

A PET WITHOUT DETECTABLE DISEASES IS  
NOT SAME AS A PET WITH OPTIMAL HEALTH

# Healthier Lifestyle for Healthier Pets

## MAJOR COMPONENTS OF HEALTH

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1. Diets that have variety, diversity, quality, freshness, and it supports and heals the body.
2. Physical activities and exercise: 20 minutes of walks/exercise at least twice a day.
3. Low stress and a peace of mind: environmental enrichment and stimulating activities.
4. Minimal consumption of toxins: environment, food, water, air, medications and vaccinations.

## HEALTHY PET FOOD

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### Why Fresh Food Is The Best Food For Our Furry Friends.

1. High levels of naturally occurring nutrients.
2. Unknown nutrients that have not been discovered yet.
3. Fresh food diets have variety and quality. It's also whole, fresh, and minimally processed.
4. It predispose our pets to health and long life.

### Why Doesn't Conventional Processed Pet Food Promote Optimal Health?

1. The conventional pet food is highly processed food that is cooked to death. Most of the nutrients are destroyed in the cooking process, so the vitamins and minerals have to be added back in. Imagine the only food you eat is meat flavored "nutritious" biscuit 3 times a day, every day for years. It is not enough to keep you healthy, and the same goes to your pets too.
2. Many of the conventional pet food is high in refined carbohydrates, and low in good quality, easily digestible protein. The high amount of carbohydrates is especially problematic for cats.
3. Conventional pet food contain pesticides, heavy metals and antibiotics. They are taxing on the liver and kidneys.
4. Conventional pet foods are formulated to meet the minimum daily requirement of vitamins, minerals proteins and fats, not for optimal health.

### Order of Preferred Diets

The following diet is listed in the order of preference.

1. Balanced homemade diet: cooked and/or raw. Need a calcium supplement.
2. Commercial raw: Frozen and freeze-dried
3. Canned food (Find one without carrageenan; it inflames intestines)
4. Dry food ☹️: No more than 50% of dry kibble in the total diet, ideally 0%.

If feeding primarily commercial food (frozen raw, dehydrated, canned), make a pot of meat and vegetable soup for your pet every week or every other week. Example: Whole chicken, yams, carrots, turnip, kale. Yummy! Visit [WWW.CATINFO.ORG](http://WWW.CATINFO.ORG) for tips to transition your cat to new foods.

## RECOMMENDED BRANDS

FROZEN RAW	CANNED	DRY KIBBLE
Bravo	Addiction	Acana
Darwin's Natural Pet Products*	By Nature	Addiction
Instinct Raw	Fromm Family	Artemis
K9 Natural*	Fussie Cat	Canidae
Primal	Health Extension	Felidae
Stella & Chewy's	Natural Balance	Fromm Family
Rad Cat Raw Diet	Natures Variety (Instinct)	Go! Natural
Steve's Real Food	Solid Gold	Health Extension
Vital Essentials	Taste of the Wild	Natural Balance
<b>FREEZE-DRIED</b>	Tiki Cat	Natures Variety (Instinct)
K9 Natural & Feline Natural	Weruva	Orijen
Northwest Naturals	Wysong	Taste of the Wild
Primal		Timberwolf
Stella & Chewy's	* Carry frozen green trip products	
The Honest kitchen		
Ziwi Peak		

## FRESH FOODS SUGGESTIONS

### Protein

- Beef
- Lamb
- Chicken
- Turkey
- Duck
- Rabbit
- Venison
- Pork (cooked)
- White Fish
- Sardine
- Salmon
- Eggs
- Cheese/Yogurt
- Tofu
- Raw Necks: chicken, turkey (cats only)
- Raw beef marrow/ knuckle bones

### 2-3 times a week only

- Liver
- Heart
- Kidney
- Gizzard

### Beans

- Any Beans
- Lentils
- Adzuki Beans
- Split peas
- Chickpeas

### Vegetables-Cooked

#### Hearty greens

- Beet leaves
- Cabbage
- Bok Choy
- Kale
- Broccoli Rabe
- Spinach
- Collard greens
- Swiss chard

