

# What We Recommend and Feed Our Dog and Cats

\* See Page 13 Cat Diet

## We feed our dogs:

- Very little meat because meat is a high acidic food.
- Foods that have lower levels of oxalate, for example, vegetables (zucchini) and peeled raw apples or if organic can leave peel on.
- Very little fish.
- Pumpkin (cooked and mashed up). Dogs especially love warm pumpkin mash in winter.

Its really just caging how much they need to satisfy and not get fat or not too thin.

These foods BELOW are especially good if your dog has food allergies.

- Turmeric
- Coconut Oil
- Coconut Yogurt or Coconut Milk
- Dates
- Carrots (raw). Note: Some dogs are allergic to non-organic carrots, but they are not allergic to organic carrots.
- Dried Fruit (no Sultanas)
- Nuts
- Seeds
- Squashes
- Spinach
- Kale
- Broccoli (lightly steamed)

## Avoid nightshade vegetables

i.e., tomatoes, peppers, white potatoes, and eggplant. These vegetables increase inflammation in the body, and since most of our dogs have some sort of inflammation in the form of sore joints, allergies, etc., it is best to avoid these foods.

## Use in moderation green leafy vegetables

If you're a vegan or vegetarian or dog is, then consuming too many foods that are **High in oxalates is not good**. Oxalate, also called oxalic acid, is a compound that your body produces. You can also find it naturally in many food sources, including fruits, vegetables, nuts, and grains. Small amounts of oxalate and calcium are normally present in the urinary tract and typically do not cause any issues.

They have found certain vegetables to have the highest oxalate content.

## AVOID

- Feeding Spinach, occasionally is fine (Leafy greens like spinach contain many vitamins and minerals, but they are also high in oxalates)
- Soy Products
- Almonds
- Navy Beans

- Dates
- Almonds, Cashews, Pecans, Peanuts
- Peppers
- Wheatgerm, Bran
- Grits ---
- Baked Potatoes with Skins
- Beets
- Okra
- Bran Cereals, Shredded Wheat Cereals
- Raspberries
- Sweet Potatoes

So DO use the ABOVE List of veggies if your dog does not have a history with kidney stones – **in moderation** – AND while varying with other options. If your dog has a history of oxalate stones, I personally would not use them at all.

### AVOID

- Spinach. Leafy greens like spinach contain many vitamins and minerals, but they're **also high in oxalates**. ...
- Soy Products. ...
- Almonds. ...
- Navy Beans. ...
- Dates...
- Almonds and cashews, pecans, peanuts
- Peppers
- Wheatgerm, brain.
- Grits
- Baked potatoes with skin
- Beets
- Okra
- Bran cereals and shredded wheat cereals
- Raspberries
- Sweet potatoes



**We only use organic products (when available), as follows:**

1. Chop up some **zucchini and apples** - as seen above in diagram.
2. Add approx. 1/4 cup of frozen silver beet, spinach, or blueberries, etc. (this is optional).
3. Add a little liquid to the above ingredients before blending.
4. Add beef bone broth powder to a cup of hot water (approx.240ml).

