keeping them. If they don't perform experiments on live animals of the same species that their foods are intended for, they will have no defense to use in court if they are accused of making animals sick. What this means for the innocent dogs who are unfortunate enough to end up in one of their labs is a life of misery and suffering. Now that people have heard about what goes on in Iams contract labs, they are switching to other commercial foods en masse, without having any evidence whatsoever that the other commercial pet food companies don't engage in exactly the same practices. In fact, there is every reason to suspect they do.

ARE ALL COMMERCIAL FOODS BAD?

Yes. The industry has not really improved the quality of its products as a result of consumer awareness. They've just gotten a lot trickier with their marketing strategies and have made every effort to impress with strategies like regular-dog-owner testimonials. The Blue brand of dog food has had major success with this one.

The recent "grain free" trend is an example of their sleight of hand. Grains should never have been used in dog food; it was only profitability that motivated their inclusion in the first place. So, the industry does something they should never have done at all and when they stop doing it, they make a big fuss about how responsive they are to consumer concerns. And dog owners en masse go along with their folly, buying the "grain free" food and telling everyone proudly that they feed only "grain free". And when their dogs get sick, they say they can't figure it out because their dogs don't get grains! Meanwhile, the devious processors have found other cheap crap to take the place of grains that is only slightly more digestible than grains. To top that off, now the biggest processors that didn't bother removing grains from their formulas have decided, with the help of the FDA and some very sketchy 'evidence', that "grain free" foods cause heart problems in dogs. This appears to me to be nothing but a battle for market dominance because these same large processors seem not to be concerned about the epidemic of disease that their products cause, including the one they are blaming grain-free foods on (dilated cardio myopathy, or DCM for short). And, adding to my suspicions is the fact that the processors that sell grain-free foods are mostly small, but large enough collectively to be taking a slice out of the pie that the big guys don't want to give up. Unfortunately, because of the connections that these mega companies have with the media, this story has gotten a lot of attention from pet owners who are now abandoning their favorite grain-free foods and going back to foods with grains, comforted by the false knowledge that their dogs will consequently never be afflicted with heart issues. Personally, I do not care which side of this war wins market superiority. They all make products that shorten the lives of dogs and make lots of money for the pet sickness industry. We can only hope that some of these dog owners will see through all of this trickery and be motivated to research home feeding.

The claim by pet food processors that their foods contain no "by-products" is another work of deception. Meat by-products are legally defined as the internal organs. Internal organs are a natural part of a dog's diet. But since they repulse humans, and most people don't even know what is meant by the term 'meat by-products', they think that buying a food without them is good. It's not that the foods that **do** contain by-products are any better, **they're not**. It's just that "by-product free" is a meaningless term.

Speaking of meaningless, so are the *minimums* shown on the labels of dog food. Who wants to know the minimum amount of anything that in a food? Don't you want to know the **ACTUAL** amount? If you were monitoring your sodium intake and read a label that said the food had at least 100 mg of sodium in it, would that tell you what you need to know? NO. With this *minimum* nonsense, pet food processors have hoodwinked consumers into thinking they actually police themselves or that they have some regulatory body policing them. In truth, the requirements that are ostensibly imposed on pet food processors are voluntary, the body that provides oversight (AAFCO) has no authority and is in fact has a membership mostly peopled with industry lifers, and the information on labels is utterly useless. Compare the obtuse, cryptic "information" on a dog food label to a normal nutritional label on human food and you will see what I mean.

Commercial RAW dog foods are obviously better than kibble and other over-processed foods, but because of the labeling deceptions and other reasons, feeding them to your dog is ill advised. They are not only MUCH more expensive than home-prepared food, they contain far too much fat and often contain costly, incompatible, unhealthful and unnecessary ingredients like vinegar, garlic, oils, flax and supplements. I receive many emails from people feeding these raw commercial grinds whose dogs and cats still get sick. These foods are represented by the industry as the best you can do for your dog, but they absolutely are not. If you want your dog to be as healthy and disease-free as possible, it is not only cheaper for you but also better for your dog that you learn the simple basics of proper home feeding outlined in this book.

RAW OR COOKED?

Now that you know a bit more about what commercial pet foods consist of, you may not be interested in continuing to feed them to your dog. You may be thinking that the safe answer is to recreate something similar in your kitchen, using "wholesome" cooked ingredients. A lot of dog owners make this mistake. I even spoke to a veterinary pathologist once who had decided not to feed her dog commercial foods anymore but was befuddled when her dog became chronically sick after months of eating the best homemade meals she could cook for him. When I asked her if it had occurred to her to feed raw, she said, simply, "no".

There are many possible reasons for a dog owner to make this kind of mistake, mostly related to fear and brainwashing by industry. They think they are being cautious and conservative, but this is not the case. Commercially manufactured food is actually radically different from what dogs evolved to eat. Staying closer to nature is conservative and doing otherwise is taking a risk, not the other way around.

Another reason dog owners make this mistake is that they are seeking the “balance” that they perceive to be present in commercial foods. The truth is, there is ZERO “balance” in commercial pet food. Dogs have no need to eat equal parts of usable and unusable ingredients. Whenever you see the word “balanced”, whether it’s on a pet food label or on one of the thousands of dog food recipes available online, RUN. The idea of “balance” has been used to make home feeding far more complicated than it needs to be. Canine “nutritionists” and “holistic” vets have been the biggest marketers of this myth, and the Prey Model Raw (PMR) and Bones and Raw Food (BARF) feeding community has adopted it as well, not realizing the effect it has on dog owners who would like to home feed but are too confused or intimidated to know where to begin. The ultimate result is that many more owners who have the willingness and wherewithal to home feed continue to dump commercial food into their dogs’ bowls.

Dogs need only eat foods that are within the context of their natural range of appropriate foods and, with the exception of vegetables, those foods should be raw. Cooking can make vegetables more digestible by dogs, but meat and bones are not improved by cooking. In fact, bones are rendered useless and even hazardous by cooking (more on bones later). Foods should also be uncombined with other foods or combined only with compatible foods (see below for more info about that). These criteria alone serve to disqualify virtually all cooked commercial pet foods and homemade diets modeled after them.

ARE ‘PATHOGENS’ A VALID CONCERN?

In thinking about feeding your dog raw food, you may be concerned that he could get sick from the bacteria that inhabit raw meat, like salmonella and e-coli. Those who oppose raw feeding seem to have arrived at a consensus that this is the area which holds the most potential for scaring people away from it. Given all the propaganda we are bombarded with everyday about how disease is caused by “germs” and therefore completely out of our control, they are probably right. So, it’s beyond my hope to be able to convince you that there is nothing to worry about in a few paragraphs. However, that won’t keep me from trying.

If the other holes in the germ theory have not yet made it obvious to you that you **DO** have control over whether you get sick (to that end, books like “Goodbye Germ Theory” by Dr. William Trebing may be helpful), you can at least be comforted by the fact that the stomach acid of a dog is 10 times stronger than the acid in a human’s stomach. This means that they have no problem ingesting things that are falsely thought to cause sickness in humans. Since dogs are designed to consume flesh, their systems get rid of it quickly, before putrefaction occurs. Putrefaction produces toxins. And it is this process that causes problems for humans, since we are not biologically designed to consume flesh, and food does not move quickly through our systems. Wild dogs are predators, but they are also opportunistic scavengers.

Unlike cats, who prefer their food freshly killed, dogs are physiologically equipped to eat and easily digest rotting carrion.

Even though the digestive systems of our dogs are impaired to some degree because of the garbage they've been fed through generations of domestication, they still have the same digestive faculties and chemistry of their wild relatives. The so-called harmful bacteria are of no concern to your dog. If you are concerned about the raw meat you're going to be handling will put you at greater risk of getting sick, I hope the following paragraphs will ease your fears. Nothing in our current culture makes less sense and is more self-destructive than our insane war on the microscopic entities on whom we depend for our very lives. The idea that disease is a stealth attacker lurking on every countertop and cutting board has been used to create fear, which in turn sells products and services. The germ theory of disease has always been about MONEY and CONTROL; it has never had anything to do with health or understanding nature.

Every second that you spend worrying about germs, trying to avoid them, killing them or blaming your dog's sicknesses on them is wasted time from your precious life. Bacteria and fungi are absolutely not the enemies of humankind. They are nature's clean-up crew. They are unequivocally our friends. There are NO good or bad bacteria. Different bacteria consume different kinds of waste, just as there are different taxonomy categories in mammals. The kinds of bacteria that eat waste that is produced from foods that are the most harmful to humans as they decompose (animal products, generally) are thought to be the most "pathogenic", such as e-coli and salmonella. But the bacteria are always present **only** because the WASTE is present as well, and it's the **always** the WASTE that is the true underlying cause of symptoms. Bacteria are innocent by-standers. In fact, they are beyond innocent. They are there by explicit invitation, doing their life-preserving job. Blaming them for causing disease is rather like blaming firefighters for fires, because they are always found at the scene.

WHAT NOBODY UNDERSTANDS ABOUT BACTERIA

I read recently in Dr. Joseph Mercola's newsletter of an experiment where researchers introduced some "pathogens" (e-coli, salmonella, etc.) to a dish of raw milk, and then did the same with an identical dish of pasteurized milk. The samples were allowed to sit at room temperature for a while and then were tested. It was found that the newly added bacteria flourished in the pasteurized milk, while they died off in the raw milk. The researcher's explanation for this is that the raw milk contained so many forms of "good" bacteria that the "bad" ones were vanquished in the ensuing battle between them.

The experiment might have yielded some interesting useful information, except that the experimenter, led by his preconceived biases, was more focused on building a story that left his

biases intact than giving us a glimpse of reality about what makes bacteria tick. Such lack of objectivity afflicts much modern “science”, unfortunately.

The important take-away message is that the imagined microscopic battle never happens at all. Different types of bacteria do not compete with each other, in the same way that carnivores do not compete with herbivores for food. They eat different *types of food*. Bacteria that decompose certain foods that do not belong in the human body are thought to be “bad” because these foods create so much waste that the people who eat them tend to get sick more than people who don’t. The bacteria that feed upon these types of waste are convicted of disease causation on mere circumstantial evidence. They no more cause sickness than solar flares do. They are just the ones that happen to be present when medical professionals go looking for microscopic villains. By the way, they are also present in asymptomatic people as well. A large percentage of the population carry the streptococcus strain of bacteria and in fact, it is thought to be a normal resident of the throat. And this includes people who do not have symptoms of ‘strep throat’. However, the medical industry does not go looking for “pathogens” in asymptomatic people and if they did, and found them, they would say these individuals are not “susceptible”. So, by this “susceptibility” excuse, they can explain how the bacteria only cause disease in some people and not others, without really concerning themselves with what constitutes “susceptibility”. With so much riding on “susceptibility”, it would seem to be of central importance, wouldn’t you think? That it gets so little notice by the sickness/medical industry should give everyone pause.

Like all other organisms, bacteria seek their food supply. Bacteria belong to a class of species known as necrophages, which simply means that they eat dead things. Contrary to popular myth, constructive sicknesses are not external entities that “attack” our dogs or us; they are self-limiting purification mechanisms, initiated by and for the body. When the body is sufficiently cleansed, the symptoms will stop. If, however, the symptoms of constructive disease are stopped or changed with drugs or remedies, the wastes that would otherwise have been eliminated will be retained in the body. Drugs and remedies not only stop this life-preserving process, they add to the toxic burden. Is it any surprise, then, that a body already forced to use its emergency safety valve to eliminate wastes would sometimes not be able to continue living at all? That is why it is very important for us to remove the causes of our dogs’ symptoms and wait for healing, rather than merely suppress the effects.

For all its arrogant faux certainty about the role bacteria plays in sickness, medical “science” has never established a definitive CAUSAL connection between bacteria and sickness. In fact, when they have attempted to demonstrate this hypothesis, they have failed. The truth is that bacteria are always present at the site of “infection” (inflammation) by implicit invitation, helping to clean up the mess. Their relationship to us is similar to the relationship we humans have to

fruit trees. We don't "invade" orchards when we pick and eat the fruit, and we don't cause harm to the orchard. The trees actually depend on us to disseminate their seeds, and we benefit as well. This is known as symbiosis, and it is exactly what's happening when bacteria proliferate in our bodies. Bacteria decompose waste for us. Anyone who understands the realities of the natural microscopic world would not use a military euphemism like "invasion" to describe a natural process in which two species interact for their mutual benefit.

Hospitals are the most sterile places on earth but still seem to have the highest rates of spontaneous "infection". No matter how germ-free operating rooms are declared to be, people with polluted bloodstreams who undergo surgical injury very often become "infected". This is not caused by errant bacteria; it is caused by the state of the patient's bloodstream. Blood needs to be clean of impurities in order to coagulate and perform the way it's supposed to. When healing doesn't happen, it's most often because of overall lowered vitality, the sub-normal condition of the tissues involved and the polluted state of the blood.

Antibiotics are administered to kill the bacteria, but they also toxify the body, kill living cells and end up interfering with the healing process. The word "antibiotic" literally means "against life". When antibiotics are administered and inflammation ceases, it is only because the body was forced to shift its energy to the elimination of the drug. When inflammation doesn't cease, stronger drugs are often used. When these "work", the treatment is declared successful. What has really happened is that the body was just beaten into submission. The wastes it had deposited in the area of inflammation are still in the body, they have just been moved to another area.

All we have to do if we want to get rid of bacteria is remove their food supply. If we want to control or otherwise minimize the bacterial populations in our dogs' bodies, we need only stop feeding waste-producing foods and stop causing their bodies to become depositories of accumulating sewage.

We could never kill or disable all the bacteria on earth or even the "bad" bacteria, and if we tried, we would soon drown in our own waste. It is foolish to fear or give even a second thought to a species that we are so utterly dependent on for our survival. If humanity survives long enough into the future, the ideas we currently have about bacteria will be ridiculed like we now scoff at the idea that evil spirits were responsible for disease. Bacteria are the new "evil spirits".

It is impossible to overstate the harm that has sprung from modern civilization's irrational fear of bacteria and the mistaken blame that has been placed on them for sickness. And it's going to get a lot worse before it gets better, if those of us who know the truth fail to speak out. The monopolized partnership between government and medicine has already spawned a thousand

ridiculous “health” laws that attempt to force people to participate in their absurd war on “germs”, and much more is coming our way if we continue tolerating the insanity.

Viruses

The “Germ theory” of disease encompasses a lot of different microscopic phenomena, some dead and some alive. Bacteria, fungi, mold and yeasts are living organisms. They do not cause disease, but they do have life. Viruses, on the other hand, are another matter altogether.

“Viruses” do not exist as we have been led to believe. Genomes, the basic units of life, are contained within a cell much like humans inhabit houses. When the cell’s environment becomes inhospitable for any reason, the genome breaks itself down into a smaller form in order to go on living in the new environment. It simply enables the amazingly self-provident body to make use of materials that may still have some usefulness left in them. This process is normal to all living organisms and has been since the beginning of life. “Viruses” exist in their trillions within every living organism. This cellular disintegration process happens more often when disease is present, because cells die at an accelerated rate when a body is mis-fed, poisoned or otherwise enervated. It could never be the **CAUSE** of a disease any more than evil spirits could. A morphing genome is unable to do anything except keep decomposing itself until it reaches a form that can continue to survive.

It is beyond the scope of this book to attempt to correct the nearly unanimously accepted idea that “viruses” cause disease. If you want to learn more about this, I would encourage you to check out some of the resources provided at the end of the book.

In order to allow our dogs to thrive, we must be willing to change our thinking about what causes sickness. In this way, we can regain full control over the present and future health of our dogs. We don’t just control how “susceptible” we (**or they**) are to disease. It’s much better than that because there is no agent or invader to be “susceptible” to. There is only a body-initiated, self-limiting process that purifies the inner terrain and allows life to continue.

THE TWO TYPES OF DISEASE

The paradigm I am introducing here is a much simpler and more realistic way of looking at disease. It is generally called the Unity Theory of disease, because it states that all disease has one sole, singular cause, that being Toxemia or a polluted internal environment.

Despite the 20,000 names that the medical profession has given to various diseases, there are really only two kinds of disease:

- 1) Constructive
- 2) Degenerative

Constructive Disease

In humans, constructive disease typically takes the form of colds, flu, mumps, measles and the like, wherein the body enlists the mucus membranes of the upper respiratory tract or the lymph nodes, skin or many other avenues to move waste out of the body. Symptoms like fever, diarrhea, and vomiting may be experienced if the afflicted person is foolish enough to continue eating while symptoms are present or “fight” them with remedies, depending on how much elimination the body must do and how much vitality it has to work with. All that voluminous stuff coming out of the body is not the body attempting to rid itself of a harmless microscopic virus or bacterium! It is ridiculous to think that the infinitely wise and parsimonious body would need to waste all that fluid and energy expelling something so small it can’t even be seen with the naked eye.

In dogs, constructive disease looks a little different than it does in humans. Sickesses like “parvo” and distemper are the canine equivalent of human colds and flu. Like colds and flu, they are nothing more than the emergency accelerated elimination of wastes that have accumulated to the point of jeopardizing the functionality of the body if they are not purged. These diseases cleanse the body, rebuild health, and restore homeostasis (internal balance). In puppies and dogs, the symptoms of “parvo” shut down appetite, cleanse the bowel (via diarrhea), eject unusable food from the stomach (via vomiting), use lethargy to signal the need for rest, and employ fever to accelerate the process of elimination.

Since “parvo” is so feared among dog owners, I am going to take time out here for a list of the typical symptoms of this disease as compiled by a popular veterinary site. Each symptom is followed by a simple, understandable, truthful explanation of what the body is attempting to do by employing them. This is very empowering information, and that’s why you will NEVER hear it from a vet or see it on a veterinary site, “holistic”, allopathic or otherwise. If you understand the PURPOSE of symptoms, along with their CAUSES, it becomes obvious that cooperation and prevention is what is called for, not suppression, regardless of whether the methodologies are pharmaceutical or regarded to be “natural”.

Severe, bloody diarrhea: Foods that are indigestible and unusable by the body cause irritation in the intestinal tract. Wastes from these foods accumulate in the cells and tissues, and the body brings heat and fluids to the areas where wastes are concentrated to dilute them and accelerate their elimination. This happens wherever in the body there is healing to be done as healing cannot be accomplished in a polluted environment. This is inflammation. It represents the body’s effort to purify the bloodstream so blood can perform as designed and tissues can

knit back together. Sometimes, when causes continue, the digestive tract becomes so inflamed that it ulcerates and bleeds. The body sends water into the intestine to effect a premature bowel movement because it cannot digest food. The body does this because unusable food will putrefy and further pollute the bloodstream if it is not eliminated. The body is protecting itself, preserving function, and attempting to cleanse.

Anorexia: In this context, the word simply means a LACK OF APPETITE. Since for most people it brings to mind the dangerous human disorder Anorexia Nervosa, dog owners tend to think that anorexia means a severely underweight condition that sometimes ends in death. But anorexia is not harmful in animals and is a perfectly natural response to sickness. The body does not need food when it is working to eliminate accumulated wastes that threaten its ability to function. Food is WORK for the body before it is fuel. When the body has other work to do, it does not want more work. Not all dogs are in touch with their inner wisdom and lose their appetites, but most do. They KNOW their bodies cannot use and do not need food when they are sick. Lack of appetite is a dog listening to his inner wisdom.

Fever: Just as with inflammation, the body uses heat to accelerate the process of healing and waste elimination. Fever requires a great deal of energy to produce, so it is not seen in all animals. It is more commonly seen in those with higher levels of vitality, such as the young. Fortunately, even the medical profession is beginning to understand how fever is made worse by the administration of medicines designed to bring it down. Fever is never an enemy that invades. It is an incredible, miraculous, life-saving mechanism that the body uses to save itself. *The enemy is the toxic load in the body that **necessitates** fever.*

Vomiting: As previously mentioned, most dogs lose their appetites but if they don't, the body must sometimes take matters into its own hands and sacrifice the energy and fluids required to reject food from the stomach. It does this to cut its losses. The body does not need more food when it is utilizing its emergency elimination symptoms. As with diarrhea, if it allows undigested food to stay, it will putrefy and create harmful by-products. Continuing to feed a dog that shows any of the above symptoms is foolish and potentially deadly, particularly if the food is the same kind that caused the original problem. The continuation of original causes, along with the administration of medicines, is what causes ALL "parvo" deaths. ALL.

Severe weight loss: It should be obvious by now what's going on. If the body can't use food, doesn't need food, already has so much food it's overburdened trying to deal with it all, and it sends signals to the dog that there is NO NEED FOR FOOD. So, the dog will not eat. "Severe weight loss" will result. While weight loss is a serious sign of problems, and there's obviously a limit to how much weight a dog can safely lose, vets and others do not realize the fasting capacity of dogs and how much reserve fuel even a skinny dog has. So, their unfounded fears

often motivate them to take extraordinary and counter-productive measures to get a dog eating again, including tempting him/her with more of the death-dealing foods that caused the original problem.

Lethargy: All of these symptoms require energy to produce. The body of a puppy has a LOT of energy, but it is not unlimited! When accumulated wastes rise to a level that overburden the body and threaten vital function, the body must divert its energy to full time cleansing and elimination. Its available reserve energy is sent inward. It has no extra energy for outward activity!

What Are the Real Causes of “Parvo”?

Domestic puppies eat as close to perfect a food as they will ever get in their lifetimes UNTIL they are weaned. That is typically when the trouble starts because suddenly, they must accommodate large amounts of indigestible garbage in the form of “puppy food”. The waste capacity of puppies is easily overwhelmed when so much of what they are fed is sharply at variance with what they are biologically adapted to eat. That is why a puppy’s body must sometimes use symptoms to deal with the excess. *These symptoms are ALL part of the body’s effort to save itself.*

It hardly ever happens that a caretaker realizes what is happening and cooperates with nature, because typically the kinds of people who feed disease-causing foods don’t usually figure out what they’re doing wrong quickly enough to save the life of the dog or puppy. But when it does happen – i.e., when causes are removed, puppies will get WELL. Puppies are so vital and resilient that they sometimes even get well when they are medicated. It should be remembered, however, that when a medicated dog gets well, it is always in spite of the medicines, not **because** of them. The body heals ITSELF.

When you understand what the body is trying to do with these symptoms, you can easily see how counter-productive and risky it is to suppress them. Stopping the body from ridding itself of waste and adding MORE in the form of remedies will cause waste to accumulate to dangerous levels. This kills many puppies and it is not the symptoms that cause the death, it is the attempt to stop them.

Contrary to popular myth, constructive sicknesses are not external entities that “attack” us, or our dogs. Constructive sicknesses are self-limiting purification mechanisms, initiated by and for the body. When waste accumulation reaches a point where functionality is jeopardized, the body institutes emergency elimination symptoms. Moreover, when the body is sufficiently cleansed, the symptoms will stop. If, however, the symptoms of constructive disease are

stopped or changed with remedies, the wastes that would otherwise have been eliminated will be retained in the body.

That most puppies survive weaning is truly a testament to the resilience of canine physiology. It is a matter of statistical probability that a given percentage will develop the symptoms of emergency elimination and that a certain percentage of those will die if causes are not removed. Preventing this is 100% within our control. When entire litters of puppies and kittens die in shelters because they are mis-weaned, vaccinated, wormed and otherwise medicated, it is not because the disease was contagious! It is because similar organisms react similarly to similar deleterious influences. They are all stressed by being caged in strange surroundings, fed garbage and forced to ingest harmful medicines. If an emetic was administered to five dogs and all five throw up, it could not be said that throwing up is contagious! If five puppies drink water and then an hour later all urinate, it cannot be said that urinating is contagious. Symptoms of “infectious” illness are the safety valve that is tripped when the primary channels of elimination are backlogged, and they are all within the province of the body. The body decides independently when it needs to institute extraordinary symptoms. The idea of “contagion” has been used to relieve us of our power and control over our own lives. To the extent that we buy it and go along with the medical and veterinary fraternities’ harmful “prevention” and treatments rather than retain control over our health and that of our pets, we lose.

Degenerative (Chronic) Disease

The second category of disease – called “degenerative” or chronic -- is not constructive or health building. It is the result of organs and tissues having been so habitually exposed to acidic, toxic, and morbid wastes that they have lost some degree of function. These diseases afflict dogs as they get into middle age much like they do in humans. Some examples of degenerative disease are diabetes, heart disease, and cancer. While these kinds of disease are signs that some functionality has been lost, they are reversible in many or even most cases, despite what we are told by the medical and veterinary industries.

