

Our Pets

They ride in our cars, trot through our homes with muddy paws, and we even allow them to curl up on our comfy beds. We love them with all our hearts; spend lots of money on the best food, toys, and the finest care. In spite of all our efforts, our pets, on the whole, are not all that healthy. Vet offices are filled with itchy, flaky, allergic, arthritic, diseased pets. Most of these pets have one thing in common: they are all fed an artificial, processed commercial food and are over vaccinated. Many veterinarians have realized that what they once thought was the best food is actually not even close, and major university studies have confirmed that we are too often vaccinating dangerously often. The fact is we are actually feeding our pets what is marketed as the best, while most foods actually are made up of materials that are unfit for human consumption and contain little nutritional value. An enormously growing number of pets are now being minimally vaccinated, and are being fed real, whole foods, with unbelievable results! **This old fashioned way of feeding is eliminating many common costly pet ailments as well as major diseases.** This may come as no surprise for many grandparents when feeding the family dog consisted of dinner leftovers.

These pets did not have the need or option to visit the vet regularly and they consistently lived long lives with hardly any health problems, just ask a parent or grandparent.

Modern times and clever marketing have imprinted on us that a scientific commercial diet is best for our pets. The truth is that we can't always make something better, but we can definitely make it more convenient. This, however, unfortunately carries a hefty price. The price is that our pets suffer physically with numerous, serious, and irritating ailments. We pay financially and emotionally. Health problems, numerous vaccinations, and pricey prescriptions are not, and were not, always an inevitable part of owning a pet. Our pets have numerous other factors to deal with such as over breeding, and inheritance of genetic health problems. We cannot allow inappropriate nutrition to take its toll as well. The enormous health benefits a real food diet brings have resulted in a new type of pet owner, one who is educated and is quite able to see past the marketing and misleading images of commercial pet foods.

<p>In December 1995, the <u>British Journal of Small Animal Practice</u> published a paper stating that processed pet food suppresses the immune system and leads to liver, kidney, heart, and other diseases. This research, initially conducted by Tom Lonsdale, was researched further by the Australian Veterinary Association and was proven to be correct. (Canine Health Concern).</p>

This information will change the way you care for your pet!

Everything You NEED To Know About Commercial Pet Food

Prior to the 1930's, dogs ate mainly "the feared" dinner scraps for thousands of years. Pet food consisted of "the even more feared" bones, with vegetables, meat, fruits, bread crusts, and anything else their human partners didn't finish themselves. Feeding was relaxed, for everyone knew how to feed his or her cat or dog. Feeding consisted of just a variety of foods, some raw, some cooked, and without planning, was usually fairly balanced over time.

No super high protein formulas, no calcium supplements, or rapid growth promoting puppy food. Also, no hip dysplasia, chronic ear and skin problems, cancers, and other ailments that plague our pets today. The first case of hip dysplasia was in 1935, soon after commercial pet food hit the shelves of supermarkets!

Surprisingly to most pet owners today, these dogs lived long lives, from 15 to 20 years, and for generations, hardly experiencing any health problems. No scientifically processed diets, no perfectly balanced meals, and without the option or need for frequent vet care.

Dr. Billinghamurst, a veterinary surgeon, revealed how the few problems these pets did experience were simple, most commonly a particular vitamin deficiency or excess, which was, and still is, easy to diagnose, and is easily remedied. Now we have exchanged those simple, straightforward nutritional problems for a large mass of complicated, mysterious, crippling, and degenerative diseases that require major surgery, massive amounts of prescription drugs, and sometimes no treatment at all, leaving us with an unhealthy, doomed pet.

Depressingly, most major health problems that have nutrition at their roots cannot be alleviated by modern veterinary medicine. The good news is that some of these same ailments are often greatly reduced or eliminated with the implementation of an appropriate raw diet!

Dr. Billinghamurst has changed the thinking of tens of thousands of pet owners about feeding their pets. He among many others has actually stated that **"processed pet foods do not promote good health, and in fact, produce positively bad health"**!

In his book, Grow Your Pup with Bones, Dr Ian Billinghamurst D.V.M reveals:

"There is a mass of research commissioned by pet food manufacturers and carried out by independent bodies, which demonstrates that pet foods are responsible for a wide variety of degenerative diseases, including reproductive problems and skeletal diseases such as Hip and Elbow Dysplasia. A mass of clinical experience supports this research. The vets involved in this research acknowledge that the diseases caused by pet foods are rarely linked to their cause by the public or vets in practice. This is because such damning research has not become common knowledge within the veterinary profession."

Development of commercial pet food

Around the 1930's, manufacturers sought to make a product that would be inexpensive, and that a pet could live on and gobble down by the bowlful. To achieve this, they used 4-D meats (meats that are labeled "unfit for human consumption" and meat from diseased animals) rejected grain that usually failed USDA inspection because of mold, and spoiled fats for flavor. Unknown to most pet owners, this concept of mixing waste materials and selling it as commercial pet food is still the way many pet foods are made today!

The pet food industry is almost totally unregulated; no government bodies regulate the pet food industry whatsoever. **An organization called the "Association of American Feed Control Officials" (AAFCO) sets the standards for pet food.** It is sad and downright deceiving that pet owners have no idea what actually is in pet foods. Excellent marketing, television commercials, and vet recommendations leave us believing that the ingredients used in pet food could be found in our refrigerator. This, for most pet foods, is absolutely the farthest from the truth. Dr. Billinghurst reveals that during the 70's and 80's, a number of pet food manufacturers became aware that the all-purpose pet food was the basic cause of a number of health problems, and skeletal problems, as well as heart and renal disease in growing pups. This was the main reason why several of these pet food manufacturers developed "life stage foods." Puppy foods are one of these products that have been known to cause many problems. They encourage rapid growth, which is totally unnatural and can create many skeletal diseases. Now there are breed specific puppy foods, which are an attempt to rectify the problem of excessive protein and calcium formulas. Puppies and kittens need protein and calcium, but not in the excessive amounts that some pet food companies have proclaimed.