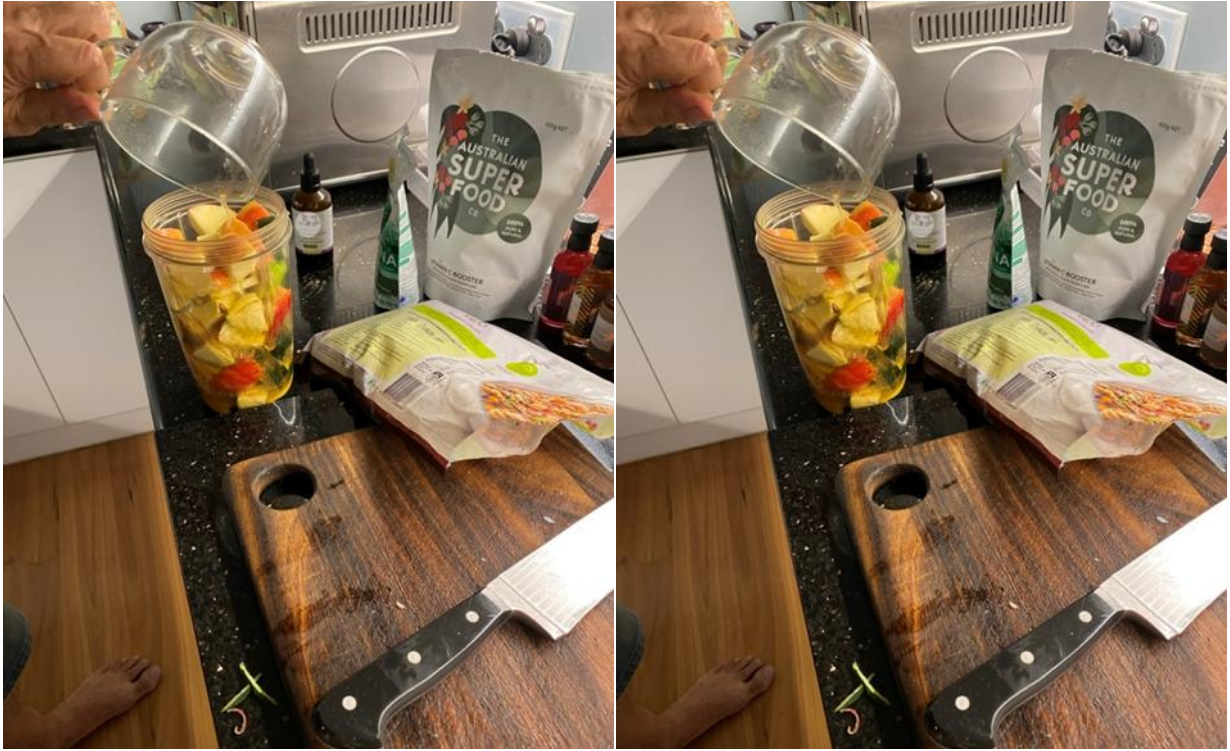
**Tip :** for a **DOG with Irritable Bowel Syndrome (IBS), Colitis, or Diarrhea:**

1. Add 1 tablespoon of **Slippery Elm Powder** and 1 tablespoon of **Intestinal Herbs** to the above mixture.
2. Add 1 satchel of **UltraBiotic 500 Super Strength** (14 Probiotic Strains), which is available in 14 sachets (total 70 grams) and 7 sachets (total 35 grams). Use half or quarter satchel for a toy dog or puppy \* ALL FAMILY MEMBERS CAN TAKE THIS PROBIOTIC AS WELL.

E.g put the **concentrate herbal mix** (*brown strong tasting and smelling*) then add this to the bone broth and hot water cup.

... **Infection Fighter 17 mix** or **Intestinal Herbs** etc

However, if needing to do repeat herbal dosing throughout the day .. **See page 11 On dosing more than once or twice a day therapy.**



**Boil kettle** - then add hot water to a cup of ...**Beef**, ...**Vegetable** or ...**Chicken Bone** broth powder (approx 1 teaspoon)



We have always pureed our dog's veggies because I was taught that dogs cannot break down the cellulose in vegetables, and pureeing them breaks that layer down and makes them much easier to absorb. So here we have used a blender add raw chopped apple and zucchinis with the cup of bone broth to it and blend till smooth.



Pour the blended mix into your dog's bowls.

Then add



**Spirulina POWDER** - we add half a teaspoon in each bowl of food  
**Vitamin C POWDER** (natural form) – We add 2 teaspoon of this to each bowl of food  
**UDO'S Omega 3-6-9 EFA oils** (1 tablespoon) into each bowl.

e.g **EFA oils** **Australia** <http://udoshealthproducts.com.au/udos-products/udos-3-6-9-oil/>  
or **EFA oils** **USA** <https://www.udoschoice.com/pages/udos-oil-3-6-9-essential-fatty-acid-blend>



We use these two powder supplements

If your dog has been on **chemical antibiotics** in the past or currently, then add a strong **probiotic powder** to every meal

## NATURAL INFECTION CLEARING

~ Always use CONCENTRATE HERBAL MICROBIAL in future to prevent gut immune defence system damages and toxins to the body (liver and kidneys). I promise you herbal antibiotics work faster and more effective than any chemical antibiotic. If you are fearful, do both.