In the case of either type of disease, there are no medicines, herbs, or tinctures that will cause the body to heal. These will only further pollute a chronically polluted system. Since symptoms are the result of complex chemical processes in the body, they can be altered by the introduction of a new chemical. This may change the original symptoms to new symptoms that are euphemistically referred to as “side effects” or it may stop them altogether, but this should not be confused with healing. The underlying cause of the disease will remain until it is removed, or until the body is able to independently resolve it.

The body has a magnificent capacity for self-healing and self-regeneration, so even the vast majority of degenerative disease is reversible, if the cause is removed. In kibble fed dogs, that means the best course of action when symptoms arise is to begin feeding a proper, biologically appropriate diet. If symptoms arise in dogs that are already raw-fed, it does not mean the diet was not the cause. Prey Model Raw (PMR) diets are notorious for providing way too much fat and Bones and Raw Food (BARF) style diets are digestively complicated and often supplemented with useless nutritional fragments. If a dog owner is already feeding raw when a dog becomes symptomatic, following the feeding protocols outlined in this book will usually set things right.

VACCINATION

Considering the above explanation, it should be plain that there is no place in any reasonable and sensible understanding of disease for the idea that vaccines can infer “immunity” or anything resembling it onto a dog. From the start, vaccination has been based on deeply misguided and flawed ideas. It is not only utterly and completely meritless, but harmful to varying degrees, depending on the substances involved and the extent to which it is used. The only good thing about the new “moderation” approach to pet vaccination is that vets are doing less of it than they were before and therefore more people are beginning to recognize its harmfulness. Vaccination never prevents disease or death; it only causes harm. Statistically, it may be possible to show that vaccination “prevents” symptoms of constructive disease and although most of the “disease eradication” claims are nothing more than spin, these statistics have sometimes been used to demonstrate vaccination’s efficacy. But even if this can be shown statistically, it is no benefit once you understand the explanation behind the statistics. That is because vaccination can cause such an overall devitalization of the body that it may not be able to generate sufficient energy to institute constructive symptoms. We don’t want to stop the body from using its life saving emergency measures to deal with accumulated waste; we want to **remove the causes** that necessitate this. Vaccination does the former, NOT the latter. What this means is that vaccination not only contributes to degenerative disease in a direct way, by increasing the body’s toxic load, but also indirectly by causing extraordinary wastes to be retained when the body would otherwise elect to rid itself of them.

In its never-quenched thirst for more power and money, the vaccination industry has partnered with government to relieve us of our choices with regard to certain vaccines, like the rabies vaccine in dogs. Most states have laws that require rabies vaccination but often they are not enforced. Personally, I am no martyr. I would not go to jail over failing to vaccinate my dog. If it came to that, I would vaccinate. But I recommend doing everything possible to avoid this, including staying under the radar to avoid bringing attention to the fact that you do not

vaccinate your dog, especially if you live in a state where enforcement is rigid. I do recommend that dog owners talk among themselves about the harmfulness of vaccination. It is up to us to spread the word about vaccination futility and fallacy, because vets and other health professionals sure aren't going to do it.

TITERING

As you may know, titering is a type of blood test that aims to determine whether a dog has sufficient antibodies to “fight off” disease. As I hope you have learned from the previous paragraphs, disease is not something to be fought off, it is something that slowly accumulates in the body. “Immunity” is a medical myth that does not, and could not, exist in nature. Where there are causes, there is no exemption from disease. The idea that immunity can be conferred by introducing substances into the bloodstream that are known to be toxic has made lots of money for large industries, but it is not valid no matter how much money it makes or how unanimously it is believed. Titering does not call any of this into question. It makes the same silly assumptions about “pathogens” that all forms of medicine make. It keeps people in the disempowering game of thinking they have no control over whether sickness happens, when in fact, they are 100% in control of it. Economically, titering has become the way in which the vet industry (particularly the “holistic” sector) recoups some of the losses from flagging vaccination compliance.

Dr. Archie Kaloherinos is the author of *Every 2nd Child*, a book he wrote about his tragic experiences vaccinating aborigine children in Australia. Both he and great health educator TC Fry have pointed out that the AIDS “crisis” (in quotes because it has not been a crisis to medical profiteers) turned on its head the idea that antibodies are predictors of protection from disease. That's because suddenly rather than signaling “protection”, people with antibodies against HIV were being diagnosed with AIDS. This means the antibodies were now indicating presence of the disease. I have to think the medical industry has manufactured some explanation for this blatant inconsistency, the way they've made up other scapegoats (herd immunity, dormancy, susceptibility, etc.) for their flawed ideas. Sickness is so simple! Nobody needs to know all the convoluted theoretical minutia the medical industry proposes. All anyone needs in order to take control of their dog's health is a basic understanding of sickness and how to avoid its causes. And we do the latter primarily with proper feeding.

Food is by far the #1 way to ensure health but keeping toxic crap out of the bloodstream is important too, and ironically that's the only possible legitimacy I can give to titering. Some have called titering a ‘get out of vaccination card’, and that is the only justifiable reason for having it done on your animals. If having a titer test can get your dog entry into places he

wouldn't otherwise be welcome as an unvaccinated dog, or otherwise get him out of being vaccinated, it's worth the cost, time and trouble. Otherwise, it's not.

SOCIALIZATION

The relationship that socialization has to health is only fractionally contributory in adult dogs, so for many years I did not include information about it in this book. However, for the sake of owners who are reading this in preparation for getting a puppy, the topic is of vital importance. And it's critical that the information come from someone who understands how disease really works and what really causes it, because it is through understanding these realities that puppy owners will be able to do the right thing and get their dogs socialized while they are YOUNG. Of all the ignorant, destructive, self-serving recommendations that vets dispense, the idea that puppies should be isolated until their vaccination series are complete is by far the most damaging to dogs. That's because far more dogs are harmed or killed by this advice than are harmed or killed by "contagious" disease. Only 30% of dogs remain with their original owners for their entire lifetime. Of the remaining 70%, many are abandoned at shelters, re-homed, or euthanized because of difficult behavioral issues, most of which are entirely preventable with early socialization. Millions of dogs are being killed because as puppies, they never learned not to fear things they did not experience.

Dogs that are isolated in the crucial early stages of development (birth – 4 months) when socialization is easy and un-stressful, grow up to be insecure, awkward, and even frightened around their own kind. Fear causes a dog to behave in such a way as to put distance between him and any previously unexperienced thing. Social distance is an integral factor in dog behavior, and it is achieved primarily by two mechanisms - aggression and retreat - either of which can manifest in all kinds of undesirable behaviors.

For millennia, puppies learned about their new world through unrestrained exploration that began just after acquiring physical mobility. We are imperiling dogs to ignore this important biological directive. It seems almost everyone is unaware of the causal relationship between inadequate socialization and the huge numbers of dogs being abandoned, repeatedly rehomed and euthanized. Thousands of others live a life of unnecessary isolation and loneliness because their owners failed to properly socialize them. Guardians of rescued dogs suffer as well because the dogs they adopt cannot be trusted around other dogs and children, due to the failure of the original owners to socialize their dogs while they were puppies.

When a dog lacks social confidence, he communicates his feelings via his body language to other dogs. This makes him an easy target for social dominance by other dogs. To us he may look like the perpetual victim, but he's really the catalyst, because of his social ineptitude.

Puppy owners are told that the answer is the so-called puppy socialization classes that are offered by shelters and training facilities. Although these classes can be part of a socialization strategy, they are no substitute for the real thing. They don't prevent the lifelong insecurity and lack of confidence that lead to big problems in adulthood. These classes only teach puppies how to behave with other puppies, and that's something puppies already know. What puppies really need to learn is how to behave around adults of widely varying temperaments, and they can only learn this out in the big, bad world. Owners who think their dogs have been *socialized* by a puppy class very often have the experience of watching their young socially clumsy dogs get thumped by adults out in the real world when they finally get around to exposing them to it. Adult dogs should not be obliged to tolerate obnoxious behavior from disrespectful teenagers, yet when scuffles ensue because of a young dog's social faux pas, the rightly offended adult always gets the blame.

Here's the typical scenario: A puppy is adopted or purchased at a time (typically 8 weeks) when it is not too late to start exposing him/her to the world. The first thing that the new owner does is take the puppy to the vet who warns him that any exposure to other dogs is "risky" until at least 4 months of age. Nobody realizes it, not even the vet, but this is a commercial for a product (vaccines), not a realistic and useful piece of advice. Vets, being vaguely aware of the importance of socialization but completely UN-aware that puppy socialization classes are entirely inadequate, nevertheless recommend them as a compromise to their "no exposure" rule. So, the new puppy owner enrolls puppy in the classes, dutifully attends every session and congratulates himself for doing everything possible to create security and confidence in his young dog. Then when the puppy turns 4 months and they start venturing out onto the trails and dog parks, the owner is dismayed that his/her puppy is chronically "picked on" by other dogs. After that, the dog owner typically prevents his dog from having access to other dogs for the rest of his/her life. For the remainder of the dog's life, the owner will blame his first encounter with an offended adult dog as the reason for the lifelong fear the dog has of his own kind. This is only one of the possible negative outcomes, and it's all so unnecessary.

Early socialization all but ensures harmony between adult dogs and imbues them with the confidence to be comfortable in widely varying situations. Unfortunately, fewer and fewer dogs are getting the socialization they need because of veterinary misguidance. The crucial two months that elapses between the time a puppy gets adopted and the time s/he gets the veterinary green light to mix with other dogs cannot be made up no matter how much socialization a dog gets from 4 months onward. That's because at around 4 months of age, the window for easy socialization begins to close. Puppies under 4 months of age bounce back from their fears and are much more open to unknown stimuli than puppies older than 4 months. Once the fear responses are in place, something that often happens in those critical

months between 8 and 16 weeks of age, it is much more difficult for them to become confident adults.

When socializing your puppy, exposure to all kinds of environments is important. Although leashed walks certainly have their place as part of a comprehensive socialization program, teaching a puppy how to get along with other dogs is best done in a leash-free environment. The leash impedes a dog's ability to communicate with other dogs. It may seem inconsequential to us that a dog's head is forced up when being walked on leash, but to a passing dog, it just may constitute criminal disrespect. Leashes can cause tussles to occur between dogs that might not otherwise have a problem. The situation is made worse when owners pull on the leash to keep dogs from making contact with one another. Eventually, dogs begin to associate the discomfort of being restrained in the presence of other dogs and may begin to aggress in an attempt to get rid of the other dog before the pain begins.

For a puppy just learning how to communicate and behave with his own kind, there is no better resource than the off-leash dog areas that many municipalities are now offering. In the city where I live, we have a beautiful 38-acre park bounded by a river that hosts hundreds of dogs every single day. If you live in an area where such a resource is provided, avail yourself of it, EARLY, when your puppy is 8 weeks old. If you are worried that big dogs may harm your puppy, be aware the adult dogs do not routinely harm puppies. I have taken tiny 3-pound puppies to the big dog park near me and it is very rare to see an adult dog do anything except sniff and leave. If you are worried, hire a trainer who can go with you to the park and school you on how to watch for danger signs. You should not allow your young puppy to become too frightened, but if you get him/her there early enough, s/he



My 2.5 pound, 8-week-old puppy, Calico, learning how to communicate with hundreds of strange dogs at the 38-acre off-leash park near my home

will have her natural inquisitiveness and courage intact and will know how to approach adults. If you live in a small town where it's hard to get your puppy around LOTS of other dogs, consider making trips to the big city where these parks are common and full of dogs. If you do this early enough (8-12 weeks), you will be rewarded with peace-loving canine companions who enjoys interacting with other dogs and are comfortable in any social situation.

FEEDING PUPPIES

We often hear that puppies need constant feeding and it's true that when puppies are very young, the mom spends most of her time with them so that they can feed whenever they need to. However, it's not true that puppies need frequent feeding until they are fully grown. The wild models show us that once puppies are weaned, they must frequently go long periods (days, presumably) without food while mom leaves the den to hunt. What this means for us is that by the time domestic puppies are acquired by their new owners, it is safe for them to go without food for a day in preparation for a transition to a raw diet. This allows remnants of previous meals to exit the body so that raw food coming in will not meet up with it. Of course, this is not necessary if you are lucky enough to find a puppy that was weaned onto raw food. Alternatively, you can feed colorful plant foods on the first day and watch for those colors in the feces to know that the digestive tract is clear.

We must once again remember that our dogs are identical to wolves on the inside and share a common evolutionary history. After weaning has taken place, the food supply in nature is no more regular for wolf pups than it is for full-grown adults, and it is safe to assume that pups have to endure many occasions when their mothers did not come home with food for days. It is logical to further assume that puppies do not fall over dead if they are not fed every day, and that they are much more resilient than we are led to believe. It is commonly recommended to feed a puppy a higher percentage of body weight and more frequently than an adult, and this is certainly valid. Some raw feeders start as high as 8-10% of body weight at 8 weeks of age and decrease that percentage slowly over the first year. More info will be provided on quantity in the feeding instructions section, but generally, the range for adults should be in the 3-10% range, per day. I think it's best to watch your puppy and remain flexible on quantities if you see bloating of the belly, excessive weight gain, digestive upset or any other symptom that might indicate overfeeding.

When I got my current dog (a Cocker Spaniel) at age 7.5 weeks, she weighed only 2.8 pounds (she is a runt). I fed her cooked yams the day before I started feeding her raw meat and bones. Either you can fast your puppy for a day in preparation for raw meat or you can feed cooked yams or yams with fruit or quinoa.

My puppy's first raw meat meal was a whole leg from a Cornish game hen, which she ate while I held it, using her back-cutting teeth to cut off bites. She ate the entire thing and digested it well. I did not weigh her food when she was a puppy, and I fed her 2-3 times per day until she was about 6 months when I cut her back to a single daily feeding.

Calico eating her first chicken (game hen) wing at 8 weeks of age.



We know that pups in the wild subsist mostly on varyingly pre-digested, regurgitated food from their mother. Even so, since dogs do not masticate their food, it will not be cut in small bites for them and they will still have to use their inborn faculties for ripping, chewing and crushing to get the food in such condition as to make it past their small throats. So, don't worry that your puppy is not equipped to eat bones or does not know how to eat raw food. Bones must be small and softer than those in large animals, but the bones in foods like quail and game hens are fully consumable by puppies. You will see the first time you offer raw meat and bones to your puppy that they are born with the knowledge of how to eat.

I found that with my puppy, the introduction of plant foods caused some housetraining setbacks, although she loves almost all fruits and many cooked veggies. It seemed the sheer volume of the fiber in the new foods would surprise her and she wasn't yet clear on what to do about it. So, I decided to feed her pretty much nothing except quail and Cornish game hens for her first year, so her poops were predictable, small and easy to clean up. As I have mentioned, young dogs and pups have a much greater capacity for eliminating the excess wastes (primarily from fat) in a predominantly PMR style diet. Around a year of age, I started introducing the combination of quinoa, cooked yams and fruit (usually bananas, apples or pears). I added only one day per week of plant foods at first and gradually increased until now, at 3 years of age, she typically eats plant foods on 4-5 days to every one day of meat. More about the various rotations can be found at the end of this book. If you have a puppy, I recommend that you try a rotation that includes plant foods experimentally. However, be prepared to feed only meat and bones if plant foods produce too-frequent elimination or house training problems. If you do

feed only meat and bones initially, go back and try plant foods periodically to see if potty training stays on track.

AGE-SPECIFIC DIETS

Dogs eat the same foods throughout their lives, from the time they are weaned until the time they die. The idea that their needs change throughout their lives is largely a marketing contrivance (yet another) of the pet food industry. The only exception is that puppies are weaned on regurgitated food, which we have no reasonable way of replicating in domestic circumstances anyway. Ironically, it's the unhealthy nature of commercial pet foods that partly legitimizes the idea of different needs according to age, because when dogs get old after a lifetime of eating that garbage, their consumption needs to slow down to keep pace with their body's compromised ability to stay active and eliminate extraordinary wastes. Even with proper feeding, it may be necessary with some dogs, as they get older, to be extra vigilant about removing the excess fat, not feeding ground meats, feeding lean or clean animals, rotating plant days into the diet routine and perhaps even lowering overall food consumption. It's a good idea to do these things throughout a dog's life. And if you do that, your dog will be as healthy into old age as s/he was throughout his/her lifetime, including the ability to eliminate wastes almost as well as a young animal would.



My dog, Cali, aged 19 months

ALLERGY FORMULAS

The allergy concept was pretty much invented to convince people that they cannot do anything to permanently resolve symptoms. If it weren't, it might as well have been because that's the ultimate effect it has had. "Allergy" is an umbrella term that was invented many decades ago when the medical profession encountered something they couldn't explain. Namely, why some people/dogs/cats/etc. have negative physiological reactions to foods or substances that are normally innocuous. They came up with an explanation that is full of speculation and specious thinking (basically that the body attacks itself, which is absurd), but that is taken for granted as truth, even today. The reality is that the term "allergy" can mean many different things, from a

bad reaction to a food that shouldn't be eaten at all or is otherwise less than ideal, to a pathological hypersensitivity to a substance that should be harmless. Often skin issues are blamed on innocuous environmental stimuli like pollen or grass, but this is a dead end, intended to corral dog owners into lifelong symptom management. These substances may be triggers, but there are real, identifiable, underlying causes for hypersensitivities, and it's on those *causes* we need to focus our attention. Think of an allergy like this: If you pour lemon juice over healthy skin, you will feel no discomfort. But if the skin is raw and inflamed, there will be pain. The cause of the pain is not the lemon juice - that is only the trigger. The cause is the inflamed skin. It is the inflamed, unhealthy state of the tissues in the body that causes these overreactions to *normal* stimuli. **That** is what needs to be addressed, and this can only be done with proper feeding.

The truth is that the allergy theory encompasses so many different problems caused by so many different influences that to ascribe symptoms to "allergy" is to admit ignorance of their real causes. But it all relates to one underlying cause and that is internal toxicity. Allergy testing has been a great boon to the sick pet industry, and it is 100% ineffective, unnecessary, and misdirecting. It does not lead people to the causes or correct response to allergy symptoms, it leads them away from them, usually permanently, which is exactly what is intended.

In dogs, by far the greatest symptomatic expression that is diagnosed as "allergy" is skin irritation and inflammation, and hair loss. This is caused by toxins and wastes that have overburdened the eliminative system, which are now being pushed through the skin, irritating tissues and hair follicles on their way out. This will happen regardless of how vigilant dog owners are about keeping their dogs away from "environmental triggers". What needs to be done, rather, is to remove those foods in a dog's diet that create so much waste that the body must enlist the skin as a secondary avenue of elimination.

That is precisely why "allergy" formula dog foods either do not work at all or have minimal effect. There are certain ingredients used by commercial producers that have shown themselves to be particularly problematic, like certain grains, cooked proteins and preservatives. "Allergen-free" foods have fewer of these, in favor of less toxic ingredients. But they still contain a great deal of harmful over-processed ingredients that will all but guarantee nothing except minor improvement, and other forms of disease. Most often owners of "allergic" dogs end up not only having to buy the expensive and inconvenient foods in the vet's office but have to treat their dogs' cyclical, never-ending symptoms with harmful pharmaceuticals or herbs as well.

Allergies represent one of those areas that has enormous potential to take ill-gotten power away from the sick dog industry and put it back into the hands of dog owners. The absolute best way to deal with skin problems involves ZERO veterinary intervention and ZERO exchange of remuneration. That being the case, it should come as no surprise that vets do not know anything about this way of addressing skin issues. Proper feeding is the answer because it will allow your dog's body to gradually eliminate all the wastes that are currently circulating in his/her bloodstream and causing skin irritation and other problems. *It bears repeating that when the body is using the skin as a secondary avenue for elimination, it sometimes will continue to use it until the body and bloodstream have once again reached a state of homeostasis, or balance.* So, patience will be required. Strict adherence to a proper feeding system is necessary so that your dog's body can concentrate on removing old stored wastes rather than dealing with new ones coming in. I have known long-standing skin issues to take six months or longer to fully resolve. Often, skin issues will get better initially only to return later when the body has sufficient energy to cleanse on a deeper level. This may happen several times over the first year or even longer, depending on the severity of the condition or toxicity of the dog, and may get worse in certain seasons, although these bouts should get gradually less severe. Healing takes time and only the body can do it.

RAW DEHYDRATED FOODS

You may be aware of the recent proliferation of raw dehydrated or freeze-dried foods onto the scene. Many people are under the impression that these foods are as good as raw. I've had many dog owners tell me their dogs are raw fed, when what they mean is, they feed dehydrated foods. The problem with these foods is that when water is extracted from a food, many other nutrients, known and unknown, go with it. When the water is put back in, the food is not made whole. Think about what a fresh strawberry looks like next to a re-hydrated dried strawberry. Or a raw potato next to a pile of wet potato chips.

The other problem is that the manufacturers of these foods are still putting in lots of indigestible ingredients that do nothing for the dog and just make the product seem healthier. In reality, these ingredients (oils, certain vegetables, supplements, garlic, etc.) are not healthy at all and only make the product more expensive. The manufacturers of these products are also apparently unaware of the difficulty that a dog's body has in processing carbohydrates and proteins at the same time. Like commercially ground raw dog foods, these dried or freeze-dried foods also contain way too much fat. Further, these foods are so expensive that owners who feed them think they are doing the very best that they can do for their dogs. When the dogs get sick, diet is the last thing they think of.

I recommend having some of these foods on hand for emergencies, like if an earthquake hits and your dog hasn't eaten for a couple weeks (most dogs would have absolutely no problem going this long without food). Other than that, these foods should not be fed.

GETTING READY TO TRANSITION

When transitioning your dog to proper feeding, bear in mind that foods digest at different speeds and can cause problems if they encounter each other in the digestive tract. This is especially true of commercial kibble and raw meat. That is why it is important to make sure no remnants of the dog's previous diet remain in the digestive tract before feeding raw meat, as these will hold up its digestion. Putrefaction of the raw meat will ensue, and although dogs can handle these poisonous by-products much better than humans, it will often cause the body to quickly eliminate it, either by rejecting the stomach contents (vomiting) or moving water into the large intestine to effect a bowel movement (diarrhea). Some dog owners who have combined the two in an attempt to transition their dogs 'slowly' have discovered this fact first-hand. Often people who claim to have tried feeding raw without success think there's something wrong with their dogs when they just made the mistake of feeding raw meat too close to the last commercial dog food meal.

Therefore, the new diet should be preceded by one full day of fasting on water only or minimally, a day of veggies and fruits only, to clean out the system and make the first raw meal more appealing. Feeding colorful cooked tubers like yams is a good choice because the telltale orange poops the next day will signal the all clear, and typically even if plant foods encounter commercial food in the digestive tract, it will be less of an issue than if the same thing happens with raw meat.

BILE VOMITING

One thing you should be aware of when fasting your dog initially is that almost all dog diets, commercial, home-cooked or raw, are too high in fat. As previously mentioned, meat producers have found ways to make money on both ends of the animal – by feeding extremely cheap foods, which in turn, create a bigger, fatter animal to sell after it is killed. The problem with feeding these animals to our dogs on a regular basis, in any form (raw, cooked, homemade. or commercial) is that our dogs end up consuming more fat than their bodies are designed to handle. One consequence is that the body produces too much bile. Bile vomiting is extremely common, even among PMR fed dogs. Some PMR feeders are so stymied by the problem that they've just thrown up their hands and declared the problem 'normal' and 'natural'. It's not.

When a wild dog closes in on a kill, the expectation of food initiates digestive preparations in his body, including secretion of bile acids. For a domestic dog, smelling food or watching the owner prepare food in the kitchen might represent the same kind of psychological stimuli. If food is not forthcoming, bile may end up in the stomach without the benefit of dilution with food. The function of bile is the break down fats, and when it contacts the stomach lining and there is no food in the stomach to break down, it may cause irritation in its concentrated form. The body, in its efforts to protect itself, often elects to expend the resources necessary to eject the bile through vomiting.

Secretion of digestive fluids in preparation for food is normal, but bile vomiting is not. It has become very clear to me through dozens of testimonials from dog owners whose dogs no longer vomit bile, that this problem is caused by the body's overcompensation for dietary imbalances that have been present. Namely, an excess of fat.