You don't have to be a doctor or nutritionist to predict the obvious: a diet that contains little if any nutritious real food for any living animal or human will precipitate into problems. It is pure common sense refuse to be told otherwise.

This article is not implying that pet food manufacturers are bad or ill intentioned people; they are just following a standard that has been set for many years and **their main concern is to sell a product, not the health of our pets.**

There are some super premium pet foods that do actually contain quality ingredients. But the truth remains, this type of pet food is still processed under intense heat, which is well-known to destroy amino acids, essential fatty acids, vitamins and minerals.

There is no substitute for real whole food.

Why do some Veterinarians still recommend artificial, commercial pet food?

Recently, nutrition has become a powerful, respected way of preventing disease in humans, eating properly has now become a common goal for much of society. However in some veterinary medicine practices, there is no focus on nutrition as a preventative for disease. In fact, **vets receive only 2-4 hours of nutritional training for pets**, covering cats, dogs, birds, and horses!

Pet food representatives, using textbooks written by major pet food companies, give nutrition lectures to “future” veterinarians.

This is a fragment of time for 8 years of schooling! Veterinarians are mainly taught how to treat the numerous pet health problems that are thought to be absolutely inevitable. Pet food companies also fund many scholarship programs, and offer discounts to vet students. When a vet graduates, he is quite eager to recommend these foods that he or she honestly believes from his education is the best for your pet. And can you blame them? **Please note: this excludes holistic and the growing number of non-holistic veterinarians who do not recommend commercial food, and do recommend a diet consisting of real whole foods.**

“The most frequently asked question in my practice is, which pet food do you recommend? My standard answer is NONE.” Dr Wendell O. Belfield, D.V.M

“No matter who tells you that a certain brand of commercial food or home cooked food is healthy, it is not. It is dead – no enzymes, no friendly bacteria. All canines and felines were designed to eat raw food” (Pat McKay, animal nutrition expert).

Choice cuts of beef, chicken, lamb & wholesome grains???????

According to the Animal Protection Institute, *“People don’t realize that the pet food industry is an extension of the human food industry. Pet food provides a place for slaughterhouse waste, and meats and grains considered **unfit for human consumption** to be turned into profit.”*

Four of the five major pet food companies are subsidiaries of national food production companies. Fresh chicken, lamb, or beef, and whole grains are what caring owners think they are purchasing for their best friend.

*“Countless animal lovers are misled into using wrong foods. **Something in human nature argues that if a thing is complicated, it must be good, and if it is simple and common sense, it cannot be of much worth**” (Josef Weber 1939, author of The Dog in Training).*

Pet food labels are deceiving; furthermore, most people don't know what most of the ingredients actually are.

Those obscure ingredients are exactly what we, as concerned pet owners, need to be able to identify, for our pet's sake.

What is Rendering?

Rendering, in regard to the pet food industry, is the mixing and boiling of raw materials, such as road kill, diseased and contaminated meats from slaughterhouses, rancid grease from restaurants, and millions of pounds of dead animals from veterinary hospitals that are filled with powerful drugs. In the United States alone, rendering is a 2.4 billion-dollar business. It is estimated that 100 million pounds of dead animals and meat wastes are rendered daily. A drug commonly found in this rendering brew is Phenobarbital, which is actually used to euthanize our pets!

The American Journal of Veterinary Research performed a study that showed there is virtually **no** degradation during the rendering process and that **measurable quantities of this drug remain in the rendered material used for pet foods, having survived the 200 plus degree heat!!!**

This means the drug is still present in some commercial pet food today!

Are You Feeling Sick Yet? There's more!

At the slaughterhouse, heads, feet, toenails, hair, and feathers are rendered, and considered a main source of protein. Worm infested organs, and cancerous tissues are also rendered.

“Meats and baked goods long past their expiration dates (including their shrink-wrap & Styrofoam packages) are rendered,” writes Ann Martin investigator and Author of Foods Pets Die For.

The grease that forms on the surface of the boiled mix is removed and is used as a source of animal fat for some pet foods. The rest of the material is pressed and removed of all moisture; this is now **meat and bone meal**, and a source of animal protein. After being highly processed, this food contains hardly any nutritional value.

<p>“Recent studies have shown processed foods to be a factor in increasing the number of pets suffering from cancer, arthritis, obesity, dental and heart disease” (Dr. Randy Wysong, DVM).</p>
--

Quality Protein???

All protein is not the same. A species can only fully digest and utilize the type of protein that is found in their biologically appropriate diet.

Our pets absolutely need **high quality animal protein**. Protein is the most important nutrient in our pet's diet. Quality protein is not only necessary to build strong muscles; it is also a vital nutrient for building and maintaining our pet's entire body. Reproductive problems, growth disorders, poor immune system, anemia, and poor hair coat are some of the disorders that occur when our pets are fed a diet that is based on poor quality protein.

Most Pet food companies still use vegetable protein as their main source of protein, as if they are unaware of the necessity for high quality animal protein in our pet's diet. The two types of protein used in commercial pet foods are vegetable and animal proteins. Vegetable protein consists of ground corn, corn gluten (which is used as an organic weed killer) rice husks, peanut shells, wheat flour, barley meal, and soybean meal. These are often nothing more than the actual sweepings from the milling room floors. Some of the whole grain items may have been labeled "unfit for human consumption" because of mold or contaminants. These grains are stripped of their oil, and these so-called proteins are deficient in fat-soluble vitamins and essential fatty acids, which play a major role in many bodily functions.

