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BENEFITS

- Vibrant Skin & Coat
- Stable Healthy Weight
- Healthy Bowel
- Improved Immune System
- Reduced Allergy Symptoms
- Healthy Teeth
- Improved Resistance to Parasites
- Improved Energy and Behavior

DEXTER SUGGESTS



Check out these books:

- *Raw Dog Food: make it easy for you & your dog*
- *The BARF Diet*
- *Grow Your Pup with Bones*
- *Give Your Dog A Bone*
- *Real Food for Dogs & Cats*

Raw Food Basics for Dogs & Cats

Your dog or cat needs more than meat to thrive.

Think of it as recreating a whole carcass, plus some extras.

How Much: The recommendation for most adult dogs & cats is to feed 2-3% of their ideal weight each day. *Young puppies & kittens may eat as much as 10% of their weight*, depending on their stage of development, so “2-3% of adult weight” still may apply. You can adjust this amount for your pet’s needs (for example, many active young adult animals eat 4%), the goal being a lean body. If your pet’s needs fall far outside this guideline consider having a vet run some tests (such as thyroid).

Examples of 2-3 % (per day amount)

10 lb = 0.2 to 0.3 lb (about 1/4 pound)

20 lb = 0.4 to 0.6 lb (about 1/2 pound)

40 lb = 0.8 to 1.2 lb (about 3/4 to 1-1/4 pound)

70 lb = 1.4 to 2.1 lb (about 1-1/2 to 2 pounds)

Storage: Handle your pet’s raw food as you would any raw meat. Defrosting takes longer when bones are included, so plan ahead if you do all your defrosting in the refrigerator. Raw food in your refrigerator should be used up within 3-4 days.

Introducing Raw Food To Your Pet: The best way to introduce raw food to your pet is to offer a small amount as a snack separate from their meals. While many dogs eat raw and dry food together, some dogs have problems with that so we recommend that you transition to raw by feeding it separately. Once you’ve given it as a snack a few times you can replace a processed food meal with a raw meal and continue from there. If your pet refuses to try the raw food you can top it with broth, a delicious treat, or cook it lightly to enhance the aroma (an important element for dogs and cats). Most prepared raw diets are finely ground and can be fed lightly cooked (just a few minutes on the stovetop will do it, use a nonstick pan or add a little water, don’t fry it). If your pet won’t eat chilled food, soak the food container in a container of warm water to bring it to room temperature, or drizzle a little hot water over it before serving. If your pet has a weak or damaged digestive system we recommend adding probiotics and enzymes to your pet’s current diet for 2-6 weeks before trying raw.

“Raw Meaty Bones” and “Recreational Bones:” Bones must always be fed raw, never cooked. Always supervise your pet when they’re chewing on bones. Non weight-bearing bones, especially poultry bones such as necks, wings, & backs are suitable for dogs and cats to completely consume are known as “raw meaty bones” (RMBs), and are considered part of their diet. Always use parts that are appropriate to your pet’s size so they will chew them and not swallow them whole. Recreational bones are



PRODUCTS

- Animal Essentials Herbal Multi-Vitamin
- Pet Wellness Blends Canine/Feline Wellness Formula
- Herbal Energetics Pet Boost
- Health Force Green Mush
- Solid Gold SeaMeal

- Grizzly Salmon, Pollock, or Sardine Oil
- Animal Essentials Omega-3 Oil & Fish Oil Capsules
- Nordic Naturals Omega 3 Pet

- Animal Essentials Calcium
- Pet's Friend Eggshell Calcium

- Vetriscience Canine/Feline Plus Multivitamin

- Green Juju frozen veggies

- Answers Goat Milk
- Answers Cow Kefir
- Primal Goat Milk

larger, harder bones that are not meant to be eaten, but simply cleaned and scraped. Bigger is safer, both for choking issues and dental safety. Once your dog's cleaned it well offer a delectable treat as a trade and throw the bone away. Ask our staff for assistance in choosing appropriate bones for your pet.

Calcium: Your pet needs raw bones or a calcium supplement for a complete diet. Feeding meat without bones or calcium will lead to bone loss and other serious illnesses. Some prepared raw formulas have no bones or calcium included, so you be sure you know what's included.

We strongly recommend using a complete multi-vitamin/mineral supplement if you feed only one species of meat to avoid nutritional deficiencies over time.

Organs: Liver, kidney, spleen, green tripe, and other organs and parts provide important vitamins, minerals, amino acids, enzymes, and more. Remember, you're building a carcass for your pet, and these parts shouldn't be ignored. The amount of organ meat in the diet should be about 10% of the total diet (half of that, 5%, should be liver). If you do not feed organ meats you must use supplementation.

Essential Fatty Acids: These would normally come from the food itself, but most farmed meat is deficient in this regard. Supplementing daily with oil high in Omega 3's such as fish oil is important. You can use cooked whole fish (like tinned whole sardines) for this purpose, but never feed raw salmon or trout (due to parasite risk). If you supplement with large amounts of fish oil need to include Vitamin E to the diet to replenish the body's supply used to process the omega-3s. Adding fat (of any type) to a rabbit-only diet is strongly suggested.

Eggs: Eggs are almost the perfect protein, with EFA's and essential trace minerals. Dogs benefit from eating an egg 1 to 3 times a week (depending on their size). See our handout on calcium to learn how to make your own calcium powder from eggshells.

Vegetables and Fruits: These are the richest source of natural antioxidants. Variety is important, with a focus on leafy greens. For most dogs the veggie portion should be 5-20% of their total food. For most cats the veggie portion should be 0-10% of their total food. If adding them yourself you should grind them in a blender or food processor so that all the nutrition is available to your pet's digestive system. Small amounts of fruits (especially berries) add nutrients too, though tropical fruits are very high in sugar and should be kept to a minimum.

Raw Milk: This is a nutritious and easily digested food that's rich in enzymes and probiotics. Unlike pasteurized milk it contains lactase, and has a balanced calcium to phosphorus ratio. Our brands are cultured with added probiotics to improve gut health and immunity. They also contain herbs that benefit digestion. An excellent meal substitute on fasting days and for convalescence, it can also be added to daily meals.

Your particular pet may need certain supplement to help balance their health. Some examples are: raw apple cider vinegar, herbs, medicinal mushrooms, digestive enzymes, colostrum, or joint supplements. Ask our staff and discuss the issues with your veterinarian or practitioner.