E.G

Infection Fighter 71 Mix  
Bladder Infection 319 Mix  
Sepsis 205 Mix  
Infection Inflammation 11-2 Mix  
Internal Fungal Herbs 208 -3 Mix  
Fungal Skin Rinse 208-2 Mix

\* General Herbal SOLUTION  
\* Herbal Bladder SOLUTION  
\* Herbal Blood and Organ  
\* Herbal SOLUTION & pain relief  
\* Systemic Fungal SOLUTION  
\***Topical** fungal healing on skin or paws.

- See Page 11

## Repair - Gut Flora

We highly recommending purchasing and using the below supplements to restore and strengthen your dog or puppies "**gut flora defense system**" Did you know that 80% of your immune system is housed in your gut. The strong probiotic will act on the low grade bacterial infection to correct her gut flora.

**PROBIOTICS** There are many many different strengths and types of Probiotics. For example here are some of the ones we like below (as the whole family can take it also). A few choices here for the strong probiotic will act on the low grade bacterial infection to correct her gut flora.

**Ultimate FLORA Probiotic 150 billion (Renew Life)** \* this is one of the very best probiotics and often comes up for pets when we have a clinical test done.

Or **Physician's CHOICE Probiotics 60 Billion CFU** - 10 Diverse Strains Plus Organic Prebiotic, Designed for Overall Digestive Health and Supports Occasional Constipation, Diarrhea, Gas & Bloating

### DOSING " PROBIOTIC POWDER ( or powder from capsule)

Adding to goats milk or coconut milk - the second best option is food.

KITTENS, INFANT PUPPY, RABBITS other infant animals

~ A good pinch in milk drinks to share for cats and kittens or pups twice or three times a day.

FELINE, TOY DOG, other small animals mix 1/4 teaspoon or 1/4 cap of powder from the PROBIOTIC POWDER in meals OR milk drinks. SMALL TO LARGE CANINE or ANIMALS: ~ Mix 1/2 cap of Probiotics POWDER. Min of 2 months that it takes to restore a healthy strong gut flora. Especially if ever taken chemical antibiotics or have a autoimmune condition or malnutrition ed pet, rescue pet etc.

## Then mix with fork



Then ready to add some raw meat on top

**DOGS** Can and do have food allergy reactions to certain types of meat and vegetables (some dogs cannot cope with any red meat, but fine on white meat)

## WE USE HUMAN GRADE MEAT

So add about a cup of **raw Turkey mince** or **diced gourmet Roo meat** or **Lamb mince** or **cooked fish** is they like it. Dogs don't need to eat much meat to stay healthy (unlike felines who are true carnivores )





**Avoid** .. Beef, pork or chicken – as dogs tend to have allergy reactions to them) All dry commercial dog biscuits (kibble) too much of the cheap Omega 6 oils like soya, corn gluten, corn, rice, yeast, brewer's yeast, vegetable oils.

**Avoid** – all grains (e.g *rice, oats, corn, barley, corn, polenta, buckwheat, spelt, millet, sorghum, triticale, rye, quinoa, semolina, pasta*), legumes, white potatoes, tomatoes, onions ... etc no citrus fruits

**Avoid** - all Cooked bones, large beef marrow bones (*which are too hard and will wear their enamel down on their teeth*)

~ **Symptoms and side effects of too much of** “**Omega-6**” **fatty acid** occur when it gets converted to compounds that irritate your dog's skin and joints. This can cause symptoms of Omega 3 deficiencies as oils in diet are not balanced (or are completely missing from diet).

~ **Symptoms of having too little or none** “**Omega-3**” **fatty acid "deficiencies"** .....include fatigue, dry skin, heart problems, depression, and poor circulation.