Investigator Ann Martin reveals in her book The Truth about Cats and Dogs:

"The major source of animal protein in most pet foods is from dead stock removal operations that supply "4-D" meats (animals and emdash; dead, diseased dying or disabled to "receiving plants" for hide, fat and meat removal. The meat after being doused with chemicals and marked "unfit for human consumption" may then be sold for pet food."

One small rendering plant in Quebec, Ontario, renders 10 tons of dogs and cats a week, which is sold to the pet food industry and used as a dry protein product. The United States Food and Drug Administration Center for Veterinary Medicine (CVM) is aware of the use of rendered dogs and cats in pet foods, but has stated: "CVM has not acted to specifically prohibit the rendering of pets. However, that is not to say that the practice of using this material is condoned by the CVM."

The "AAFCO" (the only regulator of pet foods) in their "Official Publication" also permits a number of other materials to be used as a source of protein.

Here are few of those additional sources permitted and recognized by "AAFCO" as a source of protein for pet food: **Hydrolyzed hair**, a product prepared from clean hair treated by heat and pressure to produce a product suitable for animal feeding, **dried swine waste**, a processed animal waste product composed primarily of swine excreta that has been artificially dehydrated to a moisture content not to exceed 15 percent, and shall

not contain less than 20 percent crude protein, 35 percent fiber, including other materials such as straw, wood shavings, or acceptable bedding material.

Fish is a great source of protein and omega 3 fatty acids, which cats and dogs love, however, the quality of the fish is crucial since it can become toxic.

Randy L. Wysong, D.V.M, states, *“Because the entire fish is not used it does not contain many of the fat soluble vitamins, and omega –3 fatty acids. If the entire fish is used, it is usually because the fish contains a high level of mercury or other toxins making it unfit for human consumption. Fish that was canned for human consumption that has sat on the shelf past the expiration date will also be included.”*

There have been tests conducted by the Massachusetts Institute of Technology titled “Lead in Animal Foods” that have found high lead levels in some cat foods that would be considered toxic to a child!

Remember the average house cat weighs only 8-12 pounds, similar to an infant!

Dangerous Preservatives

What do cancer, kidney disease, pancreatic disease, hair loss, and blindness have in common? At one time, preservatives in pet food have been blamed for each of these disorders. Ethoxyquin, a rubber stabilizer used in auto tires, and BHA & BHT are each known to cause liver and kidney dysfunction. All three of these pet food preservatives have also been linked to cancer. In a series of articles in Dogworld magazine, author John Cargill revealed *“That the most commonly used preservatives, BHA/BHT, ethoxyquin and propyl gallate, actually increased the mutagen activity, increased the sensitivity of an organism exposed to radioactivity and increased the tumor yield from chemical carcinogens.”* **The fact is that your dog could be consuming up to 26 pounds of preservatives each year!** Keep in mind that preservatives can be added at the rendering plant and in the supplemental vitamin mix.

Just because the actual manufacturer claims that they only use natural preservatives, this does not guarantee that the food is completely free of dangerous preservatives.

Dangerous Fats in pet food

The enticing smell of sprayed fats is one of the reasons why our pets will even eat inappropriate commercial pet foods. The strong aroma of sprayed fat is used to disguise the otherwise unappealing nature of pet food. Because dogs have no dietary requirement for any large amounts of carbohydrates, they utilize fat and protein for energy. Raw

animal fat is completely different than the fat that is found in some commercial pet foods. Our pets need essential fatty acids, Omega 3 & 6 play a major role in the proper functioning of your pet's joints, brain, and immune system. **Omega 3's also promote growth and repair of cartilage and connective tissues, restoring flexibility, which is vital for pets suffering from hip problems and arthritis.**

Cancer, inflammatory conditions, and immune system weaknesses are the most serious illnesses associated with lack of Omega 3's according to Dr. Billingham D. V. M.

Surprisingly, almost every **commercial pet food is lacking Omega 3 fatty acids!** For the few super premium foods that do add them, omega 3's are still damaged by the heat process, which completely changes its composition! This converts active Omega 3's to inactive Omega 3's which now become unavailable to some sick and older pets, the ones who actually may need them the most! Regardless of the source of the fat, heat processed animal fats can actually become carcinogenic to our pets. As you may know, good fats and deadly fats exist for humans as well. These heat-damaged fats can make a pet's coat look marvelous, but the **unnaturally** high level of cooked polyunsaturated fats can wreak havoc on our pet's system over time.

The dangers of feeding inappropriate, grain based diets to pets

“There is no known minimum dietary carbohydrate requirement for either the dog or cat.”
-The Waltham Book of Dog & Cat nutrition, 2nd Edition

Your dog is the same species as the wolf, but with a coat of domestication. In 1993, scientists had finalized the fact that there are no biological differences between dogs and wolves, as confirmed by the taxonomic and geographic reference, Mammals: Species of the World, which is the final authority of scientific mammal classification. Our pets are designed to eat an animal based diet, mainly meat, bone, and the contents of a herbivore's stomach. Hypothetically speaking, if we had no evidence that our pet's appropriate diet is a meat-based diet, which we undeniably do, we can still clearly see their very prominent canine teeth. Teeth are what scientists and archeologists use to identify a species diet even if the subject's body is entirely decomposed. It is a foolproof method; animals with teeth like our dogs and cats were designed to eat mainly meat and bone. As we domesticated dogs, we fed them a diet of dinner scraps, raw and cooked bones, meat, and vegetable scraps. Real whole foods, which was not all that different from their evolutionary diet. Then we decided we could make feeding our pets more convenient, and we began to feed them a highly processed diet of grains (corn, rice, barley, wheat, and flours) and rendered meat every day of their lives. Soon after we adopted this drastically inappropriate feeding method, we began to see problems.