It is common for vets and "expert" raw feeders to advise just feeding more frequently, so that there is almost always food in the stomach. But this does not remove the cause of the problem as it's a symptomatic approach. Although it may take a few months, it will eventually stop for good. If your dog vomits bile when you fast him, you may not be able to fast him initially. But as the digestive system heals, you will be able to do fasting days. There is much benefit to be had by dogs who are fasted completely, on water only, so it is advisable to keep going back and attempting to fast. On an optimal diet, even a dog that has always vomited bile when his stomach was empty will eventually recover.

WHAT IS ROTATIONAL MONOFEEDING?

Rotational MonoFeeding (RMF) is a new way of feeding which takes into account the fact that the dog has only one chamber in his stomach and is therefore set up to digest only one TYPE OF FOOD at a time. In their history, dogs have had few opportunities to MIX foods. A meal to a wild dog is normally comprised of the entire body of a small plant-eating animal (all the edible parts of an animal are considered one type of food), or, if he is part of a pack, a portion of a large ungulate. A meal would not include meats and carbohydrates together, not to mention all the other foods and non-foods that are normally combined in dog food of all kinds, whether they are cooked or raw, homemade, or commercially produced. Digestion is compromised when foods are combined, because the acidic nature of the digestive chemicals required to break down proteins actually neutralize the ones that are required to break down carbs. The cost of feeding more than one food at a time is that the percentage of food utilized is decreased and waste production is increased, which means both food and bodily resources are wasted. When you consider that the accumulation of waste is the #1 cause of both constructive and degenerative disease, this is no small consideration.

Feeding plant foods and meat foods on separate days reduces the chances that incompatible foods will encounter each other in the digestive tract. RMF involves feeding different foods on different days. In other words, your dog may have fasting days, plant food days and meat days, in whatever combination or rotation works for you and your dog. It is usually easier to follow a certain sequence of feeding days when you first begin (see the chart of sample feeding protocols at the end of this book), but later on, you can feed randomly and not according to any set pattern. It takes a while to find your groove with this way of feeding and develop the confidence you need to be flexible according to factors ranging from what you see in your dog to what foods you happen to have on hand. This feeding plan is actually quite liberating for you because it can even be dictated by your schedule on any given day. All of the sample feeding protocols in this method (and those you create yourself based on the information herein) will work to keep dogs well. It is not an exact science. Unlike what we've long heard from vets, pet food "experts", canine nutritionists and others, there is no such thing as exact science where dog feeding is concerned. All we can do is take our cues from nature and tweak from there depending on what works and what doesn't.

QUANTITY TO FEED

Raw feeding "experts" all seem to have baseline percentages that they use as guidelines, but they never explain how these percentages are derived. We know a lot about the types of foods that dogs should eat from our observations of wolves, their closest relatives, so determining WHICH foods to feed is relatively easy. It's a much more difficult matter determining HOW MUCH to feed. Percentages can only offer a starting point, and they can be downright misleading if followed to the exclusion of other indicators that are more reliable (like weight and symptoms).

Throughout their biological history, dogs have eaten their fill when they have the opportunity. When the food they find is not sufficient to fill their bellies, they keep hunting. We know that wolves can consume up to 20 percent of their body weight when they have the chance to eat to satiety. The problem is that we cannot directly extrapolate that information to our dogs, for the following reasons:

1. Domestic dogs aren't nearly as active as wild dogs, so they need far less fuel;
2. The foods that we feed in domesticity aren't nearly as clean and healthy as wild foods, and can cause serious problems if overfed;
3. In civilization, the food supply is virtually limitless. A domestic dog's consumption cannot be balanced by the natural factors that have governed the consumption quantities of wild dogs throughout their history; and

4. Many domestic dogs seem to have no capacity for regulating their intake and cannot be trusted to stop eating at the point where their needs are satisfied but not exceeded.

Unfortunately, nobody in the world can tell you how much food your dog needs. Historically, dogs have eaten a wide range of quantities. Added to that, the needs of domestic dogs are not only lower than their wild counterparts, they are also different from each other. So, any blanket recommendation seems like nothing but a wild guess. The percentage I've seen tossed around most often by prey model feeders is 2% of body weight. While this might be appropriate for a dog fed raw meat every day, it's not enough for dogs who are fed according to the RMF protocols here, which involve feeding plant foods that are much less fuel-dense than raw meat. However, feeding mono plant meals gives us much more wiggle room, because we don't have to worry so much about over feeding fat. Depending on how many plant food days you feed to the number of meat days, the amount you feed can range anywhere from 3-10% of body weight per day. Most people use a lower percentage on meat days and a higher percentage on plant days. It is much harder to overfeed plant foods than protein foods, and many dogs will regulate their own intake on plant food days. It is far better, however, to use recommended body weight percentages as a starting point ONLY, then watch for symptoms and weight gain and adjust if necessary. This requires a bit of cautious experimentation. Owners of deep chested breeds should be aware of the risk of gastric torsion following large meals. Although I suspect underlying pathology is at the root of the problem, to be conservative these dogs should probably be fed smaller meals, more than once per day.

Even though the information we can glean from nature is sparse and inapplicable to some degree, we can't afford to NOT take the issue of proper quantity very seriously, elusive as it may be, given that overfeeding is such a large factor in disease causation. We just need to find other reliable ways to determine proper quantity than arbitrary percentages. We know that erring on the side of "underfeeding" (compared to what we've been taught) replicates nature and pays big health dividends. The best indicator a dog owner can have that s/he is feeding the right amount of food and is that symptoms (any and all) go away. For symptomatic dogs, cutting back on the quantity of food (assuming only optimal foods are being fed) almost always brings abatement of the symptom. Sometimes just cutting way back on the fat that a dog is fed will accomplish this as well. A dog that has no symptoms to guide us means health is already present, to some extent, so it's going to be harder to mess up no matter what we do, particularly if the dog is young. In those cases, the main thing to watch for to determine proper quantity is the sharply concave waistline that all wild dogs have (more on that in a later chapter).

Some feeding experts theorize that since dogs cannot utilize as much food as their wild counterparts, they are at risk of nutrient deficiency. Granted, the food supply for domestic

dogs is definitely substandard. Nevertheless, this does not necessarily mean that nutrient deficiency is inevitable or even a source of concern. The nutrients and energy potential within a food are proportionate. If a dog doesn't need the calories, there is no evidence to suggest that he needs the nutrients he would get if he ate as much as a wild dog. The same argument is used to encourage over-eating and supplementing in humans, and it is false. Dogs AND humans have much, much lower fuel needs than is popularly thought. In one field study, researchers followed one lone wolf that did not get fresh meat for a 10-week period one winter. He lived on previously scavenged carcasses (dried bones and hide), which means he ate practically nothing at all. It could be debated whether this kind of experience has been common enough in the history of dogs to become a requirement for their survival. Minimally, however, the accumulated body of evidence would suggest that canids adapted a need to eat much more sparingly than is commonly thought.

Typically, *young* dogs can tolerate overfeeding for a good long time until excess food and waste accumulates to a level sufficient to cause sickness. That is why degenerative problems generally begin as dogs approach middle age. Often the problems are proportional to their weight, which may appear "normal" because carrying too much weight is so common among domestic dogs. Even kibble fed dogs whose owners are careful to not overfeed can be healthier than overweight raw fed dogs. Relief from symptoms (joint, digestive, skin, ear, eye issues, etc.) in overweight dogs often comes only when body weight is sharply decreased because releasing and eliminating the toxins and wastes stored in fat cells is a central part of the healing process.

MANAGING THE COST

If you have a large dog or more than one, it may be important to find cheap sources of food. If you have a small dog, it is going to be much cheaper for you to feed properly, even if you feed foods like Cornish game hens and quail. You can also watch the supermarket ads for specials on whole chickens and stock up the freezer when they're on sale. Plus, now many supermarkets regularly sell frozen chicken and turkey scrap (backs and necks typically) very cheaply. In the fall, butchers or meat processors in rural areas will sometimes sell venison scrap cheaply. Emu scrap is usually very meaty and cheap. Surprisingly clean small game hens are available at Wal-Mart for around \$3 each.

Raw feeders have been quite creative at finding sources of food for their animals. Try to connect with other raw feeders, not necessarily for information (since I have found the raw feeding community at large to be more than a bit confused about the nutritional needs of dogs), but to identify other possible sources of meats. Some areas have on-line raw feeding co-ops that do bulk buys very cheaply. If you happen to live in a rural or agricultural area, there is

more opportunity for unconventional commerce, like connecting directly with animal husbandry hobbyists, farmers or processors. Check Craigslist for freezer clean-outs. It is much cheaper than people think to feed properly, especially on my rotational program, although it does require a little homework and mental re-programming at first. You would be surprised how easy it is, once you've found your groove.

The issue of feeding "organic" and/or "free range" always comes up when the costs of raw feeding are discussed. If you have the time and resources to find and purchase organic or humanely raised meats and bones, that's great, but it's not necessary. Personally, I would prefer to feed meat from animals that had known some freedom and humane treatment in their brief lives, but unfortunately, the cost is too often prohibitive. It's very true that animals that are raised cheaply and conventionally are generally fatter and less healthy overall because they are fed more indigestible garbage.

The good news is that since toxins are stored in fat cells, for the most part, an acceptable percentage of these can be trimmed from the final product. The addition of plant food days to the diet keeps overall fat consumption low as well. Although the more expensive, naturally raised meat animals are fed more appropriate foods, it is best to trim fat even from them. (This is the main reason I do not recommend feeding ground meats of any kind, because you cannot remove the fat.) Dogs just aren't set up to eat a lot of fat, even if its only purpose on the original animal was natural insulation. It is even worse in agricultural animals, because the function of their fat is mostly toxic storage.



Comparison of fat on mature chicken vs. game hen



Cut up game hen with 9 ounces of fat removed

Game hens and quail are more expensive, but they are ideal foods because they are young and their bone-to-meat ratio is closer to that of a wild prey animal. The bone is actually just as important to your dog as the meat. However, domestically raised animals have been bred to have a very high ratio of meat to bone, much higher than is found on wild prey animals, because this is what the human market demands. If your dog has loose stools, this is often an indication that not enough bone is being fed. The stools are really the best gauge of whether you are feeding enough bone matter. The day after meat day, poops should be compact and small. Be aware that these kind of bowel movements (BM) move more slowly out of the body than plant poops, and owners often confuse this with “constipation”. A slow BM does not mean a dog is straining or having difficulty.

To economize, you might look for things like chicken frames and fish scraps in the Asian markets or ask the produce manager at your local grocery store if they'd give you their overripe perishable fruits, especially peaches, melons, apples, pears, figs, persimmons, etc. Many raw feeders use primarily chicken or turkey necks, backs and leg quarters because of their low cost. I do feed legs and necks of both turkeys and chickens, but I have found backs and full leg quarters to have too much un-trimmable fat. If you have many dogs or a large one, the economic savings could be worth the extra fat but only if you add more plant days to offset increased fat consumption.

If you are worried that the financial cost of proper feeding will be higher than commercial pet food, it's important to take all factors into account. For example, how many times does your dog visit the vet per year? Has your dog ever incurred a major vet bill due to sickness? Just one major vet bill could pay for years of proper feeding, and these are more common than not among dogs that are improperly fed. And this doesn't include the other 'costs' like emotional suffering for you, physical suffering on the part of your dog, and a shortened lifespan. Apart from that, the feeding plan that serves dogs best is actually better for our budgets, too. Fruit can be fairly cheaply had, as can yams, quinoa and millet, and since meat need only be fed a couple times per week or perhaps even less, the most expensive part of the diet is minimized. If you factor in a fasting day per week, the whole program probably costs about the same as “premium” kibble.

It cannot be overemphasized how counterproductive it is to attempt to cut corners for financial reasons. Feeding your dog properly is so important that it's worth doing a little work to re-prioritize your expenditures. There is no way around the basic nutritional requirements of dogs. They were shaped by millions of years of evolution. If they are not fulfilled, the only thing that will be accomplished financially will be to shift the red ink from one column of your budget (food) to another (vet bills). It's not just your money at stake either, since every dollar spent on vet bills instead of proper food only further empowers the sick dog industry.

MEAT: TO CUT OR NOT TO CUT

It's preferable that dogs use their own faculties for tearing and cutting their food, so it should be fed as whole as possible. When dogs are given whole meats, they must use their cutting teeth to make bite-sized pieces, and this keeps the teeth clean and allows the digestive tract to properly prepare for incoming food.

New raw feeders sometimes feel more comfortable cutting their dogs' food into bite-sized pieces, and it's true that it is less messy for the dog to eat. But the cost associated with this is that tartar and other deposits may accumulate on the teeth. Although I doubt that this alone would cause dental problems, I do suspect it causes bad breath. I cut up my last dog's food for his entire life because he was not crate trained and if I fed whole meats, he would drag them around the house. He never had dental issues of any kind and he still had all his teeth when he died, but he did have bad breath, especially in the latter part of his life.



Tools that can be used to cut meat and consumable bone include poultry shears, cleaver and a \$20 axe from the hardware store.

This is one area where it's good to know your dog. Some people are leery of allowing their dogs to have large cuts of meat and bone because they gulp their food and in those situations, the concern may be valid. Those are rare exceptions, however. Really, the only legitimate indication that "gulping" is a problem is if the dog vomits after eating too fast or truly chokes to the point of requiring assistance. If a dog habitually wolfs his food and throws up, or chokes, he should be slowly hand fed or one of the slow-feeder pet dishes that are available on the market can be used.

Most often when dog owners make the decision to cut their dogs' meat, it's out of unfounded fear. Dogs know how to eat. The only exception to this is if you are feeding very sinewy meats and your dog swallows before disconnecting the bites completely. If the bites are all connected to each other as they are swallowed, there is a choking hazard (I had this happen once with goat meat). Whether you cut or not, bear in mind that you should either cut the pieces small enough to swallow without chewing at all, or large enough that they CANNOT be swallowed

without chewing/cutting. Trying to compromise by offering big chunks can result in the dog just swallowing them whole, without getting the benefit of using the cutting teeth. Often these big chunks need to be coughed back up again and chewed, which is completely normal but is distressing to owners who mistake it for “choking”. I do recommend always being in the same room with your dog when he is eating or chewing on bones. For cutting meat and bones, you can use either a cleaver or a good pair of poultry shears. These are available at the kitchen gadget stores and at some supermarkets.

Do be aware that if you have had experiences before with your dog choking on food because they eat too fast, a slow-feeder bowl or hand feeding is advised. Do not worry about dogs choking on bones specifically (more about this below). The fear of choking on bones comes from projecting our own feelings of revulsion about swallowing bones on to our dogs. We don't eat bones intentionally because our bodies are not designed to process them, nor any part of another animal. When we eat them accidentally, as in fish bones, they can cause big problems. This is not the case for dogs. Their swallowing capacity is in harmony with the rest of their bodies, which are well adapted to the consumption of prey.

Also, dogs prefer their food at body temperature, so it's a good idea to let the food sit at room temperature for a few hours before feeding. This is optional however, as most dogs will eat cold food. I've heard some raw feeders say they deliberately feed frozen food because it's 'more work' for the dog and slows them down. It could be argued that wolves have been known to 'cache' meat and come back for it later, and in winter, it would be frozen. But since this might also slow down digestion, I think room temperature or body temperature is best.

It is rare, but some dogs are reluctant to eat meat at first and some even prefer plant meals. While this is the opposite problem most people have, it's still a good idea to know how to get your dog used to eating raw meat if it's unfamiliar to him. Some of the strategies at the back of the book that are intended to help transition cats can be helpful with such dogs. Specifically, the ones that work with dogs are cutting meat in small bites or minced and braised ever so lightly in a frying pan, OR using the water only from a can of salt-free tuna or sardines to flavor the meat. With braising, be careful to not heat the food all the way through and with the sardine/tuna water, be sure to use only the water. Cooked fish and raw meat together can cause digestive issues. This may seem incongruent with my earlier admonition about the harmfulness of disguising foods, but here we just want to accomplish getting the dog used to the unfamiliar experience of eating raw meat and bones. Before long, your dog should be eating and enjoying the undisguised food.

BONES

We've always been told that bones are dangerous for dogs, but it turns out that it's **cooking** bones that makes them brittle and likely to splinter. Cooking returns bones to an inorganic, indigestible state which causes them to pass through the stomach intact and into the digestive tract where they can cause perforation and blockage. Raw, meaty bones, especially chicken and turkey bones – no matter how hard they seem to us - **completely dissolve** in the highly acidic digestive juices of a dog's stomach. Raw, fully consumable bones are very healthy for dogs and a necessary part of their diet. Until humans very recently discovered that cooked bones cannot be digested and cause problems for dogs (and jumped to the illogical assumption that all bones are dangerous) dogs had been eating the bones of their prey for millions of years. The digestive systems of domestic dogs are still identical to that of their wild cousin, the wolf. It defies reason to think that when wolves eat rabbits and wild birds, they carefully remove the meat from the bones. Wolves even eat the very large dense bones in the large ungulates they kill. The only difference is that dogs that are smaller than wolves need bones that they can physically chew, so large bones may not be suitable. But bones that are chewable by small dogs are a necessary part of the diet and **there is no digestible bone in any commercial cooked pet food.**

Most people who are new to feeding raw meat and bones are nervous about bones. For some, it takes actually seeing their dog eat bones to convince them that there is nothing to worry about.

Here is a list of the kinds of consumable bones that are usually appropriate for dogs of various sizes:

- **20 pounds or less:** Chicken or smaller (game hens and quail). Some small dogs cannot handle the densest part of a mature chicken leg.
- **20-40 pounds:** This size dog can usually handle all parts of chickens and certain turkey parts, like turkey necks and breasts (bone in).
- **40-60 pounds:** All of the above, plus rabbits and sometimes turkey legs.
- **60 pounds and over:** Large dogs can eat the bones of chickens, game hens, turkeys, rabbits, and sometimes even pork or beef ribs.

Bones that dogs cannot entirely consume but are eaten mostly for teeth cleaning are called recreational bones. The best recreational bones, and the only ones I feed, are beef neck bones. They have deep nooks and crannies that a dog needs to dig into with his teeth to get to the

meat, and sinews that effectively floss the teeth. You will want to buy neck sections that are appropriately sized for your dog. These are sometimes sold in 1" sections that are only appropriate for small dogs.

Be sure to inspect bones before feeding because they sometimes have loose pieces of bone that I recommend cutting out before feeding to small dogs. A medium or large dog will require a 3-4" section. Be aware that these neck sections can be fatty, so trim fat if you can and look for the leanest cuts. Pork necks are actually easier to find in the stores but are much fattier, so I do not recommend feeding them at all unless you happen to find some particularly lean ones.

NEVER feed the weight bearing bones of large animals, like pigs and cows. Technically these are "femurs" (thighs) but are sometimes called "marrow bones" or "pet bones". These are so dense that they can break teeth, particularly in smaller dogs, and when they are cut in 1-2" sections they are a choking hazard for medium or large dogs. Bones are a completely normal food for dogs but a section of extremely dense bone sawn from the whole is not natural. I have never experienced a dog choking on a femur section and I don't know anyone else who has either, but I think it's best to use our common sense and be conservative, particularly considering that these have nothing to offer nutritionally except marrow, which is almost entirely fat.



Beef neck sections

OTHER ACCEPTABLE CHEWS

Antlers, pig ears, rawhide chews, bully sticks, dehydrated tracheas and hooves are popular chews for puppies and young dogs, but they are a minefield of potential problems. Many of these commercially prepared chews are treated with chemicals to make them hard and shelf-stable. Some raw feeders swear by antlers and these are probably safe if they are not chemically treated, but they are quite expensive. Hooves are less expensive, but I have heard stories about them not being digestible when dogs do manage to break them down enough to swallow pieces, and I know first-hand that they are very smelly when a dog is chewing on them. Pig ears have the chemical worry I mentioned earlier but also are very high in fat. Other commercially dehydrated chews can be found on the market, and I don't claim to be an expert

on each and every one. I just recommend using caution and being aware of the tendency of commercial processors to not divulge everything harmful that is used in the processing of a product. Apart from finding a good source of beef neck bones, an enterprising puppy owner might do well to find out what types of animal parts a local butcher has available and order some for dehydrating. Tracheas and even long strips of meat can be dehydrated to make an entertaining chew for a puppy. Puppies and dogs should always be supervised when chews are given, and these should never be given on fasting days.

TRAINING TREATS

You may think that what you give to your dog for training purposes represents such a small percentage of his diet that it doesn't matter if it's not the best, but this is not the case. When a dog's diet is cleaned up in a big way like what we are talking about here, his system gets very clean and efficient. That means it makes better use of the foods he is fed. The barrier through which nutrients are delivered to the bloodstream becomes more permeable, which means more of the food gets in. That's good news if everything coming in is healthy, but it's bad news if you continue feeding junky treats, and it can hold up a dog's progress because it will necessitate his body keeping some of its protection in place. If you have ever made improvements to your own diet and then gone back to your old ways, you will know precisely what I am referring to.

Speaking of training, it should be mentioned that Rotational MonoFeeding (RMF) can aid in improving behavioral issues as well. Eating badly causes humans to behave in strange and abnormal ways, so there is no reason to not suspect this happens in dogs too. To whatever extent an undesirable behavior is being influenced by how a dog feels physically as a result of being mis-fed, this can be improved just by changing what is fed to the dog. Many owners have reported positive behavior changes after proper feeding. In addition, proper feeding means dogs are never overfed, which makes food rewards that much more valuable and meaningful. A day or more of fasting before attempting any counter-conditioning effort can also help to clarify the communication between trainer and dog.

With regard to what kind of treats to use, possible justification for using cooked treats (such as cooked steak or chicken) may be found if you are dealing with a particularly hazardous behavior issue. Sometimes cooking adds to the perceived value, especially if a dog has been fed cooked meats in the past. The increased value of the treat and the benefit of having the issue resolved more quickly, needs to be weighed against the digestive 'cost' of feeding cooked treats to the dog. A dog that has behavioral issues may really get his mind working on which behaviors to offer in order to get these kinds of treats. This is the goal of proper training.

There has been a huge shift in the dog treat marketplace, at least at the higher end pet food outlets. Nowadays treats that are made from only dehydrated or freeze-dried meat can be purchased, although they are very expensive. They should be used sparingly, and dog owners should read the labels to find the lowest “minimum fat” content. Although the minimum fat is pretty much meaningless information (what we need is ACTUAL), we can probably assume anything with 5% minimum fat has less fat in it than a product with 15% or more. Also, do make sure there are no other ingredients besides meat.

For the vast majority of training purposes, home-dehydrated treats are highly recommended. There are many possibilities but the one I recommend is dehydrated beef or chicken liver, or dehydrated meat of some kind. Dehydrated meat is not ideal, but it only has the water removed, its proteins have not been denatured or altered such as what happens when they are cooked, which means it is more digestible.

Below is my recipe for dehydrated beef liver treats that can be made in a large batch and refrigerated or frozen:

1. Place sliced beef livers on parchment paper in the dehydrator and dry overnight or until completely dry at less than 120 degrees.
2. Cool in refrigerator then cut in 1/2” squares with poultry shears.

If you are shopping for a dehydrator, try to find one that has an adjustable thermostat. If you’re using your oven, just put the livers on a cookie sheet and use the lowest possible setting and let them dry till you can cut them cleanly with shears, and they won’t stick to the inside of your pocket.

I am often asked if meat treats can be fed on otherwise plant food days, and I think it depends on the situation. Generally, I think dog owners treat too indiscriminately; treats should be reserved for those occasions when you want to communicate your approval to your dog for a given behavior. If you have a dog that considers a blueberry a treat, you can get away with using plant food to reinforce behaviors. If, on the other hand, you have a dog that has significant behavior issues that you want to work on and the dog does not regard plant foods as rewarding, it is worth the ‘cost’ of feeding meat-based treats even on plant food days. As usual, it’s a matter of cost vs. benefit. I do occasionally give meat-based treats to my own young dog



on plant food days and have not seen any issues. If mixing the two does cause issues like vomiting, you'll need to use a plant based treat on plant days, and the following cookie recipe is usually considered nearly as high in value by dogs as a meat treat, particularly by properly fed dogs.