#### Leafy greens

- Romaine
- Dandelion greens
- Spring salad
- Herb mix
- Watercress

- Alfalfa Sprouts

- Asparagus

- Bamboo Shoots

- Bell Pepper

- Bitter Melon

- Broccoli

- Cauliflower

- Brussels sprouts

- Celery

- Cucumber

- Eggplant

- Green Beans

- Mushrooms (Buttons, Shiitake, White)

- Italian Parsley

- Peas

- Radish

- Summer Squash

- Zucchini

- String Beans

### Starch Vegetables

- Pumpkin

- Winter squash: butternut, etc.

- Sweet Potato/Yam

- Carrots

- White potatoes

- Turnip

- Taro root

- Beets Roots

- Yucca

### Fruits- only a little in winter time

- Apples

- Pears

- Melons

- Pineapples

- Papaya

- Blueberry

- Banana

- Cantaloupe

- Coconut meat

- Fresh Figs

- Kiwi Fruit

- Mangos

- Peach

- Raspberry

- Strawberry

- Watermelon

### Whole Grains

- Brown rice

- White rice

- Buckwheat

- Pearl Barley

- Corn

- Millet

- Quinoa

- Whole rolled oats

### Fats

- Fish oils

- Butter

- Avocado flesh (Not toxic to dogs & cats)

- Fish or chicken skin (little bit)

- Coconut oils

- Sesame Seed Oils

- Olive Oils

- Grape Seed Oils

- Flax Seed Oil

### Spices

- Basil

- Fennel Seed

- Cumin

- Dill

- Ginger Root

### Not too much

- Cheese

- Peanut butter

## TOXIC FOODS

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1. Grapes, raisins, and currants: Acute kidney failure. Four grapes can be toxic to a 20lb dog.
2. Onions, garlic, chives, and leeks: Cause red blood cells to rupture, and cause irritation to intestines. The symptoms may not be apparent for several days.
3. Chocolate - Causes vomiting, diarrhea, hyperactivity, inflammation of the pancreas (pancreatitis), abnormal heart rhythm, seizures, and rarely, death.
4. Macadamia Nuts - Causes severe lethargy, increased body temperature, vomiting, tremors, joint stiffness, and inability to walk. The toxic mechanism is unknown.
5. Xylitol (sugar free sweetener): Causes an acute, life-threatening low blood sugar (hypoglycemia) within 10-15 minutes. Larger ingestions can result in acute liver necrosis and liver failure.
6. Raw yeast dough: Causes bloated stomach “bloat” that can lead to a twisted stomach. Fermenting yeast dough can also product alcohol that can lead to alcohol intoxication.
7. Alcohol: Causes dangerous drop in blood sugar, blood pressure and body temperature. Intoxicated animals can experience seizures and respiratory failure.
8. Cherry and apricot seeds: Contains cyanide.
9. Rotten or moldy food: Contains tremorgenic mycotoxins that can cause vomiting, agitation, walking drunk, tremors, seizures, and severe secondary hyperthermia.
10. Milk: Causes upset stomach and diarrhea because most cats are lactose intolerant.

\*\*Reference source: **Pet Poison Helpline 855-764-7661** [www.petpoisonhelpline.com](http://www.petpoisonhelpline.com)

## SUPPLEMENTS

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In addition to food, supplements can fill in any gaps in a diet.

### Omega Fatty Acids

Omega fatty acid is anti-inflammatory and it benefits skin, coat, brain, heart, kidney, etc. When choosing a brand of fish oils, look for one that tests for heavy metals and containments.

- Ultra EFA\* Made from sardines and anchovies (Rx Vitamins for Pets)
- Nordic Naturals

### Joint Supplement

Since many medium and large breed dogs start to develop arthritis at middle age, give them joint supplement early to keep their joints healthy longer.