“Dogs experience digestive and metabolic limitations to high grain diets, which reflect their evolution on diets relatively low in soluble carbohydrates” (Clarke, et al., 1990; Kronfeld, 1973; Sprouse, et al., 1987; White, et al., 1993).

Imagine, if 70 years ago people's pets had the costly health problems of today? No one would have been able to own a dog or cat, because they wouldn't have been able to afford one. Years ago, people actually had more pets than they do today; it was not uncommon for families to have several dogs or cats. Pets were hardy animals that simply ate, "dinner leftovers".

Our pets suffer from many diseases that unknown to most; can be directly related to an inappropriate diet. **The first case of hip dysplasia was in 1935, soon after commercial pet food hit the shelves of supermarkets!** Grains foster an inflammatory response, which exacerbates chronic skin problems, arthritis, degenerative joint disease, allergies, and gastrointestinal problems. If our pets were left to forage on their own, they certainly would not be heading to the cornfields for dinner. They may nibble on grasses and berries, but mainly they would hunt small prey and scavenge like their ancestors. Commercial pet food companies disguise this inappropriate food source (grain), and we trick our pets into eating something unnatural to their bodies. In fact, cats were used to protect granaries against mice because they would not eat the grain. In 1932, Dr. Francis Pottenger conducted an experiment on the effects of heat-processed foods on cats. He fed one group of cats a raw diet, and another group a cooked diet. By the third generation, the cats that were fed a cooked diet could no longer reproduce normally. These suffered from skin problems, skeletal deformities, behavioral problems, and organ malfunctions. The cats that were fed a raw diet thrived and reproduced normally. **When the first and second "cooked food" generation of cats was put on a raw diet, it took a total of four generations for this group of cats to recover from the effects of the cooked food.**

Did you know...Grains in pet foods also create alkaline urine, which contributes to urinary tract infections, crystals and bladder stones?

Feeding our pet a meal without moisture is also very inappropriate, and is a major cause of kidney problems and stones. Because a cat's natural diet contains lots of necessary moisture, a cat should not be fed dry food exclusively. This is a common culprit that results in urinary tract problems and kidney stones. **Our pet's digestive tract is very short, designed for a raw diet of animal origin; dogs do not have the digestive enzyme "amylase", which is needed to begin the digestion of grains.** Animals such as cows produce amylase, and have very long digestive tracts designed for grasses and plant protein. Wheat and corn are the major causes of food allergies and digestive upsets in cats and dogs.

Dr. Russell Swift D.V.M suggests, "Grains actually inhibit the immune system". Grain Proteins are less digestible than animal proteins. He states that the presence of these foreign, nonnutritive protein and carbohydrate particles may lead to allergies and Immune system problems.

Large amounts of cooked grains are not an appropriate diet for our pets because it is foreign to their digestive system. It is important to realize the absolute difference between “based” and “including”. It may be acceptable to include an inappropriate ingredient, in this case, grain (corn, rice, wheat, exc.), in your pets diet. However it is totally biologically inappropriate to base an animal’s diet on an inappropriate food source. Having said this, we must be able to intelligently decipher between slick labeling and a truly meat based diet.

When we changed our pet’s diet from animal based to grain based pet food, we could have obviously anticipated complications, and we must realize that optimum health for our pets was never a major factor when constructing processed food!

We now know that cancer cells can feed off of carbohydrates, so pets with cancer should not be fed grains. Yet most pet owners, and some veterinarians, have no idea about this fact! **This explains why so many pets with cancer, when switched to a real food diet without grains, can make amazing improvements. Tumor growth has been shown to slow or is stunted.**

We, at “Freshly Fed Pets,” have worked with several clients whose pets made unbelievable improvements with cancer when switched to a mostly raw, carbohydrate free diet. (*You can read in more detail about this in the “Testimonial” section on our web site*). One of the major raw pet food companies, Fargo Group Inc., was originally founded in memory of the owner’s dog, who after being told would die shortly due to cancer, **went on to live another 7 years after being switched to a raw diet!**

Many popular pet foods contain up to **65% grain**. Again, our pets absolutely need a meat-based diet! Comparably, it would be equally inappropriate to feed a horse a meat-based diet. Regardless of this fact, many of the so-called “pet nutrition experts” of pet food companies continue to use some type of grain (corn, wheat, soybean mil, rice, barley,) as their main ingredient, simply, because it is cheap, accepted, and permitted.

To put it simply, the commercial foods we feed our pets are biologically inappropriate. This violates nature and science, creating many health problems. This explains why the thousands of people who switch their pets to appropriate real food see amazing recoveries and hardly any health problems thereafter. Furthermore, the pets that are raised on mostly raw, real food do not experience many health problems and live long lives.

How some “Meat based” pet foods can be “Grain based” despite marketing claims!

Some pet foods appear to have caught on and claim they are meat based, advertising that meat is their first ingredient. Many even go so far as to printing color pictures of “real food” on the bag. This looks and sounds like the pet food companies have finally begun to understand the biological needs of our pets. **Unfortunately, many pet food companies have only mastered the art of labeling, and still make every possible effort to minimize the amount of quality meat.** To make pet owners think they are

feeding a meat-based food, pet food companies will split up the grains on the ingredients list. Some pet foods will list chicken as their first ingredient, followed by four types of grains (corn, rice, barley, and wheat, etc.). This food now becomes grain based although it claims to be meat based!!!