Plant-based Cookie Recipe

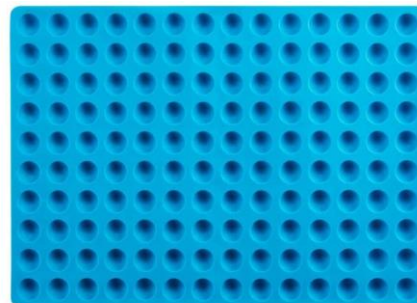
2 medium well-cooked yams

2 ripe bananas

¾ cup coconut flour

3-4 tablespoons UNSALTED peanut or raw almond butter

1 cup cooked quinoa



I make my own nut butters in the food processor so it's always the first ingredient. To it, I add the remaining ingredients until a soft cookie dough is formed. Add a little water if it's too thick. Use two spoons to put mounds of the dough on a cookie sheet or dehydrator tray, and wet one of the spoons to smash the dough down to form a flat cookie. I use a dehydrator and it takes about 24 hours for them to dry at 120 degrees. I treat dogs of different sizes, so I keep the cookies whole in my pocket and break off sizes appropriate for the dog. This cookie dough or your own plant-based treat recipe can also be put into a silicone mold tray like the one shown above and kept frozen until ready to use.

One note of caution about these plant-based cookies: if they are overfed, they can cause yeast issues because of the combination of fats and concentrated sugars. If fed conservatively you should have no problems, but if you see increased itchiness (ears, skin, between pads) after you've used them a lot, try backing off until you see the symptom abate. You can also try making these without the nut butter to avoid mis-combining fats and sugars.

THE BIG DEBATE: ARE DOGS CARNIVORES OR OMNIVORES?

If you've done any research at all about raw feeding, you will have discovered that in the raw feeding community, there are two basic opposing philosophies concerning how dogs should be fed. One group calls themselves PMR (Prey Model Raw) feeders and they hold that dogs are carnivores that should eat little other than meat. Its adherents boast about feeding no plant matter to their dogs. On the other side there are the BARF (Bones and Raw Food) feeders, who feed pretty much everything, including a lot of indigestible "foods" that have no place in a dog's diet.

Generally, the philosophical differences between the two groups can be boiled down to the above question. Both are correct, ironically, and both are incorrect. Dogs actually belong to a category of meat eaters called facultative carnivores, which is so close to the omnivore category as to be hardly distinguishable. Facultative means contingent, not required or optional. This means that their primary food is meat or prey, but they are capable of surviving without them, perhaps not indefinitely, but for long periods.

Unfortunately, when people develop or adopt a new ideology, they usually bring their existing belief systems and biased assumptions with them. Among raw feeders, the belief system that human beings are omnivores tends to determine which side of the omnivore vs. carnivore debate they end up on. Regarding the human dietetic character, all it takes to determine the truth of the matter is a cursory look at the evidence, which shows that we humans belong to a class of specialized plant eaters called frugivores, or fruit-eaters, like all of our primate relatives (think of that stereotypical image of the chimp holding the banana). The fact that humans are not omnivores is not a matter of debate, it is known with as much certainty as any other basic fact of science. It may seem to have no relevance to the question of what dogs should be fed, but it does end up influencing the thinking of raw feeders. After all, if they accept the idea that dogs are omnivores, it becomes uncomfortably obvious that humans are not. To keep intact their cherished belief that humans are biologically suited to eat anything that will fit into our mouths, they declare that dogs are carnivores and use this to account for the differences between them and us. Adhering to this view causes owners to feed meat so often that dogs never get caught up on the increased eliminative burden that excess fat in the diet creates.

Although BARF feeders contend correctly that dogs are essentially omnivorous, they have some mistaken ideas within their philosophy as well. They tend to over-analyze the nutritional needs of dogs, and they make the mistake of thinking they can make up for the hazards of feeding the sub-standard products of modern animal agriculture by feeding supplements and indigestible non-foods like oils, dairy products, and garlic.

A problem on both sides is that people like to make things black and white. The line between taxonomy classifications is not that clear cut. In every category, there is a range of species and the foods on which they thrive. Within the carnivore classification, there are species that thrive SOLELY on prey animals and there are others for whom prey animals are only the primary but not exclusive source of food.

For example, cats are often called obligate carnivores and it's true that they would not thrive or even survive without regular fresh kills. Cats have practically no need for plant foods. Dogs, on the other hand, can survive long periods without a fresh kill, and they can do particularly well if other foods are available. One study of Yellowstone wolves found that their consumption of

prey dropped by 25% during the summer months when other foods (fruits, primarily) were more accessible. Even when the wolves in the study had abundant food, they only ate fresh prey every 2-3 days on average, and it should be recognized that the foods they were eating were extremely clean compared to what we raw feeders are forced to feed our dogs. What all of this tells us is that the optimal diet of dogs involves getting fresh meat anywhere from twice a week to perhaps a few times per month. The ability of dogs to do well on foods other than prey for long periods would also account for why many dogs who are fed only vegan foods can do surprisingly well, especially compared to their kibble-fed counterparts. If it were true that dogs could only thrive on daily meat feedings, as PMR feeders claim, this could not be the case.

Following either of these two philosophies can cause feeding mistakes that create disease. Dogs who are PMR fed don't get a break from the fatty, unbalanced, domestically raised animals they are fed on a too regular basis. And dogs who are BARF fed end up getting too much indigestible (inappropriate or mis-combined) matter in their diets. In both cases, the accumulation of extraordinary waste overburdens the body and can cause sickness.

Dogs may do exceedingly well on either diet, compared to kibble-fed dogs, especially if they are young. When a dog approaches mid-life and disease begins to show itself, owners need to re-evaluate what they're feeding. If they are emotionally invested in one philosophy over another, they will not be able to do this objectively.

RAW FEEDING MISTAKES CAUSE DISEASE

PMR and BARF feeders too often assume when their dogs don't do well that the problems are caused by genetics, previous vaccination, or nutrient deficiency. Assuming incorrectly that they're already doing everything correctly with the diet means that rather than seeking out the real causes of disease (which are almost always dietary in origin), raw feeders will often blame other factors and resign themselves to disease maintenance or symptom management.

Dogs do have their share of problems caused by breeding and vaccination, but it is not helpful to make these assumptions without considering more probable causes FIRST, which may be controllable, such as diet. Even nutrient deficiency is almost never dietary in origin but has its roots in the body's inability to utilize the nutrients coming in due to pre-existing disease. This is best dealt with via removal of cause. Because they are not usable by the body, administering supplements would not constitute removal of cause, even if a deficiency had been accurately diagnosed, which is practically impossible. Despite claims from the veterinary profession to the contrary, we don't know what optimal nutrient levels are for dogs. We don't even know what optimal nutrient levels are for humans!

The bottom line is that symptom management should be resorted to only after every possible cause has been identified and removed, and sufficient time has been allowed to pass for healing to take place. Until this is done, no dog owner can claim that lifelong symptom management is the only option. In my experience, many former PMR feeders who previously attributed their dogs' issues to uncontrollable factors like vaccination and genetics have seen an end to these issues after implementing the feeding suggestions in this book.

LET'S USE WHAT WE KNOW

We have enough information about the biological history of dogs to have a pretty clear picture of their nutritional needs. During their long evolutionary history, dogs have subsisted on a huge range of foods, and they have lived mostly on the edge of starvation, by the excessive standards we go by today. Unpopular and hard to accept as they are, these facts should be fundamental to the philosophy that guides our feeding practices. If we do not respect their primordial directives, we are only hurting our dogs.

Regardless of what the various camps within the raw feeding community postulate in order to bolster their chosen philosophies, we know without question that the following facts about the canine species are true:

- Dogs have historically eaten primarily prey but eat plant matter as well
- Dogs have historically eaten only one food at a time (all edible parts of a prey animal are considered "one food")
- Dogs have never had the opportunity to eat on a regular or scheduled basis
- Dogs evolved in, and most wild dogs still exist in, relatively spare economies, going long and highly variable periods between fresh kills
- The prey animals that dogs evolved eating were extremely lean compared to the products of modern animal agriculture (see photo below)
- Dogs don't go to the trouble of hunting or foraging unless they are truly hungry, therefore they are adapted to digesting food only when there is a true bodily need for it
- Historically, dogs have eaten ONLY what appeals to them in its natural, undisguised, uncombined form

On the left is a dressed, farm raised rabbit and on the right is a dressed wild rabbit.

Note the prevalence of fat and lack of color in the farmed rabbit. Bear in mind that farmed rabbit is not nearly as fatty as some other agricultural meats.

(Photographer unknown.)



TYPES OF PLANT FOODS TO FEED

For the purposes of Rotational MonoFeeding (RMF), foods need to be put into two separate categories – plant foods and animal foods. These should be fed separately for reasons explained elsewhere in this book. Following are some of the plant foods that are appropriate to feed dogs, and a brief explanation of how to prepare them and why they should be fed. A list of meats that are best for dogs is provided in the instructions following the references.

WHY COOKED FOOD?

You will note in the following pages that describe the specific foods to feed that it is recommended that some of them be cooked. The reasons for this are explained in those sections but with so many people learning that raw food is usually superior to foods that have been heated, I am often asked why cooked foods are included in these methods at all. After all, they say, wolves don't cook their food!

Here's the problem we have, in a nutshell: We have a species designed to eat, primarily, the bodies of wild herbivores and, secondarily, fruit and other plant foods. We have taken this species and placed it in domestic circumstances where their primary foods are not available. The foods that are available instead are the extremely fat-laden and disease-causing products of modern animal agriculture. In addition, wild dogs typically travel 10-50 miles every day in order to get themselves fed, while our dogs are nearly sedentary by comparison. So, feeding these very rich foods on a daily basis becomes even more of a problem. Our task, then, since we want to feed our dogs every day, is to find foods that are appealing, palatable, digestible, affordable and available, yet NOT loaded with animal fat. It helps if these foods are similar in structure to the foods dogs are physiologically adapted to eat (like cooked yams, which mimic fruit), and/or that have a high nutrient profile to compensate them for eating fewer animal-

based foods than they otherwise might in the wild (i.e., quinoa). As you will see in the following chapters, all of the foods included in these feeding regimens fulfill those criteria.

That being said, dogs do not **need** cooked food. Including it in these rotations fulfills many owners' desires to give their dogs dense, satisfying, home-cooked meals and provide an easy way to transition a dog onto proper foods. Any owner desiring not to feed cooked foods can have a perfectly healthy dog feeding only raw food, as long as the diet is composed of meat and fruit. Or, if only meat is fed, sufficient fasting days should be included to prevent overconsumption issues.

Another question that I often get concerns "variety". Humans are encouraged to eat a variety of foods and dog owners think they have to offer a great variety of foods to their dogs as well. The entire "variety" advice is misguided for both humans and dogs. We humans like to think we are built to eat whatever will fit in our mouths. We eat, and are encouraged to eat, so much junk that shouldn't be in a human body that if we are advised to at least eat a "variety" of foods, the chances are automatically increased that we will eat something our bodies can actually use. The entirely flawed pseudoscience of modern nutrition needs to be left at the door, whether you're learning about how to feed yourself or your dog. All species need to eat within the range of foods that are appropriate for them and in appropriate quantities, and as long as they're doing that, they will thrive. A dog can manage well eating the same handful of foods his entire life.

COOKED TUBERS and OTHER VEGGIES

Raw vegetables are not really appropriate for dogs, even when pureed. I do sometimes put small amounts of the pulp from my green juicing (lettuce and spinach only, not tough greens) in with my dog's food. If you juice tender greens and/or fruit, you can do this as well. It is food that will otherwise go to waste and may do a dog's body a bit of good. But generally, dogs lack sufficient amylase to break down starch and cellulose, and lack grinding molars for chewing. When cooked, however, starchy veggies like yams, sweet potatoes and green peas (mashed) become much more bioavailable. Cooking breaks down the long-chain sugars of these starchy veggies to simple sugars, so they become quite digestible after they are cooked. In fact, these vegetables are so high in sugars that when cooked they begin to resemble overripe fruit in composition, and we know that overripe fruit plays a varyingly important role in the diets of wild dogs. Raw yams and sweet potatoes are generally not appealing to dogs but when cooked they are universally loved by dogs. I have never seen a dog pass them up, even when they will not eat fruit of any kind.

Cooked yams make a good transition meal between the last commercial feeding and the new diet, because you will know when it comes out that nothing else remains in the intestinal tract. This is helpful for owners who are reluctant for any reason to fast their dogs before feeding raw the first time. Cooked yams make rather voluminous poops compared to meat and bones but there is always much less coming out than went in, so we know that the body makes use of a good portion of it. Regular potatoes (like Russets) and corn are too starchy for dogs even when cooked. Cooked carrots are fine.

FRUITS

Unlike vegetables, fruits are composed mostly of simple sugars and water and have very little cellulose and starch. So, they are far better choices for dogs than veggies. That is why most dogs will eat them. A good policy is to only feed your dog what he will eat willingly without having to disguise it with other foods. If your dog will eat an apple, that means he recognizes that it is food for him. If he won't eat kale or lettuce, just know that he's listening to his body's wisdom and do not try to subvert it.



Many dogs will not eat secondary foods like fruit when they first start eating properly. Historically, fruit has been a back-up food for dogs when primary foods (prey) were not available, which means it was always eaten on an empty stomach. Sometimes to bring our dogs to optimal health we must replicate these conditions to create the perceived need for secondary foods and make the food supply seem less predictable to the dog. More information about this, along with the specific types of fruits that are best, is provided in the feeding instructions at the end of this book.

If you have a dog that eats everything, including things that are normally inedible or questionable, you have to make his choices for him and only offer him foods that dogs have historically had access to in the wild. Although slightly limiting and much less reliable than a discerning palate, this should be your guideline. Another way is to offer your dog whatever natural, unprocessed foods he wants and watch the feces for recognizable food. If a food is still recognizable in any other way besides color, that means the body has not been able to use it and was only burdened with its elimination. Replace the food with something that you know

your dog can digest and try the other food again at a later date. There may be other reasons for finding undigested food in the feces, as well, including overfeeding, stress, or that the food itself was not digestible. An example of the latter would be unripe fruit. Fruit must be ripe in order to be optimally digestible for dogs. Bananas, for example, should always be spotted.

BEANS, NUT BUTTERS, GOAT'S MILK, NON-CEREAL GRAINS, EGGS

Many people who feed their dogs a vegan or vegetarian diet use these products to replace meat. I regard this to be experimental because historically and biologically, dogs have always eaten a diet centered around prey. There are anecdotal stories about dogs eating vegan or vegetarian diets living very long lives, nevertheless, and that is why my mind is still open. I do think, however, that there is more risk in feeding completely vegan than feeding a diet that contains meat at least 1-4 times per month. That range is quite wide because nobody really knows the minimum requirement that dogs have for meat. If you would like to experiment with your own dog to see how s/he does without meat or feeding meat minimally, I would recommend being alert to the smallest symptom and be prepared to add or increase meat if you see anything negative. Many people are now feeding meat only 1-2 times per week and having great results. If you do decide to try not feeding meat at all, be aware that most likely if there are dire consequences to be had, you would be able to turn them around if you catch them early and add meat meals. As much as medical propaganda has everyone fearing nature, she is much kinder than we are led to believe, and second chances are the rule rather than the exception.

Beans are high in protein but are also very complex foods that are high in starch as well. Many dogs will often not eat unflavored beans, because they recognize that they are too starchy. People who feed beans typically disguise them with other foods so that the dog will eat them. As I have stated previously, I don't think this is a good idea. Dogs should not be fooled into eating something that we think is healthy for them. Beans should be cooked very well if you are going to feed them and should not have salt or other flavorings added. They need to be offered to the dog without the accompaniment of other foods. If the dog eats them, you can take that as a sign that your dog is able to digest them, but only if yours isn't one of those dogs that eats inanimate objects and anything else he can get his paws on. Conversely, if your dog rejects them, pay attention. Watch feces to make sure they are digested, if you do feed them.

Dogs cannot chew nuts sufficiently to allow their bodies to make use of the nutrients, so nuts should not be fed whole. However, nut butters can be handy for stuffing treat-dispensing toys, although it's not something I would recommend doing every day. Raw almond butter is better than other nut butters, but a bit of unsalted, natural peanut butter will not harm an otherwise well-fed dog. Peanuts are actually not nuts at all but are legumes, similar in composition to

beans. When they are cooked and smoothly processed, dogs seem to universally like them. You may be concerned about the aflatoxin in peanuts, but you can mediate your dog's exposure by making your own peanut butter out of high quality unsalted, hull-less, shelled peanuts. Research done on peanuts and aflatoxin have indicated that the peanuts culled out and destined for the peanut butter factory because of their less appealing appearance (misshapen/shriveling, etc.) are higher in aflatoxin. If you are not making your own, be sure to buy **ONLY** peanut butters that contain only peanuts with no added oils or salt.

Goat's milk has been showing up in the pet health-food stores and I am often asked if it's an appropriate food for dogs. It is true that milks of all kinds are so similar to meat in composition that they are often referred to as "liquid meat". However, with meat, we can remove the fat before we feed, or a good portion of it, and we cannot do that with these full fat milks like goat's milk. Goat's milk typically contains 50% fat, which is quite high and can add extra fat to a diet that already contains more than we would like. If you happen to have access to raw defatted goat's milk or if you are raising a puppy, I would give the green light. Beyond that, remember that dogs in the wild do not drink milk past infancy (no animal does) and their foods have historically been extremely lean and clean. There are claims circulating that a therapeutic diet of goat milk alone can be very helpful in caring for sick dogs. That doesn't mean there is anything special or miraculous about goat's milk. When sickness happens, there are causes and they are usually dietary. Feeding one biologically appropriate food exclusively for whatever period of time the body needs to heal would constitute removal of cause. **Removing the cause** created the opportunity for the body to heal, not the specific food.

Amaranth, quinoa and millet are called whole-grain foods, but they are not true cereal grains. All of these are actually edible seeds called pseudo-cereals because they share many of the same characteristics as whole-grain cereals. Of the three, quinoa is probably best because it's higher in protein and lower in carbohydrate. Millet has the edge for those on a budget because it is less costly. I have fed them all to dogs with no apparently negative consequences. However, as usual, the dog should have the final say. If your dog will eat them cooked and undisguised, you can feed them. If a dog will not eat them, respect that. If a dog will eat these foods, a cooked starchy



*Yams ready for baking
(should be covered)*

vegetable like yams, sweet potatoes, carrots or green peas (I usually mash these) will make a well-combined accompaniment. For my own dog, I feed a combination of cooked quinoa, cooked yams and diced (or mashed, in the case of banana) raw fruit 5-6 days for every one meat day. I have found that this combination works well.

GRAINS ARE NOT APPROPRIATE FOODS FOR DOGS

The introduction of grains into the diets of domestic dogs was motivated by economic reasons, not because dogs have any nutritional need for them. The **occasional** consumption of cooked grain probably won't hurt a dog, but definitely should not be a dietary staple. Grains like wheat, rice, and oats can be very problematic in some dogs, creating digestive distress in the short term and diseases like arthritis and skin issues in the long term.

It was previously thought that dogs obtained grains and other dietary plant matter from the stomachs of their prey. However, research on wild dogs has found that when they tear into the body cavity of their prey, they consume the internal organs, including the stomach lining and intestinal wall, but deliberately avoid the contents of the stomach and intestinal tract (from L. David Mech's "Wolves: Behavior, Ecology and Conservation").

When domestic dogs willingly eat grain-heavy commercial foods, it's usually because the foods have been disguised by other foods that are appropriate for dogs, like meat. Most dogs will not eat grains that are undisguised, even if cooked. Grains that have been cooked in meat stock are a different matter, but the dog will only eat them because he thinks he's eating meat, rather than something he's not even capable of digesting. Nature never disguises foods.

OILS and "BALANCING" FATS

Oils should never be fed, regardless of whatever incredible claims you may have heard about them. There is nothing in the natural diet of a wild dog that would suggest that dogs have need of oils or any adapted ability to physically make use of them. It is sometimes the case that a mis-fed dog will have flaky or dry skin, and the addition of oils to the diet is thought to improve this. However, what's really happening is that the overburdened primary organs of elimination are not able to handle all the waste, so the body sends the oils through the skin along with other wastes. This covers up the symptom of dry skin but does not improve the skin overall. This happens in humans as well, by the way.

It has become popular in the raw feeding community to attempt to "balance" fats since it was discovered that agriculturally raised animals have far more "omega 6" fats than "omega 3" fats than their wild counterparts. The theory is that this higher ratio of omega 6s to 3s is

responsible for, or contributes to, chronic inflammation. So, raw feeders are encouraged to offset the preponderance of omega 6s with other sources that are higher in omega 3 fats. Primary among these are oils extracted from hemp, fish, flax, and coconut oil. While it may be true that agricultural meats have different fat compositions than wild meats, adding oils to a dog's diet will not have a positive effect on inflammation or overall health.

There is nothing wrong with feeding raw fish to your dog if you have an economical source, and fish is purported to be properly balanced with regard to fats. But it is my contention that fat consumption as a whole is what is largely responsible for acute and chronic inflammation in dogs, and decreasing overall fat is what we should be looking to do, not adding different fats to the diet. What is being attempted is to lower the overall ratio of omega 6s to omega 3s, and that can more easily be done by lowering consumption of omega 6s by feeding lean meats, trimming fat and otherwise decreasing overall fat consumption.

Many of the recipes online that include oils also include ground meats, which are extremely high in omega 6s, and the only purpose of adding oils is to balance out the ratio that is only 6-heavy because of the excessive fats in ground meats. This is crazy. The balancing of fats is another idea that PMR and BARF feeders have embraced that not only harms dogs physically but also keeps prospective home/raw feeders intimidated and immobilized by its perceived complication. The ideas are further fueled by industries that grow up around them, in this case, the edible oil industry.

If it were true that a dog could only be healthy by adding omega 3 fats to the diet, the hundreds of RMF dogs who have experienced health improvements would still be suffering. Repeatedly, I have heard stories from former PMR feeders who have given up all those complicated ideas, simplified their dogs' diets, and consequently experienced major health success in their dogs.

RANDOM FEEDING

For optimal health, feedings should not be regular or routine. Irregularity and inconsistency replicate the conditions that shaped dogs' biological needs. You should mix up the times you feed, the quantities and types of food. In nature, dogs gorge on food when they have it and then may go without food for a day, several days or even many days before they have another opportunity to eat. It also recreates the conditions under which dogs have historically eaten plant foods. Random feedings make fasting easier because dogs will eventually give up a conditioned expectation of feeding time. It also cuts down on the "feed me" behaviors that dogs learn to display when they think mealtime is approaching, which leads to owners feeding purely for emotional reasons like misplaced guilt.

EMOTIONAL FEEDING

Just like when we eat for emotional reasons, feeding our dogs as a way of salving our own misguided emotional connections to food is harmful to health. When a wild dog is hungry, he must leave the comfort of his den, go out, and hunt. In the wild, food is rarely abundant or easy to come by, so the effort required to find it is balanced by the predator's need for it. It may take anywhere from a few minutes to a few days or even weeks to find food. This is not the equivalent of your dog following you into the kitchen and watching you prepare food. The latter is conditioned behavior, and it does not necessarily indicate real hunger. Dogs are opportunistic feeders, which means they are hard wired to not miss any chances to obtain food, even that which they've had to expend no effort in getting.

Instinct and conditioning motivate dogs to do many things that we see as harmful, such as guarding food or toys, jumping on kids or escaping from the yard. We have no problem recognizing that we cannot allow these behaviors to continue even though they are "natural". Yet dog owners resist the idea that the all-consuming drive to acquire food can get a dog in trouble when the supply of food is virtually unchecked, as it is in a modern dog owner's kitchen. The negative consequences of other natural behaviors may be more readily visible but feeding our dogs in response to begging and other conditioned behaviors is just as harmful, to the extent that it unduly influences the quantity, frequency and/or types of foods we feed.

It turns out that the feelings that dog owners experience when they themselves are "hungry" often motivate inappropriate feeding as well. It surprises most people to learn that the symptoms that are typically regarded to be "hunger" like growly stomach, weakness, irritability and the like are not really hunger. Healthy people who eat very clean diets, fast regularly and eat only in response to true hunger commonly report that hunger is not an unpleasant sensation but a gentle reminder like mild thirst. That's what we can assume it's like for dogs as well, since throughout history they have spent the majority of their time with empty stomachs. An empty stomach is not painful or stressful, and does not even necessarily motivate hunting or foraging behavior in dogs who are adequately and appropriately fed. The stomach does not have to be full and working all the time in order for a dog to be satisfied. Trying to replicate in our dogs that full feeling that we get from eating three or more meals every day is a recipe for disease. Humans and dogs eat differently and have different needs. Wild dogs gorge when they can and then go without food for long, variable periods. This is what nature has designed for them to do, and it feels right and natural for them. During the periods that a dog is not eating and his stomach is presumably empty, we cannot project feelings of deprivation or suffering onto the dog that we ourselves feel when we don't get our meals on time. The two situations are not analogous.