### We need to add more of the Omega 3 oils.

**Get a balanced "Omega oil 3" formula from health food store or buy on-line.**

Example: For a medium to large size dog - add one tablespoons in meals and mix well, repeat twice a day, then upon improvement of soft shiny fur and skin (nose) you can reduce back to 1 tablespoon once a day on going.

Smaller dogs - add 2 teaspoons twice a day.

\* See full list of what a dog can consume and what's not good for canines digestive tract.  
**Health Booklet**



## Snacks or Breakfast

We provided enough home prepared food twice a day with snacks  
Eg <https://www.cleardog.com.au/shop/>

And/or

### IF YOU HAVE NERVOUS OR HYPER ACITIVTE DOG

1. Suggest adding herbs called **Calm 26-2 mix** plus **B pollen** granules (natural b complex- stress protection) and **magnesium** (*also helps prevent or relieve anxiety, noise sensitivity etc*) all will help strengthen and repair the nervous system.

And some **CBD oil** from capsules and oral syringe in side of mouth. 2ml daily.  
We got the oil from <https://www.endoca.com/cbd-products/cbd-oil>

... We also offer our dogs e.g a smaller to medium dogs **Raw Turkey wing** or **Turkey thigh** or **Lamb Shank (without the knuckle)** if a med to large dog. Three times a week or so.

**Raw chicken Carcasses** are good too!

Chop in two or thirds and offer if smaller dogs. However, some dogs have food **allergies to chicken**. (Our dog has allergies to chicken so we tend to avoid it feeding any chicken to her)

**Raw chicken Necks** – a couple every second day for toy dogs is good, but not too many a week as can get constipated. Once again, if your dog has allergies to chicken meat do not feed these.

**Goats milk or coconut milk** (*if they like it*)



**Organic Pawsome** - dog biscuits

e.g. [Pawsomeorganics.com.au](https://pawsomeorganics.com.au)

These biscuits do have some rice flour and oat flour, so as snacks it has less an impact on their allergic reactions, if you do have a sensitive dog.

Whenever you look for organic pet treats, see the ingredients in them and make a educated guess if your dog will do well on them or may have allergies to any of the ingredients.

**If your dog has food allergies**

keep the meals simple, try one or two types of veg and one none allergy type meat, see if they have a reaction .... **Red skin, biting and licking feet, itchy, loose stools, or alternating with diarrhoea and constipation, mucous in stools** (then also use the IBS Naturopathic Set) and often if given on going the wrong foods, they lose fur on their stomach and back end and back of legs and skin becomes a darker colour.

- Ask your children or visitors not to give them their food .. toast, or other wheat based foods etc (pizza), pasta or spicy leftover food. Dogs are fine a little bit of chocolate, as they have a sweet tooth like many of us.
- **Scotting bottom along the ground (on carpet or lawn)** ... means either Blockage gland, Worms or Bladder infection (sometime white mucous is seen after urination if bladder infection)... See natural essences for this to quickly fix any of these.
- If good on what you feed them on, then you can test another vegetable or meat and test this to see if they do not have a reaction to it. Otherwise keep it simple and stay on the foods that your dog is good on. You will see softer fur, shining eyes, and puppy like behaviour and energy looking young for their age.

## HOMEOPATHICS

natural, plant-based formula *(clear liquid)*

Never give orally as it has alcohol in it. **Drops can be place ... on body... top of head, back of shoulders, top of paw.** So can do repeat dosing as often as needed during the day or for

### Acute Dosing of severe symptoms

( repeat a dose every 5 minutes for 15 mins or so)



### Casual prevention

we can add or stir in several drops to water dish, every 3 -4 days when made fresh water replacement.

Not as effective but can add to meals too (good for feral cats, or captured wildlife etc. )

### A good example of using a as prevention

#### **Summer Season**

hot water, even if over cast days, a pet can still easily become over hot (inside or outside) so a good one to use in summer in their water is the - Heat Stroke drops as prevention. However, if you notice your dog pants a lot, when indoors as well, then this is **Heat stroke drops**, which is a natural, plant-based solution, you can do 3 repeat dosings on body.