A life without “Real Food”

Finally, pet owners and vets have come to realize that no living creature can truly thrive on processed food that comes from a bag or can. **We, as intelligent pet owners, must realize that commercial pet food can never adequately duplicate our pets’ appropriate diet.** Some pet food companies actually state that their food is better than real food and advises us to completely avoid feeding your pet “people food” in order to avoid stomach upsets. The truth is that your pet is eating an unnatural diet, so his diet must be consistent in order to not disrupt this regime. This is only because we are feeding them inappropriately. I urge you to see past the marketing, fresh wholesome food is not just for humans, our pets thrive on real food just like we do. Our pet’s natural diet is based and succeeds because of variety. Once your pet is accustomed to eating real food you will see how they are quite able to eat a wide range of foods without digestive upsets. **Undeniably, feeding a species a diet close to what nature intended is the only way to ensure proper health.** To do this you need real food, most of which should be raw. Our pets require a diet rich in animal protein, calcium, vitamins, minerals, essential fatty acids, enzymes, and good bacteria for true health.

Enzymes

Every animal is furnished with a crucial supply of enzymes at birth, however this supply is **not** endless. Enzymes are needed to run all bodily systems; the kidneys, lungs, heart, immune system, and brain need live enzymes. When enzyme supply is low, it signals the breakdown of any species. **When enzyme supply is low, major organs and glands suffer the most.** If enzyme supply is not replenished, the body overworks itself to supply its own, soon the body becomes enzyme deficient, making it vulnerable to disease.

“It is not surprising that dogs and cats have many human diseases since they are given only canned or packaged, heat treated, enzyme free foods”
(Dr. Edward Howl, author of Enzyme Nutrition).

This is the same reason doctors advise people to eat large quantities of raw, whole foods. Nature solved this issue a long time ago, providing live enzymes in raw foods. This relieves the body and ensures maximum digestion of the food. Adding digestive enzymes temporarily when starting a real food diet for your pet helps your pet’s body become capable to digest real food. If you feed your pet only processed food, adding digestive enzymes daily is a must!(These enzymes can be found on our web site.) **If you feed your pet 75% raw foods, you will be providing those essential enzymes!** Cooking

food over 115 degrees destroys all enzymes, and if you feed your pet **only** commercial pet food, you are **not** supplying any life sustaining enzymes.

“Biologically Appropriate” says it all!

Our pet’s ancestors would ingest the entire contents of their prey, including “stomach contents,” which are rich in live enzymes, bacteria, and organ meat, (rich in vitamins & minerals), essential fatty acids, partially digested vegetable matter, twigs, and fruits. Veterinarians and animal nutritionists have come to the conclusion that a diet of ground bone, meat, fruits, vegetables, and organ meat, and some other various food items is a biologically appropriate diet for our pets.

However, our goal is not to return our pets to the days of wild living, no hunting, no lack of medical intervention, food or habitat, and no dangerous, wild living conditions. But equally important, no inappropriate “grain based,” artificial, processed foods either.

The health improvements that our pets make when switched to a raw diet are remarkable. The thousands of people who have made testimonials of recoveries and overall health benefits are not to be taken lightly. This method of feeding is neither extravagant nor pampering for our pets. It is about giving them what their body needs and requires, which is “real food.”

Vet offices are filled daily with unhappy pets suffering from arthritis, hot spots, allergies, flaky skins, cancers and degenerative diseases. Is this an inevitable part of owning a pet? Why didn’t our pets 60 and 70 years ago have the illnesses that plague them today? Can these ailments be linked to inappropriate and processed grain-based diets? Why do we see these symptoms greatly reduced or eliminated when a real food diet is implemented?

“We are seeing diseased conditions in animals that we did not see years ago. Many of these may be traced to nutrition as the source,” (Don E. Lundholm, DVM).

Feeding your pet a mostly raw diet with human grade ingredients is best!

A plan for every household

One of the biggest concerns for pet owners seems to be convenience. Until recently, people who fed real food to their pets would have to buy the food in bulk, and mix up their own concoction, which is obviously very time consuming. Nonetheless, many people have continued to feed their pets this way, motivated only by the amazing results

they see in their pets. Now, pre-made raw food diets come in convenient sizes with all the basic ingredients. They consist of a variety of meats such as chicken, turkey, lamb and beef. They also include ground vegetables, ground bone, and organ meat. Like anything else, some pre-made diets are better than others, but they all should contain these basic elements. This food comes in frozen tubes and can be defrosted as needed.

We carry 100% real food, available for delivery or pick up.

“Freezing and freeze drying are probably the best ways of preparing a food for long-term storage with little if any loss of inherent nutrients,” as stated in Nutritional Biochemistry and Metabolism (2nd edition, pg. 344).

It is highly recommended to feed your pet a diet consisting of at least 75% raw foods to ensure optimum health and lower veterinary costs. There have been many cases of people who experience positive results that have switched from an actual home cooked diet to a raw diet consisting of the same ingredients.

Various feeding plans

- Feeding plan #1 – Feed a 100% raw food diet, including cooked leftovers and supplements (fish oil, vitamin supplements).
- Feeding plan #2 - Some people feed a raw meal 3 or 4 times a week, and on others days feed a quality meat based kibble (Innova, Precise, Abady, and California Natural). This ensures that your pet receives some quality real food in its diet. Raw foods are rich in live enzymes, anti-oxidants, and phyto chemicals that can help fight off any negatives that the processed foods may have. If you substitute 4 meals a week with real food (which were normally two cups of processed pet food), it would remove 32 cups of processed food a month, and replace it with real, wholesome food!
- Feeding plan #3 - Simply replace half of your pet’s food daily with real food. Mix and serve. Please note: due to the different rates of digestion between raw food and processed food, some pets may experience digestive upsets (diarrhea). If this is the plan you choose to try, give it a chance and do not be easily discouraged. Start with mixing small amounts of real food very gradually. Many people successfully feed these pets this way and have been for many years without any digestive problems.
- Always adhere to the proper method of switching to real food.