Nothing in the biological history of dogs has prepared them for the harmful, indulgent feeding practices imposed by most dog owners. In order to create optimal health for our dogs, we must examine and re-examine our own behaviors as well as our responses to theirs. We are literally “loving them to death” to do otherwise. It is not love to over-feed or to feed foods that will make a dog suffer by causing long-term, chronic disease. The ultimate act of love is to understand the true needs of our dogs and be willing to recognize how our own unhealthy relationships with food have caused us to make mistakes in how we feed them.

FASTING

Since the paradigm we’re working with is the long biological history of dogs, during which time they established a pattern of eating followed by fasts of varying durations, having your dog go without food completely for periods of time will keep him healthy and extend his life. It is now common for raw feeding experts to recommend fasting at least one day per week.

Fasting is not cruel. In fact, it is an act of great caring, strength and understanding on an owner’s part. Nature imbued dogs with the ability to comfortably do without food for days or even weeks at a time. During their evolutionary development, dogs became so adapted to going without food for varying periods that it could well be the case now that it is necessary for them to fast periodically in order to enjoy a high level of health.

Fasting has been used remedially or therapeutically (in response to sickness), as well. It is nature’s healing miracle because it allows accelerated elimination of waste matter from your dog’s body. The most common ills among dogs – ear inflammation, skin irritation, diarrhea and digestive upset – typically respond very well to fasting. To varying degrees, some domestic dogs seem to have lost the natural inclination wild animals have to fast when ill or injured and will sometimes continue to eat as long as food is put in front of them. This is a combination of conditioned behavior and a dog’s natural drive to eat when food is available, but it does not serve them when they are sick. That is why we must sometimes make this decision for them. Digestion takes a great deal of bodily energy. When a dog is sick, it’s best to allow that energy to be directed to the job of healing or detoxification, rather than digestion.

For more information on fasting, read *Fasting Can Save Your Life* by Herbert Shelton or *The Miracle of Fasting* by Paul Bragg. There are no books about the therapeutic benefits of fasting for dogs, unfortunately. Not one single living “expert” that I am aware of has discovered the enormous benefits of extended fasting for dogs. There was one vet named Dr. Donald Ogden who practiced in the 40s and 50s and wrote a book about natural dog feeding in which he talks about the success he had fasting animals in response to sickness:

*“Every practitioner who will give this meritorious function due concern will realize that ten to thirty days’ abstinence from all food except water is nothing monstrous. I have fasted dogs and cats for periods of time ranging from **one to fifty days**, depending upon the pathology with excellent results and amazing recoveries being effected”.*

Be aware that fasting can greatly increase your dog’s digestive efficiency. What that means is that after a fast of any length the digestive system is better able to make use of every bit of food that comes in. Consequently, you might notice after regular fasting (especially if you fast therapeutically, which means more than one day at a time, usually 3-7 days or longer) that your dog more easily puts on weight. It’s at that point that you may need to adjust the dog’s consumption, otherwise symptoms may be experienced.

Shown on the next page is “Melba”, a 5-year old Golden Retriever whose owner had tried everything conventional and holistic used to treat hot spots for a 3-week period with no success. The photos show the progression of healing over a period of 7 days of fasting on water only. The dog continued to heal after she was re-fed, and by the 10th day, she was completely healed.



HOW TO TELL IF YOUR DOG IS OVERWEIGHT

A friend once told me that her vet had confided to her, that “skinny dogs don’t get sick”. This is a rare, truthful gem not often noted nor shared by vets. If you are doing everything right, and your dog is smooth-coated, you will have to prepare yourself to hear the occasional comment that your dog is ‘too skinny’. You might even hear this from a vet, because they see dogs all day long who are overweight, so they start to think this is normal. They probably do not realize it, at least on an individual basis, but this is one reason why their industry is so busy and rich. Being fat is definitely not normal to dogs. It may be “average”, but it is not “normal”. In their long biological history, dogs have had to remain lean, agile, and unencumbered by extra weight in order to survive.

Agility trainers have a rule that the last two ribs should be visible, because this greatly cuts down the chances of injury. There are some breeds on whom ribs are just not visible, even if they are carrying the right amount of weight. In addition, there is nothing special about agility dogs; their owners just realize that when the body is not burdened by having to digest or eliminate excess food, it can function properly, including quickly recovering from the stress of vigorous athletic activity. Agility trainers have also probably discovered that even a small amount of excess body weight can predispose a dog to injuries like the canine cruciate ligament (CCL) tears that are becoming very common. Some holistic practitioners are theorizing that these injuries are actually caused by pre-existing, chronic, low-grade inflammation. It is hard to say definitively and nobody is likely to fund a study to provide real evidence, but it is probably the case that properly fed dogs do not incur life-disrupting injuries like CCL tears while performing normal canine activities like running and jumping. Agility trained dogs achieve their respectable physiques through a combination of exercise and not being overfed. Regular dogs who don’t get nearly as much exercise can achieve the same thing with proper diet and moderate exercise.

When humans are in good shape, they are relatively straight from their shoulders down to the top of their hips, with no ‘hangover’ or ‘love handles’. Therefore, dog owners will often look at a dog who is not bulging around the middle and conclude that the dog’s weight is ‘just right’. There can also be a great deal of ego involved, since it reflects poorly on what owners think of themselves if their dogs are out of shape. The problem is dogs do not get flabby around the middle like people do. When dogs are fat, they are straight, from the top of the foreleg to hindquarters. In other words, depending on the breed, the upper area encircling the ribs can be roughly equal to the circumference of the lower abdomen, with no concave ‘cut’ between ribs and hindquarters. This does not mean a dog is carrying the right amount of weight. In fact, when a dog has no pronounced hourglass shape, it can usually be concluded that s/he is fat.

I have read many descriptions of how to determine the ideal weight of a dog and none of them really makes it clear. One vet recommends that you take your right hand and run it across the back of your left fist, feeling how the skin is stretched over the knuckles and bones leading from them, and says that's how a dog's ribcage should feel. It is not a bad test, but it is still not descriptive and accurate enough for me. Lacking a replacement, the only thing I can add is to say that the waist should be sharply concave and easily



Coco at age 17. He remained asymptomatic as long as I kept his waistline slim.

visible from above, and the abdomen when viewed from the side should be tucked up and much higher than the ribcage. If you think your dog's weight is just right but s/he still has symptoms, chances are s/he is actually overweight. If symptoms persist and the dog really is at a perfect weight, then you could have one of those rare cases where the health problems are caused by something other than diet. This is always *possible*, it is just extremely rare, despite what we are told by almost everyone who knows or cares enough to have an opinion on the subject. Most likely, when a dog has symptoms, s/he is being overfed. When everything else is good – energy, mood, skin/coat, elimination – and a dog has no symptoms at all, weight should be ignored, even if it looks like a dog is “underweight”. Attempts to put weight on a dog to conform to a socially contrived standard are ill advised. Many times, the cost of having your dog look “normal” will be lowered vitality and incessant symptoms. Bear in mind regarding the above that dogs can have persistent symptoms after they are transitioned to proper feeding, irrespective of their body weight, because the body may utilize various secondary avenues to eliminate old, stored wastes. This is temporary and is explained in detail below.

Dogs do typically tend to lose weight with proper feeding and if a dog is low on reserves to begin with, you may be concerned that s/he is too skinny. If so, you can increase the quantity you are feeding but be aware that sometimes dogs are not able to carry proper reserves because of impaired digestion. This situation is not improved by feeding more; it is actually rest from food that allows the digestive tract to heal. I have heard fasting practitioners talk about fasting very thin people for weeks in order to restore their ability to make use of the food they eat and carry normal reserves, which is a predictable outcome. So recognize that you may just need to change the way you expect your dog to look, and do be on the lookout for symptoms

(itching and scooting, primarily) if you decide to increase quantities in an effort to put weight on your dog.

DETOX

You should be aware that the process of detoxification will occur during your dog's transition to a proper diet and this may produce mild symptoms. Detoxification is more pronounced in older dogs and is a perfectly natural, health-building process. When you stop putting toxins and waste-producing 'foods' in, stored wastes are liberated into the bloodstream from the areas in and on the body where they've been sequestered and are ushered out by the eliminative organs. During their final exit from the body, extraordinary (stored) wastes can elicit symptoms like skin inflammation, hair loss, ear "infection", eye discharge, urinary tract "infection", and lethargy. If your dog had skin issues before you changed his diet, just be aware that the bloodstream will remain polluted and become clean only gradually. When it's clean, the symptoms will go away and never return as long as you are feeding properly.

Cleansing symptoms do not occur in all dogs after dietary change and if/when they do, they are **temporary**. Generally, the older the dog, the longer healing takes, and existing symptoms can get worse before they get better. Symptoms that involve the body using its alternative outbound avenues like ears, eyes, skin, and respiratory tract can be regarded as detox. A dog may cough, scoot, smell bad, have smelly urine or irritations of the eyes, ears or skin while in transition. In any case, cleansing symptoms are not cause for alarm. Remember, the only alternative is having all that stuff stay inside your dog's body where it will eventually create chronic disease. It is impossible for anyone to say how long it will take for a dog to completely heal. It is said among health seekers that for humans, every 7 years of age means it takes 1 year of cleansing before full healing is accomplished. While this may offer some idea of the scope of the task the body must accomplish, it is extremely individual and varies widely depending on whether a dog has been drugged frequently and other factors. If symptoms persist after 6-8 months, you are encouraged to tweak the diet and re-tweak to find what works best. More on this below.

Slowing Down "Detox"

Detoxification can be especially difficult for dogs who have had health issues starting from an early age and have had symptoms suppressed with drugs and other remedies for years. The residues of these drugs are stored in the fat cells and as the body releases them, the body can use the same eliminative routes it already has set up, including the skin. These wastes are very acidic and they can cause damage to the tissues as they exit. In response, the body attempts to mitigate the harm in ways that the veterinary profession regards as a mistake, such as

inflammation and hair loss. Inflammation is simply the body bringing fluids and heat to areas where acidic wastes are concentrated. Fluids dilute these poisons and make them less harmful, and heat accelerates their elimination. Therefore, inflammation is not an enemy to be vanquished, it is an extremely beneficial protective measure of the body that needs to be understood and cooperated with. Most of all, it is something whose causes we can clearly understand and eliminate.

Some owners of heavily drugged dogs have found that feeding a high plant rotation initially causes the body to suddenly begin eliminating large amounts of stored wastes, and the result is an intense worsening of skin issues. While it's true that a diet high in plant foods represents the sharpest change from the diet that caused the problems (typically, diets high in animal fat) and can induce very fast healing, it's sometimes advisable for owners of drug-treated dogs to instead begin with a diet high in dense foods, like meat, bones, quinoa, cooked yams, bananas and other high-fuel-value foods. Since denser foods are more difficult for the body to process, it has less energy remaining for cleansing deeply stored wastes. So, this has the effect of slowing down the process of detoxification. If you have already begun proper feeding and are encountering this in your dog, tweaking the diet accordingly may be necessary in order to slow down the healing process to make things more comfortable for the dog.

In some of the dogs I have transitioned, I have seen blood in the urine, and I think this might be a common issue for dogs that have been highly medicated and mis-fed in the past. Fasting or feeding of plant foods may precipitate the speedy elimination of stored residues of old drugs and other substances that will cycle through the urinary tract and may cause irritation or inflammation just as they do when they come through the skin. In my experience, continuing to feed high water, alkaline foods allows everything to resolve naturally. Often this symptom may occur but not be seen because people do not see the color of their dog's urine unless they have an accident in the house, which is how I happened to see it. When I have seen this symptom, the dogs were otherwise asymptomatic, and the problem resolved itself without intervention of any kind.

It should be noted that vomiting and diarrhea are NOT detox. Although they are usually related to the healing that needs to occur, and likely will occur, they are not a sign that the body is eliminating old stored wastes, such as when true detox happens. They are a sign that the dog is having trouble digesting what s/he is currently being fed. Diarrhea and vomiting are the body making the costly sacrifice of eliminating food it cannot digest. There are many reasons for them to occur, but when a dog is being introduced to an entirely different way of eating, it is very likely a matter of physiological adjustment and you may need to make changes to your feeding plan initially. The food itself can cause diarrhea or vomiting, but it is more frequently the case that a dog has impairments for digesting either raw meat or plant foods. If that

happens, there are a number of things you can do, along with trying different foods. If a dog seems not to be able to digest meat or has loose stools after meat days, you can feed more bone to bulk up stools or you can try administering a digestive enzyme supplement. Enzymes are the catalysts that enable the body to break down food and there is a different enzyme for each macronutrient (fat, carb, protein). Amylase breaks down sugars, lipase breaks down fats and protease breaks down proteins. Pet enzymes contain all three and are sold inexpensively online and in the healthier pet food stores. If doing those things still does not allow the dog to properly digest meat, you can feed nothing but plant foods for a couple weeks until the dog has healed sufficiently to produce enough acid to digest meat. Producing acid for the digestion of meat is a natural condition for dogs, so it is not necessary for a dog to eat meat in order to recover this ability. You can feed plant foods for as long as it takes for a dog's body to reestablish the proper digestive chemistry in his gut. If you do have to administer an enzyme supplement, it is a temporary crutch, not something you will need to do for the life of your dog. It is much less common, but if your dog has vomiting or diarrhea after eating plant foods, you can feed meat only, but you'll need to be very careful to feed lean meats, cut away as much fat as possible, and fast regularly in order to avoid overconsumption of fat. Feeding meat too often is one of the problems with the PMR (Prey Model Raw) way of feeding. Feeding cooked plant foods that are too warm can cause vomiting, so make sure they are not warm to the touch. A digestive enzyme may help with plant foods as well, if you notice intact pieces of plant matter in your dog's stool. If your dog has issues with either type of food, plant or animal, do keep going back and trying the problem foods after periods of not feeding them. Most dog owners find that they can feed their dogs any appropriate food once recovery is complete. Bear in mind that stress alone can cause vomiting or diarrhea, so if it is an isolated incident do not assume anything in the diet needs to be changed.

WATER

You may notice your dog is drinking less because his food will have more water than he may be used to. That means he may urinate more, as well. Initially, however, while the body is clearing out stored residues, you may find that your dog actually drinks more. It is highly variable and in general, we can trust a dog's innate sense to know when he is thirsty, so do not worry about seeing changes in this area.

Regarding the type of water to give your dog, I recommend filtered water or some other untainted source but it is not necessary if you have no option besides tap water. Personally, I think too much focus is put on water. It is important to not take in poisons, and we know that tap water has many poisons added to it. However, these are extremely dilute and what you are doing with feeding your dog properly represents such an enormous advantage that literally everything else is secondary. As I have mentioned elsewhere, we should bear in mind the

studies showing that properly fed lab animals do not get cancer when exposed to known carcinogens while their junk-eating counterparts do.

REMEDICATION

Since it sometimes takes weeks or months for dogs to heal after proper feeding is begun, I am often asked if remedies can be used to ease transitional discomfort, the most common of which is continued skin itchiness. It should be remembered that anything given orally is intended to stop the process that the body is using to eliminate wastes through the skin. As we know, that is not a proper goal because these wastes have to go somewhere; otherwise, they will continue to perpetually wreak havoc with your dog's health. So, I think dog owners should be very circumspect about administering oral remedies, even so-called natural ones. If relief is sought, however, there are relatively harmless topical remedies that can be safely used and that may bring some relief. I have in mind herbal preparations or other topicals like coconut oil or aloe vera that can be applied directly to the skin. Generally, substances that are applied to the skin are taken into the body very inefficiently. It is more of a problem when harmful substances are applied to *broken* skin, but the skin is more of a barrier than a transport medium. If a relatively harmless substance applied to the skin can bring temporary relief to dog and owner, the 'cost' is often worth the benefit.

POOPING

If you are used to feeding commercial foods, you will notice that your dog's poop will look different after proper feeding. I received an email recently from someone who said she read that her dog's white poops meant the dog isn't getting enough nutrition. When I inquired further, she conceded that the poops are not white when they come out but turn white within a few days. This is actually a sign that all that is left of the food after it has digested is the calcified remains of bone material that cannot be digested. This is completely normal and a desired and expected outcome following meat days. Feces from a dog that eats meat and bones are invariably small and compact. In addition, as mentioned previously, slow poops do not equal constipation.

You will notice that poops after plant food days are quite voluminous. If you are a former PMR feeder, this may take some getting used to. It does not mean that the body is not utilizing the food; it is just the unusable fiber being expelled in the feces. There are many benefits to adding plant food days to the dietary rotation, so in my opinion this small inconvenience is worth the pay off.

You may note from time to time that a poop will consist of both digested plants and meats. This does not mean they were improperly combined nor is it any cause for alarm. It is not a problem for foods to end up in the large intestine together, where they have already been digested. It is only important that foods be properly combined in the organs where foods are broken down.

POOP EATING

Dogs eat poop for many reasons. Depending on the dog, and the poop, a dog can see feces as a completely legitimate food. What comes out of the bodies of other animals is a function of what went in and how well it was digested. It should be no surprise then that much of the poop that our dogs find is made up at least partially of undigested food, which means it is fair game in their eyes. I have also heard boredom cited as a cause for poop eating, but this is probably a projection of the human penchant for eating to cure boredom.

In addition, dogs eat the entire bodies of animals, including their feces, so they do not have the built-in repulsion that we do. (Although I will say that our repulsion, to a large degree, is valid because the garbage that we civilized humans eat causes **our** feces to be extremely offensive.) People tend to freak out about the poop eating habit of dogs because of our programmed aversion to "germs", and since all the information we get about it is also tainted by this bias, there is very little truly objective info about poop eating. Since so much of our civilized attitudes about this habit conflict sharply with what we observe both in wild and domestic dogs, the topic begs objectivity. Therefore, although I do not have a problem with the bacteria issue relative to poop eating, my response to it is dependent on the situation. For example, I don't allow dogs to eat the poop of other dogs, cats or humans when I can prevent it because of what the person/dog/cat likely had eaten, not because of the bacteria that are there decomposing the leftovers.

I DO think it is very normal for dogs to eat the poop of plant-eating wild animals. I allow my dog to eat (but not roll in!) rabbit, horse and deer poop if she wants. I have observed that dogs seem to have little interest in horse poop from hay fed animals but do sometimes eat the poop from grass fed horses. I have seen properly fed dogs forage for rabbit droppings for hours. These seem to be a particular delicacy.

Generally, I think it is a mistake to assume that a dog eats poop because s/he is missing something nutritionally. It could possibly mean that the dog is legitimately hungry, particularly if they are properly fed and still eating their own poop. A dog who eats his own poop is probably smelling undigested food in the feces and frankly I'm not sure whether it is harmful or not to allow a dog to re-ingest it. If my dog did this, I probably would stop her. There is risk in

taking this one behavior as evidence that feeding more food is indicated, especially if the dog is doing well otherwise. The transition to proper feeding sometimes motivates dogs to eat things they otherwise wouldn't because of the withdrawal symptoms they experience from addictive commercial foods. Humans who are new to healthful diets experience the same thing. The difference with humans is that we know intellectually how to discern foods from non-foods, unlike dogs who use their senses alone. People who experience these feelings tend to misinterpret them as hunger and eat in response, but invariably they find that if they stick to healthful eating that the feelings eventually level off. It is reasonable to think this will happen in dogs as well. In the short term, however, feel free to experiment with higher quantities of food while being on the lookout for symptoms of overfeeding.

EATING NON-FOODS

The animal agriculture industries have been very successful at selling their waste products to other industries. You may not be aware that animal products are used in everything from scotch tape to asphalt. Therefore, we can hardly blame dogs for being confused about what is food and what is not. Paper products are fair game because dogs commonly eat bark and similar foods in the wild. If the paper products in question have been used to serve food or contain human excrement, all the more reason a dog would eat it. As I have mentioned, dogs in transition may experience some of the same withdrawal symptoms that humans do when they give up addictive foods. That discomfort is temporary, but it may drive some dogs to eat things they normally wouldn't. It is absolutely not indicative of disease or deficiency, but it *may* mean the dog needs more food so you can increase quantities conservatively if you would like. You should know whether your dog is one of those that typically eats non-foods, and if this is his normal habit, it is not indicative that he needs more food necessarily. If it's a new behavior, it should eventually stop but in the meantime, be vigilant about keeping your dog's favorite non-foods out of reach.

EATING GRASS

Consensus among researchers at this point seems to be that grass eating is a common behavior that usually occurs in normal dogs and is generally not associated with illness or dietary needs. They go on to suggest that grass eating may reflect an innate predisposition inherited from dogs' wild ancestors. This is supported by research on droppings left by wolves. Such research finds evidence of grass in 11 to 47% of the stool samples studied.

Most domestic dogs seem to eat grass, no matter what they are fed. Dogs do not vomit consistently after eating it, nor is there any evidence to suggest that it fulfills some specific nutritional deficiency.

Grass eating seems to be a natural and normal part of canine behavior and is no cause for concern. The only exception is when a dog vomits afterwards, which probably signals that there was/is some digestive discomfort, such as the irritation caused by the presence of errant bile in the stomach. This usually happens when the dog's stomach is empty so if your dog does this when s/he's new to proper feeding, there's not much you can do other than foregoing fasting days temporarily, feeding more frequently and feeding more plant foods than animal foods. Eventually on a proper low-fat diet, the vomiting should resolve itself, although the dog may continue to eat grass.



Maggie, a healthy, properly-fed 11-year-old Springer, eating grass.

ARE SUPPLEMENTS NEEDED?

An appropriate, balanced, natural diet, in addition to plenty of exercise, fresh air, rest and companionship, will most likely keep your dog free of illness for a lifetime. To determine what constitutes “appropriate”, “balanced” and “natural” is not a science, although some have made it a life-consuming pursuit. The mistake that some people make is in thinking they have to learn all the confusing and convoluted effluvia forthcoming from “alternative medicine”, including which foods contain which nutrients, which nutrients “assist” which bodily function, ad infinitum. Even hard-core raw feeders have a difficult time rejecting the idea that only commercial pet food provides complete nutrition, and their fears of “nutritional deficiency” rule their thinking. The practice of supplementing with vitamins, oils, herbs, etc., is not only costly and unnecessary, but also very **unhealthy**. There are studies being done now that clearly show that subjects that are given supplements actually do much worse health-wise than subjects that are not given them. Dr. T. Colin Campbell references these in his book *Whole*.

Even though we cannot precisely replicate what a dog or cat would eat in the wild, it is a mistake to think we can compensate for this by administering fractionated, refined, isolated substances that would never be found in nature. Living organisms are only able to utilize nutrients from whole, natural foods. You can partially undo all the good you are doing by feeding raw if you overload your dog's digestive system with indigestible, commercially produced, unusable nutritional fragments. Stick to the basics – meat, bones, organ meats,

fruits, cooked veggies, quinoa and millet. Have confidence that you are following the best example of all: nature herself.

The only exception to this is enzyme supplements, which can be administered temporarily to help a dog break down foods he's not quite adjusted to yet.

We are encouraged to micromanage nutrition because the claim that something is missing from your dog's diet creates an opportunity to sell you something. That is why everyone looks to deficiency when things go wrong, instead of in the direction most likely to hold the answer: EXCESS. Our minds have been manipulated by industry to think that when symptoms happen, we need to ADD something. In truth, most often we need to TAKE AWAY something. Taking away, however, makes NOBODY any MONEY. That is why we never hear about it.

BATTLING DETRACTORS

It is important to be aware that it is common for allopathic and even some holistic veterinarians to be unsupportive of homemade diets, especially diets which incorporate the feeding of raw meat and bones. Many even recommend against feeding bones because of their experiences seeing animals who have been injured by eating COOKED bones. Vets ignore the fact that foods which are *perfectly healthy, necessary and digestible in their natural, raw state can become toxic or injurious when cooked* (most notably, BONES). The choking argument is just one that may be used against you if you mention to your vet that you feed raw meat. For this reason, many home feeders tend to stay low profile when interacting with vets. Maybe it's good that vets are so clueless about the connection between diet and disease that it's common for the subject to not even come up during office visits.

