

DEXTER'S DELI

PET HEALTH GUIDE

Ref. 45 v.3



BUILD A BETTER BOWL

Benefits

- Optimal Health
- Longer Life
- Prevent Illness

Product Suggestions

OPTIMAL ADDITIONS

- Canned Meals & Toppers
- Bone Broths
- Dehydrated , Air-Dried, & Freeze-Dried Meals
- Freeze-dried Meat Treats
- Frozen Meals and Meats (raw or cooked)

WELLNESS BOOST

- Sustenance Herbs supplements
- Herbal Energetics Pet Boost
- Four Leaf Rover supplements
- Herbsmith supplements
- Green Mush
- Nupro Gold
- Digestive Enzymes
- Dr. Harvey's supplements

LIVE + FRESH

- Primal Bowl Boosters (Goat Milk, Bone Broths, Fresh Toppers)
- Any of our raw meat products
- Answers Additional (Goat Milk, Kefir, Fish Broth, Turkey Broth)
- Green Juju
- Raw Green Tripe

Think Outside The Bag

Just feeding pellets out of a bag and expecting optimal health just doesn't make sense. Would you feed yourself that way? No, of course not. We all know about the benefits of fresh, wholesome foods. So what is the simplest way to improve your pet's overall health, vitality, resilience to illness, and longevity? It's by offering VARIETY AND ROTATION in the form of fresh additions to their food bowl. A variety of nutrients from a variety of sources is biologically what our pets are built for.

Think Variety, Think 25%

Start with a base diet, which can be kibble, canned, freeze-dried, dehydrated, air-dried, frozen raw, frozen lightly cooked, or even a homemade diet using a balanced recipe. You can then safely add healthy additions - up to 25% - without throwing off the overall nutritional balance of the meal.

B BASE

The foundation of where your dog or cat gets the majority of their nutrients should come from a complete and balanced dry, canned, freeze-dried, raw, or lightly cooked diet.

O OPTIMAL ADDITIONS

Fresh proteins that are not already included in the base diet such as raw or lightly cooked meats, freeze-dried or air-dried meat toppers, quality canned boosters, organ meats, and meat-based treats are all great additions. Other OPTIMAL ADDITIONS can also come right from the fridge, there is a list of suggestions on the next page.

W WELLNESS BOOST

Natural supplements or herbal blends that help balance the diet or focus on your pets specific needs - joint health, allergies, itchy skin or immune boosters, can all be added to your dog & cat's meal for improved health and nutrition. See great improvement by adding digestive enzymes and fish oil to the diet, along with other specialty supplements that are more specific to your dog or cat's needs.

L LIVE + FRESH

The yummy added bonus to your pets meal that can provide live enzymes and nutrition, boost gut health and add needed hydration for better digestion - Goat's milk, bone broth, kefir, and whole-food green supplements are all great additions that help mix it up your pet's bowl and add variety, which is the key to your dog or cat's optimum health.

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Learn More

Check out these books:

- *Dr. Pitcairn's Guide to Natural Health for Dogs and Cats*
- *Whole Health for Happy Cats*

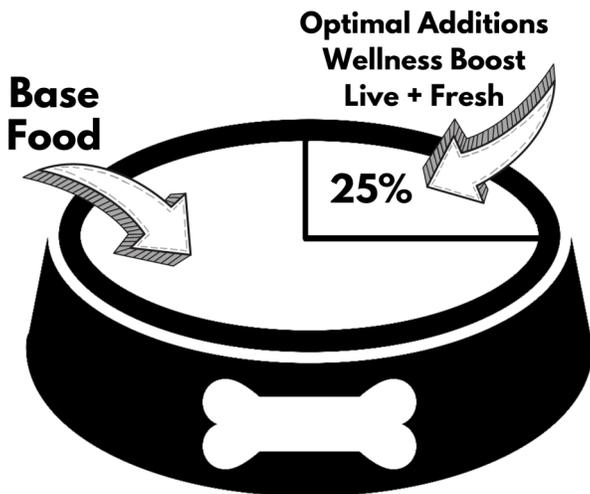
Food & Snack Recipes Online:

- planetpaws.ca/category/pet-food-and-treat-recipes

What's In Your Fridge?

Optimal Additions can also be right from the fridge. If feeding a dry kibble remember that it already has a lot of starch and carbs, so think about moving beyond just adding more starch from rice or potatoes. Below are some great fresh food suggestions that will bring that + VARIETY and add enzymes and nutrition to your pet's bowl. Break the myth that changing your pet's diet is "bad" for them, dogs and cats by nature's design can and should eat real unprocessed foods. Yes, you do want to avoid any stomach upsets, so introducing anything new slowly is always recommended.

- Raw, boiled, or scrambled eggs
- Raw or cooked lean meat (no deep fried stuff and no cold cuts)
- Canned whole sardines (in water, no salt or flavoring, ex: Trader Joe's brand)
- Raw, cultured foods like kefir, kombucha, and sauerkraut
- Blueberries, blackberries, raspberries (lower in sugar than bananas)
- Assorted vegetables (leafy greens and sprouts are best), raw or lightly cooked
- Yogurt, cottage cheese, raw goat milk



Mix It Up & Have Fun!

- Fresh meat with a few blueberries
- Eggs scrambled with shredded zucchini
- A slice of cooked sweet potato with kale
- A tin of "in water" sardines with crispy romaine
- Bone broth with some chopped cilantro
- A spoonful of plain yogurt with alfalfa sprouts
- Crispy romaine lettuce with boiled egg slices

Foods You Should **NOT** add:

- Onions
- Huge Amounts of Garlic (a clove a day is 100% safe)
- Macadamia Nuts
- Cooked Bones
- Raisins, Grapes
- Chocolate
- Raw trout or salmon
- Processed sandwich meats
- Grease drippings or other rich table scraps
- "Sugar-free" products with Xylitol