Feeding our pets' real food is very simple. Dogs require mostly meat and bone, organ meats, and a little vegetable; vegetables must be ground up in a food processor to breakdown the cellulose walls that enable our pets to digest them. Pre-made raw diets are much more convenient than constructing your own homemade diet. However, your dog doesn't need every single meal to consist of these ingredients. This is just a foundation food. Adding leftovers, variety items, and a few supplements will ensure that your pet is receiving the best possible diet. Cats are true carnivores, unlike dogs, which are omnivores with a carnivorous background.

For example, eggs, canned mackerel, sardines (in water), or tuna make a great meal for a dog or a cat. And yes, dogs love fish! Another example of an excellent meal is some cottage cheese and some ground meat. With time you can develop your own feeding routine. "Bravo" is an excellent foundation food that allows you to add various items occasionally, but the base of your pet's meal is prepared for you. As you can see, this is a very common sense approach to feeding, for it is the appropriate diet for your pet.

What will a raw diet do for my pet?

If your pet seems perfectly healthy to you, he still needs to start getting some raw food in his diet. You are fortunate if your pet has done well on being fed only processed food. Remember that pets have been in existence for countless generations, thriving on real food, while commercial pet food has only been in existence for approximately sixty years. Surviving and thriving are totally different.

- 1) **Healthy pets are much less likely to contract disease that they may come in contact with, or that may be lying in their genetics.**

- 2) **Pets with cancer can improve due to the lack of cancer promoting grains, and immune system strengthening. "Do not fast a pet with cancer."**

- 3) **Arthritis greatly improves; especially with added fish oil and the elimination of heat damaged fats. Many pets can stop taking medication.**

- 4) **Dogs with Hip problems can experience greater mobility due to the major strengthening of muscles, ligaments and tendons. "Keeping these dogs really lean and muscular is vital."**

- 5) “Doggie odor” is noticeably decreased.
- 6) Stools will have much less odor, and will actually become biodegradable.
- 7) Ear and skin problems are 95% eliminated.
- 8) Urinary Tract infections are helped due to the large amounts of moisture and the lack of grain material in this diet.
- 9) Dental problems are greatly improved, no more tartar buildup.
- 10) Older pets are amazingly revitalized, due to the bioavailability of raw foods.
- 11) Pups will grow slowly and at their natural pace, significantly decreasing the chances of degenerative disease.

Supplements

Because the farm animals we use to feed our pets are only allowed limited grazing, and are mainly fed processed grains, we need to supplement. Depriving these farm animals of their leafy greens creates meat that is particularly deficient in omega 3 essential fatty acids, crucial for joint mobility, brain function, and a healthy immune system. **Fish oil** is the best source of Omega 3’s for our pets. Fish oil is in an activated form that assures all pets can utilize it. **Some pets that are fed a mostly raw diet and supplemented with fish oil have been known to be able to stop taking anti-inflammatory medications!** Flaxseed is also a source of Omega 3’s; however, it is in an inactive form, and needs to be converted in order for your pet to be able to use it. This conversion is easy for some pets, while some are totally unable to convert flaxseed at all, especially older or sick animals, who sometimes need it the most. Fish oil is an active form, ready to be utilized effectively by your pet with no conversion necessary.

Trace minerals and vitamins are becoming less and less prevalent in our soils. As a result, our vegetables and fruits can be deficient in certain areas. To fill in any gaps, we recommend the use of **Kelp** or our specially picked **vitamin tabs** daily or a few times weekly. Kelp is a widely used supplement that is an excellent source of trace vitamins and minerals for our animals.

We carry all of these supplements

Bacteria: Friend and Foe

Bacteria is found in some meat, but also on vegetables, at the park, and on your kitchen floor. Your best protection is to use safe handling techniques and wash your hands thoroughly with an antibacterial soap. As for your pets, their digestive system is four times stronger than ours, capable of dealing with harmful bacteria. Look at how these animals clean themselves, or how they dig up a bone that is filled with bacteria for a snack a week later. Let's not forget how our pets drink from a duck pond that is also high in bacteria, while one sip would surely make us ill. Our pets are just not worried about the same things we are. Their systems are designed for raw foods that do contain bacteria. However, all bacteria are not harmful. Plenty of beneficial bacteria actually play a crucial role in the maintenance of our pet's digestive system, comparable to the benefits that "acidophilus," which is found in yogurt, has on human beings. The length of a dog's gastro intestinal track is much shorter than ours. This allows food to pass through much quicker, not allowing harmful bacteria to become established.

Jennifer Boniface is an animal nutritionist who holds both BS in Animal Science, and an MS in Animal Nutrition Science. Her graduate research specialized in canine diets. After completing her education, Boniface went on to start her own pre-made raw real food diet.

The FDA reports "80% of bacteria are killed by freezing."

Of the thousands of dogs in Dr. Billingham's feeding trials over the last 25 years, parasites and bacteria do not cause the problems that some people would assume. In fact, the dogs and cats are thriving, with no parasites or flea infestations, just plenty of testimonials of healthier animals. Parasites target animals that appear healthy to the human eye, but possess weak immune systems. One way to ensure that parasites will not use your pet as a prime host is to feed an appropriate, real food diet. Species appropriate nutrition is the best defense; it is this type of nutrition that permits all species to thrive without the intervention of man and his artificial diets, and frequent vet care.