Veterinarians are not only notoriously undereducated on the subject of dog nutrition, most sell pet foods as part of their practice. Vets rarely see dogs who are properly fed because these dogs never get sick. When home-fed dogs do get sick, it is usually because the owners are making the previously mentioned mistake of trying to replicate commercial food by combining lots of inappropriate foods together. It is the similarities between this kind of homemade diet and commercial food that causes the problems, but when vets hear that even some of the food is raw, they tend to blame the diet and recommend commercial feeding. When problems happen in commercially fed dogs, other scapegoats are sought (like germs and genetics), and the real causes are ignored. Vets do not recognize that the pet food model is fundamentally flawed. We need to move completely away from it to something that is more reflective of how dogs eat in the wild.

Since we are talking about optimal feeding here, it is ironic that I should have to issue warnings about people calling themselves “Canine Nutritionists”. As a whole, human nutritionists tend to be confused about the human dietetic character because the industries that influence the educational system that trains them are at odds with the truth. I strongly suspect the same is true of formally-educated canine nutritionists. They are so bogged down with their theories about the microscopic world that they do not see the big picture. They tend to overcomplicate home feeding and advocate feeding incompatible foods together as a way of covering all possible nutritional contingencies. These might even include oils and supplements, which are a disaster for dogs. Some of these experts even claim to be sanctioned by vets. Run!

The most effective way to deal with sickness of all kinds is to remove its causes, and that is what we are doing with RMF - feeding our dogs a biologically appropriate, natural, random, rotational mono-diet. Veterinarians are not trained to seek out and remove the cause of disease. The industry would quickly go broke if this were their aim. Rather, they only cover up its effects with drugs or herbs. Whether they call themselves naturopathic or allopathic, they all employ this same ineffective approach to disease. Holistic vets merely replace drugs and surgery with supplements and herbs. Unfortunately, the “holistic” pet care sector is nothing more than the meek little sister of Big Pharma. They have modeled themselves after the pharmaceutical industry rather than simply teaching people how to remove the causes of their pets’ health problems (this is TRUE holism), and they are just as profit-focused. So-called natural remedies are just slightly less toxic than drugs, which means they do less additional harm to the body. Although they may sometimes function to suppress symptoms, this is not an appropriate goal, and it always comes at the cost of an increase in the toxic load. The goal is to remove the cause of the disease, and most often, inappropriate diet is the #1 culprit, although other factors like vaccines, medications, remedies, and over-supplementation also contribute.

In addition, many vets who market themselves as naturally inclined are actually conventionally trained vets who have learned “natural” therapies adjunctively, usually as an economic imperative in response to growing demand. They learn these ancillary therapies, including raw feeding if they know about it, in the same ways that you and I do. They have no more access to this information than we do. It is popular nowadays for vets to combine conventional and naturopathic medicine, calling themselves “integrative” or “complementary”, ostensibly to give patients the “best of both worlds”. Actually, however, it is the **worst** of both worlds. Both fields seek to suppress symptoms with drugs or herbs, which only exacerbates the underlying cause of disease (generally, the accumulation of un-eliminated wastes). Remember, remedies of all kinds just give the body something more important to deal with than expressing the symptom. Disease is not an entity that attacks; it is a body-directed process. It is the body attempting to deal with, and compensate for, the harmful influences by which it has been

besieged. And the process will always continue, as long as the causes are still in place, even if it's not visible to us.

It is the rare vet who knows about nutrition and has the requisite understanding and appreciation for the healing wisdom that lies within each living organism. Proceed with caution if a vet seems more interested in selling you herbs or supplements than getting to the root of the problem. Remember this important fact: *You are just as capable, as a layperson, of understanding your dog's nutritional needs as anyone calling him/herself a health professional (perhaps more so, since you have not been indoctrinated by a system that only makes money when dogs are sick).*

Generally speaking, people abdicate far, far too much responsibility to health professionals. It makes a lot of sense for people to leave things like plumbing and auto maintenance to experts. When your plumbing or car has a problem, nobody is likely to become diseased or die as a result. With our health or that of our animals, there is a great deal more at stake. In addition, in other fields like plumbing and auto repair, practitioners do not actively promote practices that create more demand for their services. Doctors and vets DO, with their disease-producing dietary recommendations and toxifying medical meddling. Most importantly, unlike plumbers and mechanics, doctors and vets cannot "fix" disease. A doctor or vet cannot eat for you or feed your animals for you, and **THIS** is what determines whether you, or your animals, will get sick.

Some vets are obviously better than others but even the best vets over-treat, labor under false ideas about disease causation, and have no training at all in REMOVAL OF CAUSE. What I am talking about, and what is really up to us, is to endeavor with every bit of effort we can muster to avoid the drugging (including herbing) industries completely, by learning the biological needs of dogs and cats. When those needs are met, **disease does not happen**. Disease is nothing but a natural consequence of biological needs NOT being met.

Dog owners must begin to see how dangerous it is to put our animals in the hands of people with such obviously conflicting interests. Vets and those who believe in them may think their education is objective and scientific, but they do not realize how much the moneyed interests in industry have involved themselves with their medical curriculum. The result is that we have practitioners learning harmful, misdirecting, money-driven propaganda, thinking it is science and convincing everyone as they themselves are convinced that the way they do things is not just the best way, but the only way. The truth is, it's not the only way or even the best way, it's the way that makes the most money for the most people. That is the **ONLY** reason this disastrous model predominates.

Please note that the above is a discussion of DISEASE. None of this includes traumatic injury. If my animals or I are in dire need of stitching up or bone setting, I will have no choice but to enlist the help of a medical professional, naturally. If there existed a health professional on earth who was knowledgeable about the real causes of disease (toxemia), was readily available and skilled in the conservative treatment of traumatic injury, I would avail myself of him/her. As it is, we have nobody who can fulfill those criteria. In a situation involving traumatic injury, all any of us can do is enlist the help of conventional practitioners but then do everything within our power to extricate ourselves or our animals from their control as soon as the stitching and bone setting are done. I have seen far too many cases where the body's ability to mend itself was impeded by protracted medical meddling.

When it comes to choosing a health professional for the purposes of treating traumatic injury, there isn't as much variation from one to the other as you might think. In my opinion, it would be better to just pick one off Google or the yellow pages than to risk taking your animal to a vet for regular check-ups just to establish a relationship in case of injuries. Check-ups very often lead to diagnoses, which always lead to drugging or other forms of toxic interference. Vets know this, and that is why they encourage this relationship building. Most people have difficulty not following a vet's instructions. Diagnosing is only helpful if it includes information on how to REMOVE CAUSE. It is better to have no diagnosis at all than to risk making the situation much worse with drugs or herbs.

SUMMARY

The basis for the information in this book is "Natural Hygiene", also referred to as the Science of Health. The Natural Hygiene approach to health and disease offers a great deal of promise to pet owners, and there is nobody I'm aware of who is currently applying this vast body of knowledge to pets. I have not only used it in the care of my own animals, but I have helped many other pet owners resolve symptoms and full-blown diagnosed disease as well. I invite all pet owners to objectively compare these methods to the harmful and toxic methods commonly employed by vets. It is my fervent hope for the future that a natural, TRULY holistic approach will replace the current palliation paradigm. Nobody has more to gain from this than our pets.

Natural Hygiene holds that perfect health is the normal state of being for all living organisms, and that it is maintained through natural, self-initiating, self-healing processes. Natural Hygiene further maintains that health is achieved only by the conscientious application of healthful living practices in all areas of life. The Natural Hygiene approach offers to reconcile science and nature, in a way that the medical system fails to do. It is based on the idea that all the power to heal resides within the body, that nature is always correct and cannot be improved upon, and that it is the violating of the natural laws of life that causes all illness.

For over a century and a half, thousands of people have acquired the highest levels of health through the practice of Natural Hygiene, and yet very few people have even heard of it. Fewer still are applying its life-preserving principles to the care of cats and dogs, to their great detriment. Since Natural Hygiene takes all its cues from observations of nature, it is universally applicable to all species.

In humans, following the principles of Natural Hygiene requires a great deal of resolve and commitment, since it encompasses 19 different areas – food, air, water, exercise, rest, psychological security, creative expression, purposeful work, etc. Applying natural hygiene to the care of our animals, by contrast, is vastly simpler. Their needs are very basic: food that meets their biological requirements, rest, a bit of exercise every day, and fresh air. Their simple needs work in our favor because when we want to figure out what’s making them sick, there are only a few areas to investigate. By far, the one that holds the most potential for the highest return on investment is the area of diet. Please think about this: **Every cell in a dog or cat’s body is made from the food that goes in their mouths.** If what they are being fed isn’t what their bodies adapted to during the 50 million years that their species has been around, sickness is the natural and inevitable result. All we have to do is figure out how the foods we’ve been feeding them deviate from their true needs - and fix it.

Dog nutrition is not confusing, complicated or mysterious. That it has been made to appear so is a crime against dogs, for this has served to keep millions of dog owners in the rut of abdicating responsibility for their dogs’ health to the mega system that not only produces commercial dog food, but, conveniently, also unduly influences the training of the “experts” in the veterinary industry who recommend and profit from its use.

Nobody could make the claim that vets deliberately cause suffering. It’s the rare vet who doesn’t truly care about dogs. But to suffering dogs, intention doesn’t matter. What matters is that the suffering need not happen -- and *would* not happen if vets were taught the right information. For the sake of our dogs, we must recognize that regardless of how much vets care about dogs, they are nothing but middlemen trained by a system that only thrives when dogs don’t. We have to stop pretending that there is nothing motivating the pet care industry besides love and compassion for animals. Industries are non-human entities. It is foolish to expect them to have human attributes, like compassion and heart. The cold, hard truth is that the primary reason for an industry to exist is to serve up dividends to its shareholders. Systems and industries seek only to sustain themselves, which they will do in any way possible, no matter how harmful or unscrupulous. We pet owners must face the fact that it is not the job of the pet care industry to look out for our animals’ health. That is OUR job, and this is best done via wholesale avoidance of the so-called pet “care” industry.

The various tentacles of the pet care industry do not conspire with each other to keep animals sick. It just seems like it because they all follow the same false ideas and flawed concepts that result in making sickness worse. The commercial pet food industry has found it quite easy to recruit vets to sell and recommend their misery-causing products, because both quarters benefit, not only from the sale of the products but because when dogs eat them, they keep coming back to the vet. Typically, the only time vets ask their clients what they feed their pets is when they want to recommend a switch to one of the junk foods they sell. Thusly they all but ensure that their clients remain in the dark about the causes of their animals' diseases. Even now, when pet owners are starting to get a clue about the fraud that has been perpetrated on them, vets are pulling out all the stops for their business partners in the commercial pet food industry, using all the false ideas manufactured by the latter to frighten people away from sensible alternatives like home feeding.

There is no longer any excuse for dog owners to continue feeding disease-causing commercial food waste to their dogs. It is not difficult to learn how to feed dogs properly. It is not hard work, nor is it expensive or time-consuming. You do not have to make feeding your dog a new hobby or field of study, as some have done. In fact, there is so much nonsense that passes for "information" in the home/raw feeding world that doing too much reading and research can actually be hazardous to your dog's or cat's health.

It may surprise you to learn that there is a very good chance your dog or cat could be healthy and vital for life, even if s/he is already sick. That is because the same conditions that prevent sickness from occurring in the first place can also reverse it once it's there. It is actually the rare case of disease that is not resolvable once its causes are removed. If you have been told that you have no option but to "manage" your pet's symptoms, bear in mind that the person who told you that was trained by the above-mentioned mega system that profits when animals are sick.

In response to the great awakening that is happening among pet owners, a community of sorts has developed where people share their extremely divergent ideas about how to feed and care for dogs. This is a step in the right direction, obviously, but unfortunately, people who have not sufficiently freed themselves from the flawed ideology of veterinary medicine populate this community. Therefore, they still very often make the same mistakes, and when these mistakes lead to illness, they usually assume that lifelong management is their only option. Such is the case with that sector of the sick pet industry calling itself "holistic", unfortunately. True holism does not involve shutting down symptoms, but rather understanding their function and removing the body's need for them. True holism does not sell products, even if they are kinder and gentler than the pharmaceutical variety. True holism, in other words, makes nobody any money.

The causes of disease are easily determinable. Simply explained, disease is a result of the body becoming saturated in wastes and toxins. Waste comes from outside the body, in the form of inappropriate foods, vaccines, medicines, herbs, supplements, oils and other indigestible substances, and it comes from inside the body when cells die and the parts that cannot be recycled must be eliminated. The accumulation of waste in the body creates chemical imbalances and an overall state of toxemia, which results in disease. All that is needed to resolve disease is to remove these sources of waste to the fullest extent possible.

Since we hear otherwise every day, it may be hard to believe that sickness is not something that attacks from the outside. Rather, it is something that accumulates from the inside. The idea that we can “protect” ourselves from something that we CAUSE ourselves (and cause in our pets) has had many disastrous consequences, not the least of which is vaccination. Vaccination is as useless as it is lucrative, but foregoing vaccination is only part of what we need to do to create health in our pets. We need to recognize that it is entirely within our control to determine whether our animals get sick. We need not *protect* our pets from sickness, we need only not cause it, which, it turns out, is quite EASY to do.

This program is for people who want to understand the true needs of their dogs and are willing to abandon the counterproductive belief system that has created epidemic disease among dogs. By harnessing the power of nature, disease can be entirely avoided.

Taking responsibility for our health is empowering, but it can also be isolating and challenging if we're used to having doctors and other health professionals to guide us. When we find the truth, we suddenly find that the people we used to rely on for information about health are not qualified to provide it. Helping our animal friends acquire and maintain perfect health can be even more of a solitary experience. I have yet to find a single author or vet who understands the true nature of disease and correctly applies this understanding to the care of cats and dogs. Unfortunately, the flawed medical interventionist paradigm is alive and well in the world of animal health, even that which calls itself “alternative” and/or “natural”. So just as there are adjustments that your pet's body must make to the new way of feeding, there are mental adjustments you will have to make as well. It takes most pet owners awhile to feel comfortable dealing with minor symptoms by tweaking the diet or fasting rather than running to the vet. It's worth it to endure the learning curve, however, because this is by far the best way for all concerned (except the vet industry).

I hope you realize the value and uniqueness of the information provided here. It is not MY information. Most of it was arrived at by people much wiser and more clever than I. I have just accumulated it over 30 years of reading and researching and paired it with my own real-world dog rearing experience, along with learning from others who have also stepped 'off the grid'. In

our present society, dependency is nurtured in all of us in a thousand different unacknowledged ways by the sickness-for-profit industries. This is particularly true of dog owners, who seem to love their dogs even more than they love themselves, which often makes them more fearful of being independent. Giving up dependency is going to be particularly difficult for those who have come to think of their vets as friends or partners. It's important for all of us to understand that going to a vet is like hiring one real estate agent to represent both buyer and seller. As we all know, that's just not **done**. The difference between what we owners want for our dogs and what vets are taught in their training is actually much greater than the difference between a seller's interests and a buyer's. No matter how earnest and caring a vet seems, money is what has driven their training. We dog owners just want to improve the length and quality of our dogs' lives! Money doesn't figure in at ALL. For purposes of self-preservation, we cannot ignore that when we enter into a de facto contract with a business owner like a vet, their business is #1 to them. They may truly care about our dogs, but they care **more** about their business, and the system that trained them doesn't know or care about our dogs at ALL.

If the contents of this book are sufficient to get you started on a new healthy life for your dog, congratulations. If you find that you need extra guidance and hand holding in order to be confident about the new information, there are a number of resources available to you.

1. I have a Facebook group called Healing Diet for Dogs and Cats with (as of this writing) over 10,000 members, a large number of whom have discovered these feeding methods, are experiencing the same excellent results I did, and love sharing them with others. I participate in the group discussions very frequently.
2. I offer affordable consultations, during which I can answer your questions and share my personal experiences that may relate to your situation. Please note that my website does not sell, promote or endorse any products. The information stream as a whole has been overtaken by people who are putting forth information **not** because it is truthful or empowering, but because it SELLS PRODUCTS. When I began researching health, I wanted the truth and ONLY the truth, and that's what I want to give to you. That is why my website has remained pure since its inception 15 years ago. Websites are not free, and the bills need to be paid, however, and the funds that I raise from selling this book and consultations allows me to provide information for which there is otherwise ZERO remunerative incentive to dispense.
3. If you have not already done so, please read the blog articles on the website. There are articles on many varied topics relating to both cats and dogs, including heartworm,

fasting, dehydrated foods and commercial raw grinds, urinary disease in dogs and cats, ear inflammation, bile vomiting, fleas, grape “toxicity” and much more.

4. If you have interest in learning about Natural Hygiene as it applies to human health, the Life Science Course which comprises 2,600 pages of information is available in digital format and the accompanying lecture series recorded in the mid-1980s by TC Fry is available in MP3 at www.RawSchool.com.

APPENDIX I: ROTATIONAL MONOFEEDING (RMF) INSTRUCTIONS

As you have likely gathered from the foregoing, one unique feature of RMF is that dogs are fed different types of foods on different days. Remember, the main types of food to avoid mixing are proteins and carbs. I regularly combine plant foods of all kinds in the same meal and have had no issues. Some people choose to feed the same mixed plant-based meal on every plant day and others choose to separate fruits and veggies. Others opt to fast their dogs in place of plant meals. The protocols that follow will provide a starting point from which you can customize your own feeding plan.

This section is intended to acquaint you with the various types of feeding days. Following this section is the list of sample feeding protocols. I offer them because most people who are new to home feeding want a specific, structured plan to follow but also need a way to customize their feeding plan according to their dog's age, condition and preferences, and their own lifestyle and mindset. Even if you settle on one particular protocol, you are not bound to it for the life of your dog. Once you find your groove, you can be flexible as your dog's condition changes or because of other factors such as which foods you happen to have on hand or time constraints.

Fasting Day

A fast day is optional but can ensure a smooth beginning by giving the digestive tract the chance to clear out in preparation for new foods. Alternatively, you can begin with a plant food day if you would like. If you do fast your dog, make fresh water available and nothing else.

It is rare, but if your dog seems lethargic while fasting, skip exercise. Usually energy is not affected by fasting. In fact, most dogs have more energy for outward activity when their bodies are not busy internally, digesting food.

If you have a dog that has been known to eat inedible objects, it will be important to fast him only when you are around to supervise. For normal dogs, just make sure he has no access to things like rawhide chews (these should never be fed anyway), trash, or other non-edibles that might be tempting (underwear, dog toys, used tissues, cat feces, etc.). Some people fast along with their dogs to ease irrational guilt, but this is not necessary! It is only necessary to change the way you think about allowing your dog rest from food.

Plant Day (Fruit)

Most people have not deliberately fed fruit to their dogs, so they are unfamiliar with which kinds, how much, and how to serve it. Fruit is a very valuable food for both dogs and humans, but it is too often thought of as a snack, rather than a meal. Even after adopting this regimen, some people are not able to think of fruit as sufficient to comprise a meal, and that's ok.

Other plant foods can be fed that are perceived to be more satisfying. If you do like the idea of feeding fruit, congrats. One of the advantages of having fruit days is that it accelerates healing. Fruit has been called a 'healing food' because it takes so little effort to digest it that the body is free to divert energy to cleansing and healing. It works this way in all species who are adapted to its consumption, whether as a primary or secondary food.



Fruit is a naturally-appealing secondary food for dogs.

After a day of fasting, even the most reluctant dog will usually eat fruit, but if your dog won't, don't worry. A truly hungry dog will not pass up perfectly suitable secondary foods like fruit. If your dog refuses fruit, it means he is not hungry. He is only following the dictates of nature, and it does not necessarily mean he dislikes fruit. Dogs will seek out their primary foods (prey) first and will only resort to eating secondary foods if they are truly hungry and prey foods are not available. If meat or commercial foods have been fed everyday such that the dog has enough reserve fuel on his body to see him through a period of scarcity, in addition to having the reasonable expectation of regularly receiving primary food, he may not feel the need to eat secondary foods. Secondary foods have historically only been eaten by dogs when their stomachs were empty and their efforts to find prey were unsuccessful. In some dogs, we must replicate these conditions before they will eat secondary foods. Randomizing a dog's feeding schedule will help reduce predictability in his food supply.

Offer the fruits that your dog will eat without coaxing or disguising. Most popular are apples, pears, figs, persimmons, bananas, melons and some berries (although it is difficult to find berries that are ripe). Fruits can be mixed (with the exception of melons, which should be fed alone), and you can feed 1-2 or more meals per day. Most dogs will self-regulate the quantity of fruit they eat but if your dog is a chronic overeater, or the kind that seems to have no regulation valve, start with the 5% of body weight per day mentioned earlier. If you notice any problems, such as vomiting or feces that contain recognizable fruits, switch to different fruits and/or try administering a digestive enzyme with meals temporarily.

Feed fruit at room temperature. Cut it up in bite-sized pieces and serve immediately. Some dogs enjoy eating half a melon with rind on, but others prefer to have melons cut up with rinds removed. Apples and pears can be fed with the skin on but feel free to peel if your dog prefers it or if you see whole pieces of peeling in the feces. Berries can be fed whole. Dried fruits are ok in moderation and fruits can be fed frozen if necessary. Fresh is always best and fresh fruit should be the rule.

Grapes are not poisonous to dogs, as popular myth claims, although some dogs can have difficulty digesting their dense cellulose skin. Usually if this is the case, they will just refuse them, which should be honored. It should be noted that thousands of dog owners give grapes to their dogs obliviously or in defiance of the warnings from vets, and their dogs are not dropping over dead. As usual, it seems to be the people who are dependent on vets, follow their advice, administer all the 'preventatives' and feed the vet-recommended garbage that are encountering problems. These same people call Poison Control when their dog eats a grape, and their dogs are the ones making up the scant statistics we have. Nobody is ever going to try to 'prove' it "scientifically", but to me it seems reasonable to draw a correlation between the compromised state of the organs of commercially fed dogs and the rare problems that have been observed with grapes and raisins. Dr. Greg Aldrich, researcher at Kansas State University, recently rediscovered some studies that had been done to determine if grape eating was beneficial to humans in which dogs were used as the subjects. Although it's incredibly misguided to attempt to learn what happens to one species by experimenting on another, the results of these particular studies are relevant for our purposes because it was shown that the dogs that were fed grapes (very large quantities, reportedly) were healthier at the end of the study than their non-grape-eating counterparts. Dr. Aldrich also found that grapes and grape industry by-products are actually added to pet foods in Europe.

Getting your dog to eat fruit and/or plant foods in general

The habit of dogs to eat secondary foods is a survival mechanism that developed during their evolution. For our purposes, it's a survival mechanism of a different sort because it allows sick dogs to get a break from the primary culprit in domestic dog disease, and that is the fatty products of modern animal agriculture. That's why it is important to know how to motivate a dog to eat fruit and other plant foods if the dog is initially reluctant, particularly if chronic disease is present, because healing will happen a lot quicker when meat-based products are fed minimally.

If a dog refuses fruit at first, it's not a quirk of personality or genetic trait. It is a dog that has plenty of reserve fuel and the conditioned expectation of primary food. It is a dog's body saying, "No thanks, I've got lots of fuel here, no need for secondary foods just yet". It should

not be taken personally or thought of as something you are going to have to work around permanently. It is entirely conquerable, and it is temporary.

Here are some of the strategies to get your dog eating fruit:

- 1) Put unsweetened shredded coconut on the fruit
- 2) Get the dog started with a single bite of anything he likes, preferably something plant based like coconut, part of a plant based cookie treat (recipe in earlier chapter) a dollop of peanut butter or almond butter
- 3) Hand feed
- 4) Feed yams and quinoa on plant days instead of fruit (you can begin to mix fruit in and gradually increase the fruit)
- 5) Make a thin sauce out of water and peanut butter and pour over the fruit
- 6) Fast (water only)
- 7) Strategy of last resort: quinoa can be made with chicken broth (and fed with yams).

None of this should be done routinely because with the exception of fasting, coconut, and feeding yams and quinoa instead of fruit, they just complicate digestion and slow down healing. They are temporary strategies that should be phased out as soon as you can.

Plant Day (Veggies)

As previously mentioned, raw vegetables are too starchy and/or cellulose dense to offer anything beneficial to dogs. However, cooked vegetables make appealing and palatable secondary foods. Yams, sweet potatoes or squash are extraordinarily sweet and resemble overripe fruit in composition when their long-chain sugars have been dextrinized by cooking. When raw, these foods are starchy, and dogs lack the chewing ability and starch-splitting enzyme necessary to digest them. However, cooking turns the starches to simple sugars, like those in fruit, which are easy for dogs to digest. They can be cooked in any way except frying, with or without the skin, but I always feed the skin. Cut lengthwise after cooking, allow to cool and then cut into chunks into your dog's bowl or mix with other plant foods. Yams are easy to mix with other foods if they are well cooked. Feed at body temperature or cooler. If your dog refuses cooked yams or sweet potatoes, do not give in to the temptation to add other foods that would disguise or condiment them. See the above comments regarding dogs who refuse fruit. Other veggies can be fed as well but roughly half of all dogs (in my experience) will not eat cruciferous veggies like broccoli, cauliflower and cooked greens, even when cooked. Try them alone and un-disguised to see if your dog likes them.