- MegaFlex (Rx Vitamins for Pets)
- VetriFlex Pro, GlycoFlex (Vetri Science)
- ArthriEase-GOLD (Vet Classics)
- GLYDE® Mobility Chews (Parnell)
- Dasuquin Advanced (Nutramax)
- PentaGenesis (New Zealand Dear Velvet [www.nzdeervetproducts.com](http://www.nzdeervetproducts.com))
- Wobenzym N (buy the human version; it's cheaper and it doesn't the red coating)

## Bone/Joint Soup

The meat must be organic because toxins and heavy metals are also stored in the bones. Since many medium to large breed dogs develop arthritis starting at middle age, start joint supplement as early as possible to keep their joint healthy longer.

- Clean Chicken/duck feet, neck, backs (Alternatives: cut up hooves/legs of beef, goat or lamb)
- Filtered water to cover
- About 1 tsp of organic apple cider vinegar or ½ lemon (optional)
- Root vegetables: Carrots, celery, turnip, rutabaga, yucca\*, squash 2 garlic cloves, Kombu kelp, parsley, shiitake mushroom, turmeric, ginger (optional)

Bring to a light boil and cook as you would chicken broth. Simmer for 4 to 6 hours. When it is cool enough to handle, strain to remove bones and vegetables (if it is used). Save the vegetable for your dog's dinner. When refrigerated, the broth will thicken like gelatin. Serve as warm soup or use as top dressing on the food to help aching joints. To save time, make a big batch, and freeze the broth in an ice cube tray. \*Yucca root has anti-inflammatory and pain relieving properties.

**\*\*\*Alternatively**, cook a whole chicken until the meat can be easily removed from the bone. When the soup is cool, remove most of the meat and put the bone back in the broth. Add the vinegar in the broth and simmer for 3-6 hours. If you have time, break the bones in half before simmering, so that all the nutritious marrow is cooked into the broth.

## Turmeric Golden Paste

Turmeric is a healthy root that is anti-inflammatory and anti-oxidant. Most importantly, it has cancer fighting properties. There is a great turmeric Facebook group called "Turmeric User Group" started by a holistic veterinarian, Dr. Doug English. After using the Golden Paste for 1 month, please post your observations on Turmeric User Group. His website is [www.turmericlife.com.au](http://www.turmericlife.com.au)

On his website, he describes all the conditions that can benefit from the use of turmeric. Most of the turmeric passes through the body undigested; therefore, the oil and black pepper are needed to increase the absorption of the turmeric. Start with ⅛ to ¼ teaspoons of Golden Paste 2-3x/day for 1 week and monitor your pet for diarrhea. If the stool is normal, slowly increase the dose. Golden Paste should be given 2 to 3 times a day because turmeric only lasts in the body for about 6-8 hours.

The following is his recipe for Golden Paste:

"This is the Number One **Golden Paste (GP) recipe** that has been tried and tested by thousands of TUG users across the globe. This recipe may be used for humans as well as animals.

### Ingredients:

- 1/2 cup (125 mls/60gms) turmeric powder
- 1 cup water (250 mls) PLUS 1 cup water in reserve, if needed
- 1/3 cup (70 mls) cold pressed Olive or Coconut oil
- 1 1/2 teaspoons freshly ground black pepper (7.5 mls/3gms)

Omit pepper if you cannot tolerate it. The absorption of turmeric will still be improved by cooking the paste AND by the inclusion of oil, BUT remember it will be less effective without the pepper.

Place turmeric and water in pan, stirring over gentle heat until you have a thick paste. This should take about 7 - 10 minutes and you may need to add additional water along the way.

Add the freshly ground pepper and oil AT THE END of cooking. Stir well (a whisk is ideal) to incorporate the oil and allow to cool. The Golden Paste will keep for 2 weeks, refrigerated. Freeze a portion if you think you have too much to use within two weeks."

## Green Supplements

Green foods (Kelp, spirulina, chlorella, and kale) contain micro minerals and nutrients. Spirulina is high in nutrition that increase immune function, skin health, and gastrointestinal health.