Fleas

A pet that is maintained on a diet consisting mainly of raw, real food has shown resistance to fleas and ticks. Currently, when our pets have a case of fleas, we soak them

with toxic insecticides. However, we are actually missing the point and are just covering up a symptom that is a sign that something is going on in our pet's body. Remember, there is a huge difference between finding a flea or two, and INFESTATION! All pets are not looked at equally in the eyes of the flea. Flea infestation is a sign that your pet's immune system is at a weakened state and needs to be built up.

Diet is usually the major contributing factor. A poorly nourished animal tells a parasite that this animal would make a prime host.

Heartworm Medication is not harmless....

“This parasite is a source of great anxiety among dog caretakers, thanks in large part to the scare tactics of many veterinarians promoting preventative drugs; many people believe that contracting Heartworm is equivalent of a death sentence for their dogs. This is not true.” (Dr Jeffrey Levy DVM PCH)

A properly nourished animal that is fed an appropriate diet, and not excessively vaccinated, is not in as much danger of Heartworm, as most pet owners believe.

An alternative exists that is actually much less toxic to our pets and less expensive than traditional Heartworm medication. However, if you live in a Heartworm infested area and choose to use traditional Heartworm medications, some veterinarians recommend using them every six weeks as opposed to every four.

Dr. Levy was a practicing veterinarian in Santa Cruz, California for several years, and in that time he treated many dogs for heartworms. He observed that **the only dogs that actually developed the symptoms of heart failure, due to the heartworms, were those that were eating commercial pet food, vaccinated yearly, and getting suppressive drug treatment for other symptoms such as skin problems.** Dr. Levy's treatment was to switch the dog to an appropriate natural diet (mostly raw ingredients), stop drug treatment whenever possible, and eliminate any chemical exposure, such as flea and tick poisons. He would also usually prescribe some Hawthorne tincture (an herb that benefits the heart and blood circulation). **None of these dogs ever developed any symptoms of heart failure!**

Shots, shots and more shots

Until fairly recently, vaccinating your pet annually was considered a safe practice for many devoted pet owners and veterinarians. The purpose of these vaccines is to protect our pets from viruses such as parvo virus, feline leukemia, distemper, rabies, and others, which until recently, was thought as the only means of preventing these dangerous diseases. This sounds like a logical plan initially, however, a few **vital** questions must be answered.

Are these vaccines effective?

Experts are now revealing that pets can actually retain immunity from initial modified live virus vaccines for up to seven years and more, exactly the way human beings do to their boosters. **No scientific data exists that supports the manufacturer's label directions to revaccinate annually!**

We must question why our human children do not require annual vaccines, yet our pets need several vaccines each year! Colorado State University Veterinary Teaching Hospital has done many studies that have led to the conclusion that, when we vaccinate adult animals that were previously vaccinated with live virus vaccines (*such as distemper, and parvo virus*), the animals' antibodies actually block the new vaccine! Neither their antibody levels nor memory cells are increased, thus providing no additional protection from the initial vaccine.

This means that not only are annual boosters for parvo and distemper in most cases unnecessary, but more importantly they put your pet in potential danger of serious adverse reactions that DO occur more than pet owners realize!!

Are these vaccines safe?

Major veterinary colleges and many veterinarians question the risk of yearly vaccinations. However, most pet owners are unaware of the growing frequency of severe side effects from vaccines, ranging from allergic reactions to some serious health concerns. Some of these side effects are worse than the diseases we are aiming to prevent, such as Immune Mediated Hemolytic Anemia (a disease where a dog rejects its own blood) and sarcomas in cats. **Less than 50% of Dogs with Immune Mediated Hemolytic Anemia survive!**

Puppies and kittens are at even more of a risk with combination shots. When an animal is vaccinated, it is meant to introduce the disease to the body, and the body is supposed to fight the disease off, building immunity to that particular disease. However, this isn't as simple for three or four way combination vaccines.

For these vaccines, you are introducing three or four diseases into your pet's body at one time. The body can only fight one disease at a time, and win immunity fairly easily for that particular disease. When you inject the body with several diseases at once, your pet can begin to lose authority. When we do this to a young, immature, growing body, we can create a real problem.

"With the use of multivalent (combination: 4 in 1, 6 in 1, etc.) Vaccines that are repeated year after year, the frequency and severity of these side – effects in our pets has increased dramatically" (Dr.Donna Starita Mehan).

Do the benefits outweigh the risks?

New Protocol!

As a result of these facts, the Colorado State University Veterinary Teaching Hospital has adopted a new program for how we vaccinate our pets.

“Our adoption of this routine vaccination program is based on the lack of scientific evidence to support the current practice of annual vaccination and increasing documentation showing that over vaccinating has been associated with harmful side effects. Of particular note in this regard has been the association of autoimmune hemolytic anemia with vaccination in dogs and vaccine associated sarcomas in cats- both of which are often fatal.”

They recommend that after the initial puppy and kitten series of shots; cats and dogs will be vaccinated one year later and every three years thereafter.

Other vaccines such as corona virus, leptospirosis, and lyme are considered unnecessary. The effectiveness of the Lyme disease vaccine is often questioned; many veterinarians and educated breeders we have contacted do not recommend vaccinating for these three diseases.

The American Animal Hospital President, Michael Paul, DVM, stated,
“The intent of the opinion paper is to encourage veterinarians to consider vaccination procedures as medical decisions and not automatic actions prompted by a calendar.”

Annual vaccines comprise a large part of a veterinarian’s income. Some pet owners and veterinarians alike now question the true motive of some vets that recommend annual vaccinations, due to their high profitability. **Some vets recommend annual vaccinations perhaps out of habit and tradition, never taking the time to investigate the safety or legitimacy of their actions.**

Dosage is also a very important neglected aspect in vaccinating our pets. For example, **an 8lb toy poodle is administered the same dosage as a 140lb Great Dane!!**

This is an obvious imbalance that can cause harm to our pets.