Canned pumpkin can occasionally be substituted for veggies but should not be a staple. The process of canning pureed pumpkin is pretty pure and nothing is generally added to it (although you always want to check labels). The troubling part is that the manufacturers can it and then

cook it IN the can to enhance its flavor. I would hope they would take pains to not use aluminum cans but if they do, leaching is a problem. My vote is no on canned pumpkin, except for emergencies or if you have nothing else in the house. Fresh cooked pumpkin is fine.

A high protein plant food that combines well with other plant foods, including fruit, is quinoa. I have even fed plant fats like coconut meat or fermented cashew cream with it, with no issues. Frozen, cooked green peas can make a good accompaniment to quinoa as well, and mashing makes peas more bioavailable.

Plant Day meals can include meals of fruits only, veggies only, or a combination of fruits, veggies, and other plants as noted above. Meals do not need to be complex, and digest more easily when they contain a minimum number of ingredients.

Meat Day

Try to feed meats at room temperature or a bit warmer. Don't be concerned about leaving meat out at room temperature for 24 hours or more before feeding, especially if it starts out frozen. Feed one meal per day, or break up a day's food into two feedings, according to yours and your dog's preference. Feed at whatever times are convenient for you. If you are feeding a puppy, feed more frequently and avoid feeding late in the evening. There are many good resources on the internet for advice on the quantity and frequency with which to feed a puppy, and this topic is covered briefly in the chapter on feeding puppies.

A meaty 'recreational' bone may be added in addition to the meat meal, but do not feed femur (leg) sections, sometimes called "marrow" or "pet" bones. These are hard enough to break teeth and offer nothing nutritionally except fat. Beef, pork or venison neck bones are the best kinds of recreational bones, although beef and venison are the leaner of the three by far.

Feel free to feed different types of meat together in the same meal. The body treats all protein the same, whether it once flapped a wing or lifted a leg. It is also not necessary to 'rotate' proteins. This is the PMR feeding community's stab in the dark at dealing with health issues that persist or arise even when dogs are raw fed. When a dog owner rotates proteins and finds that it helps with things like "allergies", what it usually means is that they have been feeding fatty meats and more variety means that there is a better chance that a leaner meat will be fed, which will inadvertently resolve the issue. This is particularly true if they choose "novel" proteins, which tend to be leaner, like emu, kangaroo, venison and other exotic meats. I have known many dogs to thrive and live to very old ages with no vet visits whatsoever eating the same one or two meats their entire lives.

It is also not necessary to calculate the percentage of bone, meat, and organs to feed. Just watch your dog's feces and feed sufficient bone to keep them solid after a meat day. Make treats from livers, kidneys, spleens or other secreting organs or toss some in with a meat meal 2-4 times per month.

If a dog initially refuses raw meat, you can try braising it very lightly in a frying pan or immersing it quickly in boiling water. Just make sure that only the surface is heated and that it is not heated all the way through. This usually allows dogs to connect it with something they've eaten before and will get them eating it. It is only necessary to do this temporarily so every time you feed meat, offer it raw first then lightly "cook" only if you must.

Following are the types of meats I recommend. This is not an all-inclusive list.

- **Cornish game hens, bones and all**, with all trimmable fat removed
- **Quail, bones and all**, trimmable fat removed (there is not much on quail, generally)
- **Meaty beef (like necks, not femurs), lamb, emu or venison bones**

- **Lean beef or buffalo (NOT ground)**

For feeding purposes, beef heart is extremely lean and usually inexpensive and can be thought of as muscle rather than organ. It can be fed just like any other lean meat. Feeding only muscle meat without consumable bones can sometimes cause diarrhea, which is normal (this has been observed in wolves when they first make a kill and are eating only muscle without bone), but for this reason I recommend feeding some bony meat like chicken, turkey, game hen, or quail along with boneless meat.



Most prevalent brand of Cornish Game Hen, found in most grocery stores in the freezer aisle. So-called game hens are not really "game", they are domestically raised adolescent chickens

- **Rabbit**

I rarely feed rabbit due to my personal and irrational aversion to killing bunnies. However, I do sometimes pick up fresh road-killed rabbits when I'm lucky enough to encounter them. I used to think this was eccentric and it may sound strange to you as well. However, an experience I had with a cat I was caring for who was very sick and refused to eat convinced me otherwise. The weakened cat, who had rejected the best foods I could buy, grabbed the rabbit, ran into the back yard and growled viciously when

I attempted to get it away from him. I did finally get it back and cut it up for him. He ate a huge meal, his first in weeks. Wild food is the best food on earth!

- **Chicken frames or “carcasses”**

These are what is left over after chicken tenders are cut away. They can be purchased at Asian markets. They have little flesh on them so feed them with some other kind of meat, like lean beef. They are very inexpensive and can be bought in quantity and frozen. They can sometimes be fatty, so as much fat as possible should be trimmed.

- **Whole chickens**

Small dogs need to eat smaller animals, like quail and game hens. They just don't have the proper equipment for chewing some of the larger bones on a chicken. If you have a large dog or more than one, these smaller animals are good for all dogs but can be expensive, so whole chickens are fine as long as you trim the fat as much as possible and make sure the bone to meat ratio produces solid poops.

Chicken has developed a bad reputation in the raw feeding community, but for many dog owners the relative affordability of chicken is the difference between being able to properly feed and having to feed commercial food. With RMF, the fact that we are trimming fat, buying the leanest meats we can and adding plant food days means there is less likelihood of chicken causing problems, since it is generally the fat on chicken that is the real culprit, not the chicken itself. This is why so many dogs are being deemed “allergic” to chicken. I have known many owners whose dogs were formerly allergic to chicken who now use it as a feeding staple, even in the initial transition to RMF. If you want to avoid chicken or any other food that your dog has had issues with in the past you can, but it's probably not going to be necessary.

- **Fish**

Personally I have never fed much fish because it is expensive and there is nothing in it that dogs can't get elsewhere. However, there are many raw feeders who do feed fish and I think that fish is a great food for dogs. As with everything else, the dog should have the last say. The only kind of fish I have experience with is smelt (raw sardines) and my dogs would either not eat them at all or throw them up afterwards, although all the dogs I've offered dehydrated smelt to (as treats) have loved it.

Many raw feeders feed fish heads because they are very cheap, and if I had more than one dog or a large one, I would be looking into it seriously too. At least one field study of the wolves on Prince of Wales Island observed that salmon was 25% of their diet and the researchers noted that the wolves would often eat the heads only, for reasons that

were not explained. There are fears about fluke infestation being a problem in salmon for all canids, but I suspect it may only be a problem for mis-fed domestic dogs because I have been unable to find any references about wolves becoming sick from eating salmon.

The bones in fish are completely digestible by dogs. Fish bones are a problem for humans because 1) humans are not designed to eat fish and 2) we cook them, which causes bones to be brittle. So, to project the problems we have with cooked bones onto dogs and fear feeding fish with bones to dogs is not valid. Canned sardines should never be fed because they are cooked, which renders the protein and bones indigestible. Remember, cooking returns bones to their inorganic (meaning rock-like) state, which means they only burden the body with their elimination.

If you have a cheap, reliable source of fish, feel free to feed it. I am not well versed in the farmed vs. wild arguments and I am sure there are disadvantages either way, but I have read that farmed fish are fed abominably, like farmed animals are. Still, if access to cheap-farmed fish allows a dog owner to avoid commercial dog food, it might be worth it. If you have only one dog or a small dog and can afford to feed fish or have access to free fish, I would recommend opting for wild caught.

- **Raw Eggs**

Eggs are cheap and widely available so are often fed by raw feeders. They can be fed with or without the shell, depending on your dog's preference. Because certain proteins in eggs interfere with the absorption of some nutrients, it is not advisable to feed eggs more than once or twice per week. The yolk is also very fatty, and dogs already get too much fat in their diets, so this is another reason to avoid them as a staple. Personally, I do not feed eggs and the only time I recommend them is when a dog owner has access to their own chickens' eggs or another cheap, reliably healthy source.

For owners who are very averse to meat feeding or committed to feeding it as infrequently as possible, it may be feasible to replace some meat in the diet with eggs and shells. I have not experimented with this so be aware that you would need to watch your dog's stools to make sure they are being digested, and observe him overall for symptoms or changes in demeanor. With so many dogs thriving on very little protein and some even thriving on home-prepared vegan diets, feeding eggs as an alternative to meat may be an idea worth cautiously exploring for those so inclined.

- **Offal**

This is the term that is used to describe all the internal (organs, tissues, etc.) and

external parts (hide, horns, hooves, feathers, etc.) of an animal that are not normally used for human consumption. Some of these can be fed like any lean meat, such as heart, which is just very dense, lean muscle. Others, like liver and kidneys, should be fed more sparingly but are an important part of the diet. Dehydrating livers or other organs and using them for training treats can take the place of including them with meals. Other parts like tongue, lungs, brains, giblets, etc., can be fed regularly if desired. Be careful to rotate them so that they are appropriately proportionate in the overall diet.

- **Green tripe**

Universally beloved by dogs, this is getting easier to acquire all the time, but it's important to find a source that will guarantee the cows were grass fed until they were killed. Commonly, grass fed cows are "finished" on grain, which means their last few meals are grain instead of grass. While what the cows are fed during their lives will determine the quality of their *flesh*, what they ate in their last meals is what determines the quality of their entrails as a source of food for dogs. Just be aware that if you feed green tripe from grain-finished animals, you are feeding partially digested grains to your dog. Some dogs will have no problems with this, but in others, it may produce symptoms, so you may have to just try it out on your dog to know for sure.

In addition, I have checked some labels on green tripe products and the fat content seems to vary widely and be very high in some. I cannot account for this unless there is something in the product besides the muscular membrane that constitutes the intestine and its contents. With labeling being as deceptive as it is in the pet food industry, it is not unreasonable to imagine something else is being tossed in along with what they are willing to reveal on the label. If you can get green tripe from a trusted source and is finished on grass, you can feed it with confidence as long as it's appropriately proportionated to the rest of the diet. Otherwise, check the label and feed sparingly.

APPENDIX II: SIX SAMPLE RMF PROTOCOLS

Below are six sample RMF protocols you can use to get started. The only mistake you could possibly make by modifying any of these protocols to suit your lifestyle and your dog's needs would be to feed meat too often (daily or close to it) or not feeding meat at all, which I do not recommend. In these protocols, I have eliminated fasting days in all but two. A fasting day can be added to ANY of them. On plant days, keep in mind that any kind of plant foods can be fed, from fruit mono-meals to denser cooked veggies & quinoa.

Recreational bones (meaning not fully consumable) like beef necks can also be fed and do not count as a meal but should only be fed on meat days or far enough away (several hours, at least) from plant meals to avoid digestive conflict.

Following this table are three specific examples of dogs who have used one of the protocols and a chart that shows which plant foods are best for dogs and why.

RATIO	PROS	CONS	NOTES
PROTOCOL #1 - Pearl			
1:1 1 Plant day to 1 Meat day	<ul style="list-style-type: none"> ▪ Easy to keep track of ▪ Good for owners who are averse to fasting ▪ Will usually maintain weight in dogs that are already thin 	<ul style="list-style-type: none"> ▪ May be too much fat for some dogs 	<ul style="list-style-type: none"> ▪ For young or active dogs ▪ For dogs who have been heavily medicated
PROTOCOL #2 - Petey			
2:1 2 Plant days to 1 Meat day	<ul style="list-style-type: none"> ▪ Better than 'Pearl' for dogs who need to lose weight 	<ul style="list-style-type: none"> ▪ None that I can think of 	<ul style="list-style-type: none"> ▪ Used by my parents to resolve their dog's cancer ▪ Great for adult dogs ▪ Great place to start if you don't know where to start

RATIO	PROS	CONS	NOTES
PROTOCOL #3 - Carnivore			
1:2:1 1 Plant day to 2 Meat days to 1 Fasting days	<ul style="list-style-type: none"> ▪ Allows more digestive rest with the addition of a fasting day every 4th day ▪ Since meat is fed on back to back days, it stays fresh between feedings 	<ul style="list-style-type: none"> ▪ Fasting is necessary to offset increased meat consumption and requires owners to resolve emotional feeding issues 	<ul style="list-style-type: none"> ▪ Watch for symptoms of fat over-consumption like itchiness of ears or skin, and be prepared to cut back on meat if necessary
PROTOCOL #4 - Calico			
3-6:1 3-6 Plant days to 1 Meat day	<ul style="list-style-type: none"> ▪ Good for fast healing from previous mis-feeding ▪ Great for owners wishing to decrease their 'meat footprint' ▪ Natural randomness for dogs ▪ Flexibility for owners or for those not needing or wanting a specific routine 	<ul style="list-style-type: none"> ▪ A bit experimental to feed meat only once for every 7 days because nobody really knows how much meat dogs need ▪ May produce more intense detox symptoms in previously heavily medicated dogs ▪ If feeding veggies, cooking adds more food prep ▪ Not good for dogs are reluctant to eat fruits or veggies 	<ul style="list-style-type: none"> ▪ Great for older dogs ▪ Dominance of plant foods may help dogs cope with hot weather ▪ Great for people who live where ripe fruit is cheap and abundant and/or who eat a lot of fruit themselves ▪ There may be digestive benefit in feeding one food at a time and owners have more opportunities to experiment with mono-meals of fruit
PROTOCOL #5 - Wolf			
1:4:2 1 Plant day 4 Meat days to 2 Fast days to	<ul style="list-style-type: none"> ▪ Fewer, bigger meals are thought to decrease "hunger" and the tendency to forage ▪ Good for owners with access to wild meats ▪ Good for dogs who are reluctant to eat fruits or veggies 	<ul style="list-style-type: none"> ▪ For the nature-trusting owner who also knows and trusts his/her dog ▪ May not be appropriate for some deep chested breeds prone to bloat ▪ Meats should be as lean as possible 	<ul style="list-style-type: none"> ▪ Mimics the ebb and flow of the wild dog's diet ▪ Feeding quantities need to be increased conservatively initially ▪ Fasting days can be interspersed among meat days or done consecutively

RATIO	PROS	CONS	NOTES
PROTOCOL #6 - Puppy			
All Meat Days	<ul style="list-style-type: none"> ▪ Lack of plant foods makes bowel movements predictable and easy to clean up ▪ Makes house training puppy easier 	<ul style="list-style-type: none"> ▪ Predictability of primary foods may lead to reluctance to eat plant foods later ▪ Be on the lookout for symptoms of fat overconsumption, like itching, scooting, licking, or bile vomiting. Symptoms will correct themselves once fat consumption is lowered appropriately ▪ Foods should be as lean as possible, while not ignoring a puppy's need for consumable bone 	<ul style="list-style-type: none"> ▪ A temporary plan to make housetraining of young puppies easier ▪ Puppies can eliminate wastes more efficiently than adult dogs so to avoid overconsumption of fat, plant days should be added when adulthood approaches and housetraining is complete

An example of Protocol #1

The namesake of this protocol is “Pearl”, a 70-pound, 6-year-old, very active female Golden/Border Collie I am currently feeding. Every other day, she gets 2.25 pounds (weighed after preparation) of plant foods and every other day, she gets 2.25 pounds of mixed raw meat and bones. The recipe that I use for plant food days is equal parts of cooked quinoa or millet (sometimes both) and cooked yams, with a mashed ripe banana, a peeled diced apple and sometimes the pulp from my green juicing (mostly romaine and baby spinach). I mix all of this together and feed it to her in two feedings per day. For meat days, she typically gets turkey necks, chicken necks, beef heart and chicken legs. I remove all trimmable fat and cut all of these in bite-sized pieces, about 1½”. I dehydrate beef liver for treats. I do not measure or estimate the percentage of bone, but I would say approximately 1/4 to 1/3 of the mixture is beef heart or other lean meat, and the remainder is bony poultry (necks and legs primarily). I watch Pearl’s stools to see that they are compact and solid, and this tells me she is getting enough bone.

An example of Protocol #2

This protocol was named for “Petey”, my parents’ 35-pound male Mini Aussie, who is now 18 years old. My mom feeds him 3-4% of his body weight every day, which works out to be 1-1.25 pounds of food. She separates this into two daily feedings. She does not routinely fast Petey. His food on plant days consists of quinoa, cooked yams or squash, pureed apples and bananas. He eats exclusively Cornish game hens on meat days, with the addition of lean beef, pork or beef heart, which comprises about ¼ of the meal.

An example of Protocol #4

Named after Calico, my 12-pound, -3-year-old female Cocker Spaniel. Cali eats randomly and similarly to Pearl, only she eats plant foods roughly 5-6 days for every meat day. On plant food days, she eats equal portions of cooked quinoa and cooked yams, with the addition of mashed banana and a bit of lettuce/spinach pulp (I find that if I put too much of this in, she won’t eat it). I feed her at different times of the day, usually once but occasionally twice. I sometimes give her a beef neck bone in the evening even on plant food days and she has had no issues. I do not measure or weigh her food but since she is young, I probably do give her more food than I would an older dog of the same size, or if I were feeding meat more often. It probably amounts to around 1½ cups (weighed after preparation, about 5-6% of her body weight) on plant food days. On meat days, I remove all trimmable fat from a Cornish game hen and feed her approximately 1/3 of one hen, which is a little less than 4% of her body weight. She sometimes gets the part of the hen with internal organs (liver, kidneys) and she gets dehydrated beef liver for treats on meat days.

APPENDIX III: BEST PLANT FOODS FOR DOGS

FOOD CATEGORY	EXAMPLES	TO FEED OR NOT TO FEED
SWEET & SUB-ACID (NEUTRAL) FRUITS	Apples Papaya Pears Figs Bananas Persimmons Melons Cucumbers Blueberries Mangoes Pears	All of these are good to feed, although dogs will prefer some to others. These foods should be fed raw and can be combined with each other or other plant foods.
CITRUS AND ACID FRUITS	Oranges Grapefruit Strawberries Raspberries Tomatoes	Many dogs will not eat these. If your dog likes them, you can feed them as long as you do not see them come out intact in the feces.
STARCHY VEGETABLES	Yams Potatoes Squash Carrots	The sweeter veggies like yams, carrots and squash are best for dogs. Even when cooked, regular potatoes are too starchy. Veggies should always be cooked and carrots should be cooked until soft.
CRUCIFEROUS VEGGIES AND LEAFY GREENS	Broccoli Cauliflower Brussels Sprouts Green Beans Kale Spinach Other (Collards, turnip, beet)	<p>These foods are over-rated for humans and this is the main reason dog owners want to feed them. For dogs, they have precious little to offer because in order to make them digestible at all, they must be thoroughly cooked, which damages nutrients. With the sweet tubers above, there is the offsetting benefit of the starches being converted to simple sugars. There is no similar benefit with crucifers, dense greens, and other cellulose dense vegetables.</p> <p>Some dogs will eat these and others will not. Do not mix with other foods until you know your dog will eat them alone and undisguised. They should be cooked before feeding.</p>

NUTS, SEEDS, AND LEGUMES	Almonds Peanut butter Quinoa Millet Lentils Beans Peas	<p>Nuts and peanuts can be fed in moderation when they are pureed into butter. Quinoa is not a grain but is technically a seed and dogs seem to do well on it (it should be cooked). Millet is similar but higher in carbohydrate and lower in protein. Lentils and beans are very complicated foods and should be fed experimentally if the owner desires to feed less meat. Peas are more digestible than some of the other legumes and are easier to digest if they are cooked and mashed.</p> <p>Feed alone at first to see if the dog will eat them, and make sure they are cooked/digested well and cause no problems before feeding again.</p>
OTHERS	Jicama Avocado	<p>I was not sure where to put these but they deserve mention because I think both are appropriate for dogs as long as they like them. My dog loves both, but I have never offered them as anything except a snack or treat. The fatty nature of avocado and the starchy nature of jicama means they should probably be fed in moderation. Jicama is far better and sweeter in early autumn when it is young. Note that the warnings we hear about avocado are due to the skin and pit, not the flesh.</p>
GRAINS	Rice Wheat Oats Barley Corn	<p>DO NOT FEED! These are too starchy and cellulose dense to be broken down by dogs, even when cooked. Corn has a very dense outer hull and is almost impossible for a dog to break down by chewing or digestion, and most often comes out whole. Even when it is processed, it is very often too long off the stalk (old) to be sweet rather than starchy.</p>
FLAVORANTS	Garlic Ginger Onions Turmeric Spices Salt	<p>DO NOT FEED! These offer no fuel value for dogs minimally, and some are toxic. They are used only to disguise and flavor foods in the human diet and have nothing to recommend them nutritionally, for dogs or humans.</p>

APPENDIX IV: SIDE EFFECTS OF RMF

As good as these feeding methods are, they will NOT solve all your problems! They might not even solve some of your DOG-related problems. For one thing, we all still have to live in a world that doesn't understand the real needs of dogs, expects dogs to be fat and symptomatic, and sometimes even FORCES us to do harmful things to our dogs. This reality, among many others, creates problems of its own. If you are poor, you might think that being rich would solve all your problems, but I guarantee it would only produce different ones. It is the same with any solution, even ones that cannot be improved upon for the effect they have on the original problem. Unlike the subsequent symptoms that drugs create which are falsely called "side effects" (to make us think they are valid trade-offs), the 'problems' I'm talking about here really ARE side effects. More accurately, they are a valid exchange for all the benefits that come with proper feeding. Here are 11 of them:

1. Skinniness.

It may be difficult for dog owners to accept, but dogs are supposed to be lean. They developed in an environment where food was often scarce and what was there was fast and required chasing down. Dogs living in domestic circumstances are lucky to get an hour of exercise every day and are typically fed daily even if they don't exercise at all. Consequently, they are FAT. Fat is the normal condition of domestic dogs and the standard by which vets judge how your dog looks to them. Vets don't mind a bit that dogs are fat because, as a by-product of sickness, it is money in the bank to them, even if individual vets don't acknowledge it. I assure you, their industry knows this and that's why it's the very rare vet who even knows that dogs should be lean, never mind that lean dogs would cut into their bottom line. Most vets actually think fat dogs are normal and will tell you your lean dog is "underweight". Like owners who "fail to vaccinate: are still seen as "irresponsible", there remains a stigma that lean dogs are somehow neglected or "underfed". When you are feeding your dog properly, other dog owners may remark about your "skinny" dog or say things like 'she'll look a lot better when you've fattened her up', etc., based on their own vet-industry-generated ideas about how dogs are supposed to look. Your family and friends may even accuse you of 'starving' your dog, especially if they know you have employed the healing modality of fasting in the care of your dog.

I'm very sorry to say that I cannot help you with any of this! I can only relate the above realities to you. You will have to accept the responsibility of defending your choice to have a healthy dog over one that conforms to some pathogenic standard. And that requires educating yourself. YOU will have to figure out how to deal with relatives, friends, well-meaning strangers and your own conscience, and there are ways to do this and keep your sanity and self-respect. I am but the messenger telling you that keeping dogs lean pays big dividends, health-wise, and aligns with their long-standing biological history. If having a slim dog is something you cannot deal with, even with all of the benefits that go along with it, the choice is totally yours to go back to commercial feeding. You decide, and you accept the consequences, either way.

Having said that, there are dogs who are being properly fed that may really be too skinny. I cannot know that any specific dog is too skinny because everybody has his or her own threshold about skinniness. Sometimes an owner's expectations need to be adjusted when they are not prepared for this particular consequence of proper feeding. Often people will complain to me that their dogs are too skinny and then send me photos of what looks to be a perfectly proportioned dog. Those owners need to change their ideas about how their dog should look.