- Nutritional Support (Rx Vitamins for Pets)
- BioSuperfood ([www.bioage.com](http://www.bioage.com))
- Wholistic Spirulina™ and/or Wholistic Sea Kelp™ (Wholistic Pet Organics)
- Green Alternative (Animal Essentials)

## Probiotics, Prebiotics and Enzymes

Probiotics is beneficial bacteria for the body. Prebiotics is fiber that beneficial bacteria use for food. Enzymes help to breakdown the food for increase absorption and nutrition.

- Rx Biotic and/or Rx Zyme (Rx Vitamins for Pets)
- Vetri Probiotics BD or GI Balance Pro (Vetri Science® Laboratories)
- Wholistic Digest-All Plus™ (Wholistic Pet Organics)

## Mushrooms

Mushrooms have anti-tumor, antiviral, and anti-inflammatory properties.

- Immuno Support or Liquid Immuno (Rx Vitamins for Pets)
- Immuno DMG Pro (Vetri Science® Laboratories)

## Multi-Vitamins and Calcium Supplements

- Nutritional Support (Rx Vitamins for Pets)
- Whole Body Support (Standard Process)
- Canine Minerals or Feline Minerals (Rx Vitamins for Pets)
- Seaweed Calcium (Animal Essentials)

## NATURAL FLEA & TICKS PRODUCTS

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Natural flea and tick products are an alternative to the pesticide based flea and tick preventives, such as Frontline, Advantage, Revolution, Vecter 3D, and Seresto. The ingredients in natural flea and tick products usually composed of essential oils, organic oils and/or herbal extracts. The health of animal's immune system also plays a role parasite management. An animal who is eating fresh non-processed or minimally processed foods will have less flea and tick infestation than an animal who is mainly eating highly processed dry foods. There is no one product that works for every animals, so buy a small bottle to try first. ***Avoid spraying around the animal's nose, mouth and eyes. Use a cloth to apply the spray on the animal's face.*** Focus the application of flea/tick product on the legs and belly.

## Earth Animal's Natural Flea and Tick Prevention Program

(Formulated by Dr. Bob Goldstein) [WWW.EARTHANIMAL.COM](http://WWW.EARTHANIMAL.COM)

The Goldstein's Three Step Program to prevent Fleas and Ticks:

1. Herbal Internal Powder or Herbal Powder: Add to your animal's diet morning and evening, every day, all year round.
2. No More Tick or No More Flea drops: Use during Peak season by adding it in their water, mouth or food every day.
3. Earth Animal's Organic Bug Spray: Spay on your Dog's belly, paws and mist the exterior skin and coat daily during spring, fall and summer months or before going hiking.

It works by changing the odor or the waste of the animal's blood and improves their immune system.

## Dr. Shawn's Herbal Flea & Tick Spray

[WWW.PETCARENATURALLY.COM/ORGANIC-FLEA-TICK-SPRAY.PHP](http://WWW.PETCARENATURALLY.COM/ORGANIC-FLEA-TICK-SPRAY.PHP)

**Ingredients:** Spring Water, Organic Oil Blend (Peppermint, Spearmint, Lemongrass, Clove, Cedar, and Lemon Eucalyptus). Contain NO alcohol. **For dogs & cats over 8 weeks of age.**

## Vetri Repel Spray by VetriScience®

[WWW.VETRISCIENCE.COM](http://WWW.VETRISCIENCE.COM)

“A natural repellent to protect your pets from fleas, ticks, mosquitoes and flies.”

**Active Ingredients:** Lemongrass Oil 4 %, Cinnamon Oil 1 %, Sesame Oil 1 %, Castor Oil 0.5 %

**Inert Ingredients:** Purified Water 93.3 %, Vitamin E

## Aromadog Flea Flicker

[WWW.SILKROADOILS.COM/FLEA-FLICKER.HTML](http://WWW.SILKROADOILS.COM/FLEA-FLICKER.HTML)

Natural flea, tick, and mosquito repellent.