**Worming drops** which is a natural, plant-based solution, is also a good way to give it in water dish and meals for a couple of weeks.

## The Concentrate Herbal Mix

*(brown strong tasting and smelling)*

**DILUTING** - When needing to do repeat herbal dosing – you can first dilute the herbs in a cup with some ½ teaspoon of slippery elm powder (which masks the taste a bit – optional)

1. Then add to a little food and hand feed. If you add it to some food, you can add the herbs straight into food (without the need to dilute it first)

DIUTED IN HOT WATER AND SLIPPERY ELM POWDER AND DILUTED AGAIN IN SOME FOOD



E.G **Sardines or meat**

Hand feed. Repeat throughout the day

GIVE A HERBAL DOSE (only diluted only once in some food and offer or hand feed it) then can feed main meal or continue this way for repeat dosing as often as needed to get fast results (see bottle label suggestions)

**Herbal Mix** given straight from Bottle, and only being diluted once in some TASTY food and hand feed.





# FELINE DIET

## A GOOD HEALTHLY DIET

Feed your cat as much raw fresh meat - **90% white and red meat**. Fine to alternate or combine RAW MEAT with some good quality tin food.

- **WITH EVERY MEAL**

We mix up 400ml of filtered water and add two powders from Activated Charcoal capsules to it, and 20 drops of the TRACE MINERALS and often we would also add – say ... a couple of drops of the **HOM** Digest Aid, ParaExpel 49, RenoAid 19-1 and/or Cystitis 14 or Bladder Clear 15 etc .....and any other formula if needed. Stir well each time you spoon 2 TBS or so of this liquid over every meal given.

## Feline Special Diet Needs

**Arginine and Taurine** cats cannot live without.

Deficiency of Amino Acid Taurine in Cats.

However, if you cat is already in CRF, or from age 9 onwards, less red meat and more white, as this is easier on the kidneys. It is also fine to feed good quality tin food as well as raw meat.

Avoiding **ALL DRY FOODS** completely - as this is the worst health offender of junk food.

### FEEDING RAW CHICKEN

You could lightly cook fresh chicken, if not comfortable feeding raw. All felines are obligate carnivores, unlike dogs and other omnivores, cats are true (so-called “obligate”) carnivores: They meet their nutritional needs by consuming other animals and have a higher protein requirement than many other mammals. Cats can eat raw chicken, providing the meat is “fresh” making it less likely to be having bacterial contamination, as this mostly happens when the chicken is poorly handled and left at room temperature for too long. Anecdotal evidence from veterinarians, breeders, and pet owners say that raw chicken can be part of a healthy, natural diet for cats, though. And it’s true that cats have been eating raw meat for ages

**Note:** A carnivore's intestinal tract moves the animal food through in anywhere from three to eight hours. It goes right through the system. Carnivores have very short intestinal tracts.

This is why dogs and cats can eat raw meat without being affected by bacteria such as Salmonella and E Coli. Freezing meat kills the bacteria. So basically what happens in people, is that the parasite larvae in meat have a while to sit in our belly. And, see, this is where the problem is. It's not so much that we eat the parasite larvae, (and remember you can even find parasite larvae on vegetables), it's that we humans are not having sufficient bowel movements. You should have a bowel movement two to three times a day. If you are only having one every three days, or every other day, or even once a day, then the parasite larvae can hatch. Possible Salmonella Food Poisoning can infect cats by eating a product contaminated with Salmonella bacteria.

Symptoms of Salmonella infection in cats may include vomiting, diarrhoea, decreased appetite, fever or excessive salivation.

**Note:** The detection of Salmonella or other bacteria in a commercially processed pet food triggers a cascade of events at the state and federal level that lead to a voluntary recall by the pet food manufacturer.

The pet food is considered adulterated and not fit for distribution.

**Reference:** <https://www.avma.org/salmonella-dry-pet-foods-and-pet-treats-faq>