In those cases where there is no denying that a dog really IS too skinny, there are a few things to understand, as well. One is that the body builds protection for itself over time when it is mis-fed. It does this by thickening the membranes through which nutrients would otherwise get into the bloodstream and be delivered to the cells and tissues to be used for fuel and repair. The body is smart enough to know it can't let everything in when it is being fed junk because this would be fatal. This happens in all mis-fed dogs, but in some it results in the inability to carry proper reserves, no matter what they are fed or how much. In others, a dog might appear "normal" before proper feeding but lose weight precipitously when the diet is optimized. The body has acclimated itself to the dense, harmful, concentrated foods it's used to, and it must now convert much more dilute foods into energy. This adjustment is part of the process of healing and detoxification. Sometimes owners of symptomatic dogs who also happen to be lean will worry when they come to proper feeding that their already slim dogs will lose more weight. It's difficult to get across to them that if it occurs, it's something that must happen in order for the body to then begin rebuilding. Because of their fears, these owners usually feed too much and this does nothing but slow down healing and sometimes does not result in the dog gaining weight.

When the digestive system heals, dogs typically gain weight but stay on the lean side. This can take many months or perhaps a year. If a dog has been eating properly for over a year or is young enough to have healed much sooner and is STILL obviously underweight, it is possible the owner is just not feeding enough.

Another thing that may be a factor as it often is in humans is that during the period when the skeleton is developing, certain foods may cause it to grow disproportionately. There is a theory that dairy products cause this in humans, and there may be some elements of commercial mis-feeding that almost every dog is subject to that cause something similar, where some dogs appear boney even when they are at their ideal weight. When we add to that the deliberate breeding of some dogs to look abnormally lean, deep chested and long-legged (the sighthounds, for example), a dog can end up looking very skinny and the issue is compounded when a dog has a short coat that does not disguise it.

The bottom line is that it is aesthetic, and aesthetics takes a back seat to health. You can feed more to try and keep your dog from looking too skinny, but be aware that if a dog's having trouble carrying reserves because of malabsorption, putting more food in is a waste of his energy and the food, because it's not going to be used as fuel, it's just going to be eliminated as waste. In addition, in a dog that is functioning at his peak even though he may look skinny,

adding more food may cause symptoms to arise, because if the food is not being used it will only add to the waste burden, and excess waste is the cause of almost all dog disease. In both dogs AND humans, even eating PERFECT foods in excessive quantities is disease causing. Food that is not needed for fuel and cellular repair/replacement becomes WASTE, and waste is toxic to the body. The body requires adequacy, and no more.

2. Detox

This is covered pretty well in previous chapters but just to reiterate, when you stop putting junk in the body and otherwise burdening it with the task of vicarious elimination, it takes the opportunity to get rid of wastes and toxins that have been stored deep in the tissues. You may see your dog get over his symptoms initially, and then see them return. This doesn't mean the diet "stopped working" or anything like that! What it means is that the body needed a period of time to gather its reserves in order to go deeper with its cleansing efforts. When enough vitality is regenerated, cleansing will reconvene and when these substances re-enter the bloodstream to be eliminated, they can trigger the same secondary elimination response as they did the first time the dog ingested them. It is entirely predictable, although we can never know when or in which dogs it's going to happen. The good news is that it is temporary. You may see symptoms go away for months and then return again when spring rolls around as a dog may not have completely recovered from his sensitivity to those innocuous substances that are around more in spring and summer. This is particularly true of skin eruptions and ear "infections". Or you may not be able to trace it to any season or event. It just happens, and it is the body's domain. Trust it.

Many people have changed their own diets only to discover that the way they felt initially is not sustained. Invariably they incorrectly conclude that the new diet stopped working, or caused their health to fail. Most then return to their old way of eating or move on to some fad diet without realizing their mistaken interpretations. Some even take it upon themselves to warn others of the diet that 'almost killed them', when it might actually have been the best thing they could have done for themselves. Please do not make this mistake with your dog. Stuff has to come out. It's a process called catabolism and it must happen in order for the body to then rebuild. I heard an analogy I liked about this that asks, "You wouldn't just start nailing new parts onto a burned-out house, would you? No, you'd tear it down first". Thanks to dog rescuer and rehabber extraordinaire Lauren Whiteman for that.

One especially worrying symptom that is very often seen particularly in middle-aged and older dogs is indiscriminate urination and passing blood in the urine. I explain this in previous chapters but it comes up so often in dogs recently transitioned and even after a few months of proper feeding that it deserves special mention. I can't tell anyone not to go to the vet and receive the standard treatment, which is a UTI diagnosis and a prescription for antibiotics. All I can do is state the fact that when toxic substances are liberated from their stored locations on the body and sent back to the bloodstream to be filtered and eliminated by the urinary tract, they can cause irritation and inflammation. This symptom is 100%, absolutely, positively NOT caused by errant bacteria. Killing the bacteria in the digestive tract or anywhere in/on the body

is just not a good idea. We can be thankful to the probiotic product sellers for this idea finally sinking in to some of the public's head, if for nothing else. Microorganisms in the body are there to do a job and if the job had not been advertised, they would not have turned up. When I have seen this in dogs I have transitioned, it completely resolves with fasting or plant feeding within a few days. Giving antibiotics is totally your choice but if you understand what the body is doing, it becomes obvious that forcing it to spend its energy getting rid of, or otherwise neutralizing, an antibiotic instead of what it's doing with the symptom is counter-productive to healing. The body may then have to find another secondary outbound avenue, which will result in another symptom, a different one or perhaps the same one, down the road.

3. Excessive peeing and pooping

The proper foods for dogs are actually mostly water, by weight at least. That means dogs are going to pee and poop a lot. In puppies and older dogs, potty training reversals may happen and sometimes this requires making special adjustments to the diet, as I shared in a previous chapter. In an older dog, feeding more meat really isn't going to be an option so fasting needs to stay on the table if plant foods cause potty frequency issues.

This is yet another issue I cannot help you with! It is a by-product of daily feeding, which owners REALLY need to get away from but is an idea most are not even willing to entertain. The dilemma is that if we are going to feed everyday even though dogs are not really set up to use food every day. But we cannot feed them meat every day because of the substandard nature of the meats we have access to (and, yes, I include grass fed, organic meats in that). AND we are opposed to fasting...so that leaves only plant foods. It's just a fact of life that plant foods create very large poops and frequent urination in all species that consume them. Ever seen a cow pie?

4. Conflict with well-meaning others

Being fed commercial treats or other junk by other family members, strangers on the trail or being deliberately sabotaged by people in your household who disagree with your feeding methods is a problem that some have asked me about. As I mentioned, I am not much of a diplomat and I value my autonomy too much to let someone else sabotage the health of my dog. I politely decline treats offered by bank tellers and passersby at the dog park but if it happened in my household, I would certainly make it clear to the person that this was unacceptable, and that is what anyone else in that situation needs to do as well.

5. Foraging, stealing food, whining, begging, etc.

Ok, this is a biggie, and to tackle it requires laying a little groundwork. If you have ever changed your own diet in a huge way like you are doing with your dog, you will know that the feelings that this elicits are not always pleasant. Technically and in every other way except severity, they are very much like what drug addicts feel when they don't get their drugs. In other words, mild withdrawal. These feelings stop when digestion is taking place, because the body cannot heal and digest food at the same time. The feelings are best described as false hunger because they

do not indicate that the body needs food and in fact mean just the opposite – that it has healing to do. Grumbling stomachs, abdominal tension, weakness, irritability and other symptoms may drive both people and dogs to want to eat to quell them but they absolutely, patently are NOT hunger. In fasting humans, it is almost universally reported that these feelings go away on the second or third day of a fast. Obviously, they cannot possibly be real hunger. Both people and dogs can eat healthy foods to make the symptoms manageable, but the only things that turn them off completely are 1) “Hair of the dog” (going back to the bad foods) or 2) Seeing the healing process through to its completion. The bottom line is that your dog may be experiencing this and it may be part of what’s driving his new behaviors, if they’re new. You can feed him more in the short term or counter-condition the behaviors if they are bothering you (see below), but the feelings are temporary and perhaps the behaviors will be as well, if you work to counter-condition them. Once dogs (and humans) are healthy, they no longer experience these unpleasant feelings so commonly mistaken for hunger.

Another reason why you may be seeing these behaviors is that dogs naturally are more alert for opportunities to eat (and more alert in general), when they are fed plant foods. A dog that is subsisting on plant foods is going to continue to hunt or forage until he gets his primary foods. Adding an additional meat day to your rotation may be all that is needed to reduce foraging.

If your dog has a learned behavior that normally gets him fed, you trained him to do that, albeit inadvertently, and you can train him not to do it. If your dog whines or begs, for example, ignore the behavior. Behaviors that are NOT reward will increase temporarily and then expire. Instead, make clear to the dog *the behavior you want to see instead*. That means you must not miss opportunities to reward your dog when he’s NOT doing the thing you don’t want him to do. When your dog is calm, relaxed and quiet, immediately praise him and give him some kind of a meat-based treat without a lot of fuss or fanfare. Do that consistently and you will have a dog that never whines. When your dog for any reason stays on his bed and does not follow you into the kitchen, reward him. And, yes, you may be feeding meat treats on days that you’re otherwise feeding plants only and that’s ok because this is important training and the trade-off of a bit of digestive complication is worth the benefit. It may not even require meat treats, you may be able to find something plant based that will do the trick. Just be prepared to use a very high value treat if you want results.

Stealing food is a problem that needs to be managed. If you have a counter surfer you will need to take measures to counter-condition the behavior, and there are effective ways of doing that. If you have tried without success to train your dog not to counter surf, at least make sure food is out of reach.

Eating things that are not appropriate is common, too, and remember that the animal agriculture industry has gotten very clever at inventing uses for its waste products (pet food, for example). There are animal products in almost everything from scotch tape to asphalt. Dogs may even perceive items containing human excretions of various kinds to be food, such as used diapers, sanitary napkins, underwear and used tissues. There is no way a dog can know that these are not food. A dog that was previously overfed or digesting junky commercial food 24/7

might not have seen these as food, but may once he is properly fed. Just be vigilant and make sure these things are put away.

Also, be aware that foraging is a totally natural behavior for dogs. They have spent the majority of their evolutionary development being hungry and looking for food. That's the environment they were adapted to, and it produced these behaviors that are hard-wired. The only time dogs stop doing this is when they've eaten a meal of primary foods so recently that their bodies have no need of food. The length of time a dog stays sated is open to question but field researchers tell us that typically wolves and other wild dogs do not eat daily or even close to it. If we are not willing to truly replicate this pattern with our dogs (fast and gorge), then we have to be prepared to feed secondary foods and accept foraging behaviors, voluminous poops, and any other negative that goes along with it. This is the only way to have a healthy dog for the long term.

6. Dog fights/canine disharmony

Behavior problems that exist before proper feeding may become exacerbated, as resources are perceived by dogs to be scarcer and therefore more valuable. In the natural world, dogs have very effective, long-established ways of dealing with situations where there is too little to go around. Dogs, even domestic ones, are not civilized. They do not invite each other to dinner like we do. It is natural for them to protect what they have. If domestic dogs are given to fighting or food possessiveness, however, it has NOTHING to do with proper feeding. This represents failure and negligence on the part of the owner. Fighting, like many inborne canine tendencies, has no place in civilized circumstances. It must either be scrupulously managed or counter-trained once and for all, and YOU are responsible for this. Hire a trainer, watch some YouTube dog training videos, get help from a Facebook dog-training group or buy some books.

7. Some disease is not reversible

There are some rare cases where the body has been so severely injured by past mis-feeding and medicating that it cannot completely repair itself. I hesitate to tell people this because for some reason, maybe as a measure of self-preparation, everyone wants to assume that their dog is the rare case that cannot heal. Most of the time, this is old medical brainwashing that has everyone thinking that disease is never reversible. In fact, almost everyone comes to the idea of self-healing skeptical that their dog's issues can be resolved without intervention, and almost everyone is amazed afterwards to find this was not the case. The crazy notion that the body always needs help when it's in trouble is one that has been pounded into our brains from the time we were infants because this means a product can be sold. And that's the ONLY reason this theme predominates "health care" in our culture. Dog owners should NEVER assume their dog's case of disease is irreversible. It is only after a good year or perhaps more of proper feeding without results that this conclusion can be reached. Even if that happens, you will know you did everything possible to correct the problem, and it was just more than could be reasonably repaired by the body. It happens, but as I have said, it is very RARE.

8. Zoomies and meat comas

Plant days will produce energetic dogs, so you may see your dog doing circles like he hasn't done since he was a puppy. This is normal. Conversely, you may also note that the day after a meat day your dog is less alert and wants to sleep more. This is totally normal, too, and it explains why cats sleep so much, being pure carnivores as they are. Meat requires a lot of energy to digest, even in animals that are perfectly adapted to its consumption. No dog who has just had a satisfying meat meal the day before needs to be alert to feeding opportunities. Even herds of prey animals know this because field researchers have noted that they allow wolves to walk freely among them if they know the wolves have just eaten the day before.

9. Bad breath

Bad breath can sometimes be caused by something that legitimately needs to be looked at, like decaying or broken teeth. But in properly fed dogs, much more often bad breath is a by-product of cutting up food for dogs so they no longer need to cut bites off a carcass like they would do in the wild. This has a flossing effect that keeps the teeth clean, including the spaces in between. Dogs do chew, but it's not technically mastication like humans do. They crush their food just enough to get it past the tight bend in their throats, and just enough to cram particles in between their teeth. When they don't also tear bites off a carcass for themselves, these particles stay put and putrefy. Putrefaction (rotting flesh, basically) is the cause of bad breath. This does NOT cause dental decay or anything else consequential as far as I have been able to determine, only foul breath. Bad breath is not pleasant to be around but that's really the only problem with it. My own dog had bad breath but never any dental issues and died with his full set of teeth at age 19. Perhaps cleaning teeth can help with bad breath, but improving the breath is not enough of a perk for me to put a dog under anesthesia for a dental cleaning. If you are in the habit of brushing your dog's teeth or want to start, it's fine and may help. I have never brushed the teeth of any dog I owned. Dental cleaning, whether done by a vet or you, does not prevent organ failure, by the way. That is a veterinary myth/scare tactic. Organ failure and malfunction are prevented by proper feeding. Feeding your dog large pieces of beef neck bone is about the best way to clean a dog's teeth.

10. Hunting and poaching

Working dogs who are tasked with guarding livestock or have previously been trustworthy around small animals like ducks and chickens may take advantage of their close proximity to prospective food. I have no experience with livestock guard dogs or whether hard wired hunting tendencies can be trained out of a dog, and if they are, whether the training remains in place even when a dog is fasted or fed plant foods. A dog previously fed such that the body was always digesting food may have had no interest in the animals he's guarding but that MAY change after proper feeding. I really don't know. I would just recommend caution to owners of dogs with these kinds of jobs or opportunities. If you have expertise with these kinds of situations, I would be interested to hear about your experiences, although I realize this will probably vary greatly with the dog.

Similarly, dogs that are walked off leash in places inhabited by wildlife may also be less trustworthy and may take more advantage of opportunities to feed. With the alertness that comes with the feeding of plant foods and increased agility, they may be much more successful than they were before.

11. Isolation and the burden of responsibility

With great freedom comes great responsibility, and that's even true of freedom from the sick pet industry. If you have become friends with your vet or think of him/her as a valued partner in your dog's health, as the industry duplicitously encourages, you will have a hard time with independence. Even if you are ready to break with all of them except when you really need one, you'll have many dilemmas in the future where you will not know whether intervention is necessary or not. I have had many such situations and it is always difficult. For me, the most helpful part of intervention is the ruling out of an injury type of problem such as gastric torsion (also called bloat), blockage or perforation by an ingested foreign object. In those situations, I think we must be careful not to let fear make us over-suspect serious problems (as the industry would have us do), because there is more than money at risk when you see a vet unnecessarily. Sometimes, in fact, there is more risk in seeking intervention than foregoing it. Drugs and other harmful treatments can cause disease-related problems to be exacerbated and vets have honed their ability to plant doubts about proper feeding in the minds of even in the staunchest advocates, which can have far-reaching implications for a dog's health.

Even injuries don't always require intervention and determining which ones do and which ones are best left to the body to sort out are always difficult as well. All any of us can do is try to keep a cool head in those difficult moments and arm ourselves with knowledge and the experiences of others who have been in similar situations. Although the internet is a minefield of veterinary scare tactics, there is also valuable objective information to be had about what's a serious sign of trouble and what's not, particularly where the aforementioned injury-type scenarios are concerned.

I hope that as more people realize that our over-trusted and unduly respected institutions of pet "health care" are not worthy, at least in the area of disease prevention and reversal, isolation will be less of a problem. In the meantime, it takes a bit of independence of spirit and mind to go against the flow, and it can be isolating at times. When it feels that way, we can all be comforted by the proof we see every day in our dogs that it pays to stray from 'conventional wisdom'.

APPENDIX V: CAT TRANSITIONING TIPS

Cats can get very stuck in their ways, particularly older cats. It is best to make extremely small changes when transitioning them to a natural diet. Bear in mind that you may not need to go through these extremely gradual changes if your cat is young. Do the gradual steps only if necessary.

Please read this entire list before beginning. Be flexible, according to how your cat progresses. Each step can take from several days to several weeks, depending largely on the age of the cat.

Before starting, lay the groundwork by decreasing the amount of food you currently feed. If you have been free feeding, STOP! Next to commercial kibble, this is the worst feeding mistake cat owners can make. Start by feeding two small meals a day.

If you are already in the routine of feeding meals and removing food that is not eaten, feed only $\frac{1}{4}$ to $\frac{1}{2}$ of the cat's normal amount for a few days leading up to the start of the transition. If your cat vocalizes his desire for more food, remember – you trained him to do this particular behavior, albeit inadvertently, and you can UN-train it, but it can be a noisy process. Never feed your cat while he is vocalizing. Instead, ignore him and wait until he is quiet, then feed him.

1. Start with the last thing the cat ate normally. If it was dry food, add warm water and let it soak so that it is fully moist.
2. Then, try warming the food up slightly (a microwave can be used but it is better to put the food in a plastic container and float it in hot water until it is body temperature). This is to get the cat used to eating food at body temperature (which is quite a bit warmer than room temperature), as the food he will be eating later on will be warm. Once cats get used to eating natural foods, they prefer them at body temperature, and this aids digestion as well. I regularly use my microwave to warm food for my cat.
3. Next, try a better type of kibble than the cat is used to, repeating with the moisture and warmth if the cat will eat it. If not, try the new kibble dry. If it is rejected, try other brands. If you have already been feeding the best, grain-free kibble, go to Step #4.
4. After the cat adjusts to the new kibble, soaked and warm, start trying canned foods. If your cat is used to kibble, you may initially want to crush a couple pieces of kibble and put it on top of the new food. If the cat will not eat it, feed the soaked, warmed kibble

with only a very small amount of the canned food mixed in. Gradually increase the canned food over days or weeks, according to your cat's pace.

5. If you have trouble getting the cat to accept canned food, you will need to try all kinds, starting with the low-quality brands you will find in supermarkets all the way up to the expensive grain-free canned foods in the pet health food stores. Move up slowly until you get the cat to eat the very best canned food available. If she will eat one of the healthier canned foods, you may want to try skipping ahead to Step #6.
6. The next food to try is the commercially prepared raw foods that are sold ground and frozen in the pet health food stores. If your cat will eat it, great. This will eventually allow you to replace the commercial stuff with cleaner foods you can prepare yourself. If the cat rejects it, there are some things you can try. It can sometimes cause digestive upset if raw and cooked foods are combined, since they digest at different rates, but the risk is sometimes worthwhile if it allows your cat to get closer to a health-building diet. Add enough of the canned food to the raw to make the cat think he's eating canned food. Over a period of days or weeks, as determined by your cat, gradually decrease the amount of canned food. If you notice any negative result from feeding raw and cooked together, do Step #7 instead.
7. In order to get the cat completely off cooked food, it is sometimes necessary to slightly cook the new food. Just braise the outside surface of the food in a skillet. Always offer it with as little cooking as possible but be ready to cook it more if the cat rejects it. It is also helpful to mince the food by chopping repeatedly with a cleaver (see specific instructions in #8). Cats also like their food juicy, so adding a little warm water will make it more appealing.
8. The final step is to get the cat on a diet of 100% raw lean meats. The best foods for cats are meats that have consumable bones like game hens or quail but it's only necessary to feed these periodically, not daily. Alternatively, you can feed lean beef, buffalo, venison, chicken, turkey, all kinds of fish (Smelt is especially good because it's whole), rabbit and organ meats (the latter in moderation). These kinds of foods are not only cheaper, they are much healthier than the commercial raw foods. For one thing, commercial producers generally do not get how difficult and taxing it is for a cat to digest fats. They purchase the cheapest cuts of meat they can find, don't trim any of the fat (where toxins are stored), and throw all of it into a big grinder. They are not required to disclose on the label the maximum percentage of fat that the product contains. Notice on the labels that it only states "minimum" fat content. This is due to outdated regulations from the days when producers were using non-meat fillers in

order to get around the high cost of real meat. Now that meat is so cheap, primarily because of the tricks producers have learned to fatten up animals, those regulations are meaningless.

9. When you first start with homemade raw foods, you may need to do the same thing with the new food that you did in Step #7, i.e., mixing and warming or cooking. However, it is important to cook minimally since very high temperatures render bones and other parts of the food indigestible.

To cut or not to cut, quantities, etc.

If a cat has shown reluctance to eat new foods, it's probably asking too much to expect them to eat foods whole, and new raw feeders usually don't feel comfortable just plunking down a whole game hen leg or half a quail. However, if your cat is game, it is much better for a cat's dental health to eat whole foods because then they must use their rear cutting teeth to get it into bite-sized pieces. If you are transitioning a kitten, you may be able to feed whole. However, not all cats will do this so it is perfectly fine to cut the food up. You can use a cleaver (which works very well with quail or game hens) or poultry shears (KitchenAid is a good, reasonably priced brand).

Cats are good at regulating their intake but watch your cat's weight in order to determine how much to feed. If you are feeding low-fat meats with the addition of boney meats periodically, and you are sure your cat is eating nothing but what



"LB" was morbidly obese and addicted to extremely low-quality supermarket kibble when adopted at 9 years old. Following a gradual transition, he now enthusiastically eats his raw meals and is fit and thriving at 13.5 years old.

you feed him, symptoms may be due to overfeeding. I have found with my second raw fed cat that he is not as good at regulating himself as my first cat was, so I was assuming when he came into the kitchen he was truly hungry, and I was feeding him 2-3 times per day. His symptoms (eye discharge, shedding, matted fur, hairballs and a small lesion on his face) confounded me until I cut back on his food and they all went away. I now feed him once per day and plan to experiment with alternate day feeding.

Be aware if you allow your cat to roam that many people feed their cats outdoors. Eating kibble at the neighbor's house can un-do all the good you are doing by feeding raw. So best to feed kitty before he goes outside, talk to your neighbors or hang flyers to ask them to feed their animals indoors (you can always use the excuse that it attracts vermin), and you can even hang a tag on your cat's collar asking that people not feed her (I have done this!). Cats are strict carnivores and really require no plant matter at all. I recommend feeding whatever a cat shows interest in, as long as it comes directly from nature. My cat comes around when I'm eating melon or avocado, so I share with him, but he doesn't eat enough to constitute a meal.

General tips:

- Every time you introduce something new, smear some on the cat's nose or paws so he has to lick it off. This will often get them started.
- If you notice your cat is not going to the bathroom, don't worry. Not defecating is normal if the cat is not eating much. After s/he starts eating raw, you may notice increased urination and a decreased need to drink water, since the food has so much more water in it.
- If the cat normally likes catnip, you can put small amount of catnip on top of or near the food, or you can mix it in.
- In contrast to dogs, whose transition to a new diet should begin with a fasting day or two, cats can sometimes have problems fasting, especially if they are obese. When food is not coming in, the body starts breaking down fat for fuel and this can overwhelm the liver if it is already functioning at a less than optimal level. Cats are not set up to process much fat, even the stored fat that comes from their own bodies. This is probably erring on the cautious side because it probably only applies to older fat cats with compromised organs, but if a cat refuses the new food for more than a full 24 hours, go back to offering small amounts of whatever food the cat was eating regularly. Try transitioning again, using even smaller changes or smaller amounts of the new foods you're introducing.

- Usually, younger cats transition much quicker and easier than old cats. The exception is if an old cat has been used to hunting and eats what he catches, in which case they are already accustomed to raw food.
- Canned fish like tuna can be mixed in with new foods to tempt a cat into eating but be aware that it is very addictive for cats and it can be difficult to get them off it if you use it during transition. If you use it, wean your cat off it as soon as possible and try using only the juice in the can (be sure to use ZERO ADDED SODIUM and WATER PACKED only).

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