**Ingredients:** Lelesha, citronella, peppermint and other essential oils.

## PetGuard Herbal Collar for Dogs

**Ingredients:** Oil of Pennyroyal, Oil of Eucalyptus, Oil of Cedarwood, Oil of Citronella, Oil of Rue. Oil of Rosemary.

## Diatomaceous Earth by Wholistic Pet Organics

“Wholistic Diatomaceous Earth (DE) works by mechanically destroying parasites and is a safe, non-chemical alternative to chemical pest control... kills insects by puncturing the insect's exoskeleton (outer protective layer) eventually causing death. Can be given during meal time. Administer daily. Can also be sprinkled around living quarters for pest control. Use caution, application is a fine powder. Do not inhale product.” Worm and Flea Control.

## DeFlea Pet & Bedding Spray by Natural Chemistry

[NATURALCHEMISTRY.COM/EN/PET-HOME/PRODUCTS/](http://NATURALCHEMISTRY.COM/EN/PET-HOME/PRODUCTS/)

Kills fleas on contact. Have both dog and cat versions. Contains dioctyl sodium sulfosuccinate undecylenic acid to soften the waxy skeleton of fleas, ticks, lice and other insects until the internal organs are saturated and the insect quickly dies.

## MINIMAL VACCINE PROTOCOL AND TITERS

A vaccine is a weakened or killed virus or bacteria that is meant to prevent disease. When an animal gets a vaccine shot, the body's immune system produces antibodies against those virus or bacteria, which should protect your animal against the real virus or bacteria. The antibodies against viruses generally last for at least 3 years. In many animals, it can last much longer. The antibodies against bacteria only last for about 1 year. The core “puppy” or “kitten” vaccine are all virus vaccines, so there is no need to vaccinate your pets every year. I recommend getting vaccine titers (a type of blood work) every 3 years to check the antibody levels against canine distemper virus and canine parvovirus (CPV-2) for dogs, and panleukopenia (FPV) for cats. If the antibody levels are high, there is no need to vaccinate your pet. The bacteria vaccines are lyme vaccine and leptospirosis vaccine, and they are non-core vaccines or “lifestyle vaccines”. If you choose to have your dog vaccinated for lyme or leptospirosis, they need to be booster every year.

## Core Vaccines

\*2013 AND 2014 CANINE VACCINATION PROTOCOL - W. JEAN DODDS, DVM

Age of vaccination: Dogs	Dog core vaccine	Age of vaccination: Cats	Cat core vaccine
<ul style="list-style-type: none"> <li>• 9-10 weeks old</li> <li>• 14-16 weeks old</li> <li>• 1 year after initial dose (titer or booster)</li> </ul>	<u>DA2PP or DP*</u> D= Distemper* A2= Adenovirus type 2 P= Parvovirus* P= Parainfluenza virus	<ul style="list-style-type: none"> <li>• 8-9 Weeks Old</li> <li>• 12-13 Weeks Old</li> <li>• 1 year after initial dose (titer or booster)</li> </ul>	<u>FVRCP</u> F= Feline V= Viral R= Rhinotracheitis Virus (herpesvirus-1) C= Calicivirus P= Panleukopenia
<ul style="list-style-type: none"> <li>• 20 weeks or older</li> <li>• 1 Year after the initial dose</li> </ul>	<u>Rabies Vaccine</u> Killed 3-year product (give 3-4 weeks apart from DP booster)	<ul style="list-style-type: none"> <li>• 24 Weeks or Older</li> <li>• 1 Year after the initial dose</li> </ul>	<u>Rabies Vaccine</u> Merial Purevax™, recombinant. (separated by 3 weeks from FVRCP)

## Non-Core Vaccines

Dogs	Cat
Leptospirosis Vaccine	Feline Leukemia Virus
Lyme Vaccine	
Bordetella Oral Vaccine	
Canine Influenza Vaccine	

## RELAXING MESSAGES FOR YOUR PET

“INTEGRATIVE APPROACH TO GERIATRIC AND HOSPICE CARE” BY: BARBARA ROYAL, DVM, CVA. FROM IVC ISSUE: V4I4

Conditions that can be treated by massage: “musculoskeletal pain, chronic pain, poor healing, scar treatments, postoperative recovery, cognitive issues, chronic conditions, circulation problems, autoimmune problems, allergies, sinus issues, anxiety disorders, neurologic conditions and more.”