Please be advised that this is not to say vaccines and preventative medications are unimportant for all pets. **Veterinary medicine and surgical intervention is obviously an instrumental part to our pet’s livelihood, when required.**

Above all, appropriate nutrition is your best defense to many of the diseases that prey on animals that are not properly nourished. Disease and parasites can detect this, and are quick to invade these types of pets. Some vaccines and medications can be very beneficial, but we need to keep them on our pet's good side, and not allow them to work against them through over usage.

Vaccine Alternatives

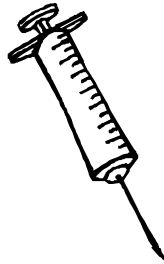
Ask your vet about nosodes, a completely safe alternative. Most nosodes are at least equally effective as vaccines. For a brief description, nosodes introduce the disease through molecular memory. Therefore, if the pet were to come in contact with the disease, the body would recognize it and reject it. **In pups, nosodes work with mother's antibodies in helping to support and strengthen the immune system, unlike traditional vaccines that conflict with mother's antibodies, creating much unnecessary stress in our young pups' and kittens' immune systems.**

If you choose to vaccinate traditionally, vaccinating only when necessary will increase your pet's safety. Here are some guidelines that many veterinarians recommend as a means of reducing the growing risks associated with over-vaccinating:

Vaccinating Specifications of Many Veterinarians and Breeders

1. Never vaccinate a sick pet, (only you know your pet the best), or at a time of stress (surgery). **Please note: It is clearly printed on the vaccine bottle that vaccines are to be administered to healthy animals only!**
2. Start vaccinating your pups or kittens at 8 weeks of age; repeat in three or four weeks until 16 weeks of age. Give another booster at just over a year; most importantly continue with an appropriate diet, and in **most** cases, all that is necessary is to vaccinate for rabies thereafter.
3. If you to choose to vaccinate your pet, vaccinate for rabies and other viruses every three years as opposed to annually.
4. Do not give a rabies vaccine with any other vaccine. Avoid combination shots. For cats, vaccinate for feline panleukopenia alone. For dogs, give parvo separate from distemper & hepatitis; do not vaccinate for leptospirosis, parinfluenza or Lyme.

5. Ultimately, consult with a veterinarian who **is** knowledgeable about this method of minimal vaccinations of our pets. If your Vet doesn't listen to your concerns, find one who does!
6. **Don't buy into the FEAR! Fully understand the risks and benefits!**



The Bottom Line

We need to return to the way we once cared for our pets, which was relaxed, and feeding was based on “real food.” Vaccinating should be minimal. Exercise and mental stimulation needs to be plentiful. Question everything; take the time to establish a relationship with a vet who is knowledgeable in these areas of diet. Vets are not nutritionists, and many vets do not practice safe vaccinating procedures. Use your own judgment.

“Freshly Fed Pets” mission and passion is to educate animal lovers like ourselves, so our pets can benefit foremost, and so pet owners will have the knowledge to break away from some of the current practices that are constantly proving to be downright dangerous to our pets, and unnecessarily costly to pet owners! Every pet owner deserves to be aware of these vital facts concerning pet care!

We feed our children and ourselves, so with a little education, we can certainly feed our pets. **Convenience can no longer be the deciding factor in what we feed our pets.** A little time to defrost and fix a meal is certainly beneficial. The money you will save on veterinary care and a truly healthy pet is well worth the minimal time and effort. It is a good feeling for pet owners to know that they are providing their pets with “real food,” exactly what their body needs. Canned fish, fruits, eggs, chicken gizzards, necks, cottage cheese, ground beef or turkey, are just some of the inexpensive items that can be purchased for as little as .59 cents.

The concept of an identical complete and balanced daily meal is unrealistic. **Variety over time equals a balanced diet.** We don't worry at the end of the day if we have consumed too much or too little vitamin C. Eating fairly healthy, exercising, minimizing processed

foods, and using a multi-vitamin to fill in the gaps is a great way for us to stay healthy. The same concept applies for our pets; their food pyramid is a little **different** from ours, so with a little adjustment it is easy.

There are many questions you may have after reading this booklet. This booklet is designed to synthesize the major aspects of implementing a raw food diet into your pet's life. Feel free to contact us with any questions.

*Beware; many traditional veterinarians and friends will question your new way of thinking regarding your pet's diet and care. Find a vet who does respect and agree with appropriate pet care.

Judge the facts:

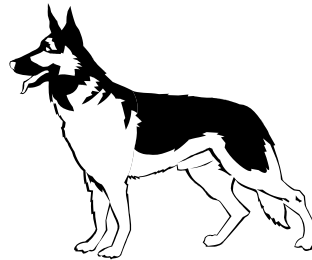
Remember who teaches the veterinarians about diet in veterinary school. Don't be swayed by someone's knee jerk reaction, even vets.

Remember, pets survived (thrived) for generations without perfectly balanced scientific diets, or frequent veterinary care, living 15- 20 years, for tens of thousands of years. There are tons of breeders that we have interviewed who have been feeding raw food for over 25 years. They also require that their pups' new owners raise them on raw food in order to keep their health guarantee.

Remember, the thousands of dogs and cats in Dr. Billinghurst's feeding trials over the last 25 years. Take the time to research how many vets actually do recommend raw food and minimal vaccines. You will be surprised.

Remember Dr. Pottenger's study on the negative effects of cooked food on cats.

You and your pet do not have to follow society down the road that ends in numerous avoidable health problems. We owe it to our pets to provide them with appropriate diet in order for them to fully enjoy their relatively short lives.



**Erich Grasso
Freshly Fed Pets**