1. **Feet:** “Once a day, gently squeeze the feet and pull slowly along the toes of your dog or cat.” This technique strengthens the nerves connections. If your pet doesn't like their paws touched, place your hand on the shoulder or the hip and slowly slide down to the paw.
2. **Face/head:** “A light pressure of small circles around the base of the ears can improve circulation and ear health. Facial, cheek and head massage can calm anxious older cats” and even improve mental function.
3. **Spine/tail:** “Use light pressure with fingertips in little circles (a la Tellington Touch™) all the way down on either side of the spine to help with overall circulation, lymphatic drainage, and spinal health. Little massage circles invigorate nerves, muscles, lymphatics, tendons and ligaments. Gentle traction in a smooth massaging stroke down the tail can help stretch spinal tendons and ligaments and improve inter-vertebral circulation. A supple spine can mean a more active dog or cat.”

## BOOK AND WEBSITE RESOURCES

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### BOOKS

- Fresh Food & Ancient Wisdom: Preparing Healthy & Balanced Meals for Your Dogs. By Ihor John Basko DVM, CVA. (Based in Chinese medicine philosophy)
- Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats. By Richard H. Pitcairn and Susan Hubble Pitcairn. (Based in classic homeopathy philosophy)
- Dr. Becker's Real Food for Healthy Dogs and Cats: Simple Homemade Food. By Beth Taylor and Karen Shaw Becker DVM. (Based in ancestral diet)
- Canine Nutrigenomics: The New Science of Feeding Your Dog for Optimum Health. By W. Jean Dodds and Diana R. Laverdure.
- Four Paws, Five Directions: A Guide to Chinese Medicine for Cats and Dogs. By Cheryl Schwartz.
- Dr. Khalsa's Natural Dog: Holistic Therapies, Nutrition, and Recipes for Healthier Dogs. By Deva Kaur Khalsa VMD

### WEBSITES

[HEALTHYPETS.MERCOLA.COM](http://HEALTHYPETS.MERCOLA.COM) Dr. Karen Becker's website contains many videos and articles.

[WWW.CATINFO.ORG](http://WWW.CATINFO.ORG) Dr. Lisa A. Pierson's website that contain many articles on homemade diets for cats, and how to transition cats from dry foods.

[WWW.DRBASKO.COM/SITE/START-HERE](http://WWW.DRBASKO.COM/SITE/START-HERE) Dr. Ihor John Basko's website contains articles on nutrition and general pet care.

### ADDITIONAL ARTICLES

13 Pet Foods - Ranked From Great to Disastrous... ([healthypets.mercola.com](http://healthypets.mercola.com))

<http://healthypets.mercola.com/sites/healthypets/archive/2010/07/21/13-pet-foods-ranked-from-great-to-disastrous.aspx>

Raw Meat: The Completely Healthy 'Pet' Diet Your Vet Probably Vilifies ([healthypets.mercola.com](http://healthypets.mercola.com))

<http://healthypets.mercola.com/sites/healthypets/archive/2011/02/15/raw-meat-the-best-and-healthiest-diet-for-pet-cats-and-dogs.aspx>

This Raw Pet Food Trend is Worse than Cheap Processed Food... ([healthypets.mercola.com](http://healthypets.mercola.com))

[http://healthypets.mercola.com/sites/healthypets/archive/2011/09/01/serious-mistake-with-pets-raw-food.aspx?np=true&fb\\_ref=Default%2C%40Total](http://healthypets.mercola.com/sites/healthypets/archive/2011/09/01/serious-mistake-with-pets-raw-food.aspx?np=true&fb_ref=Default%2C%40Total)

Transitioning Feline Dry Food Addicts to Canned Food ([catinfo.org](http://catinfo.org))

<http://www.catinfo.org/docs/TipsForTransitioning1-14-11.pdf>

### REFERENCE

“Food Prescriptions for the Aging Patient” By: Kathy Alinovi, DVM, CVSMT, CTCVMP, IVC Issue: V414