

# HEALTHY FOODS! HAPPY DOGS!

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Pat McKay Bio.

# Part One

## Preface

Everything that you have been told about feeding your dogs is changing!

We are at the beginning of a new age that is seeing a widespread concern for natural health. Why? Because our dogs are in desperate need. Three out of four dogs now have cancer!

Animal guardians are looking toward ways to keep their dogs strong and viable. This vital change will be the most important decision you make for your animals in the 21<sup>st</sup> century.

In other words, everything you thought you knew about animal nutrition is changing...very quickly...**to your dogs' advantage.**

Too many of our dogs are eating foods from rendering plants, dead, rotten, devitalized, junk food in pretty cans and bags. The veterinary medical community offers drugs and chemicals that are poisons to the body—whether it is cortisone; antibiotics; antihistamines; life-threatening, sometimes fatal, internal and external flea products; deadly vaccines; insulin; synthetic thyroid—or because dogs are under the knife, having parts of their bodies unnecessarily excised.

The majority of these ailments can be prevented and/or cured with natural health care. First of all, start with the proper raw food,

organic vitamins, minerals and enzymes; if further help is needed, probiotics, herbs, homeopathic remedies and nutraceuticals.

A new generation of health in the new millennium requires new thinking, new rules and new foods.

You'll never know how easy, effective and cost-saving this new thinking can be until you read this book, check out our web site and/or give us a call.

## **Chapter One**

# **COOK Is A Four-Letter Word**

### **Dogs Are Carnivores**

Dogs were designed by the Creator to eat everything RAW. We may not like the idea of the food chain, but it is as it is. Don't mess with Mother Nature! In the wild, canines eat mice, birds, lizards, rabbits (even as cute as they are) and insects, to name a few. The closest we can come to feeding our animals the way Mother Nature intended and still be culturally acceptable in this country is to feed beef, chicken, lamb, turkey, fish, eggs, buffalo, venison, duck and a few others not so common. In addition, these meats must be combined with a balance of organ meats, fats and vegetables for the proper protein/carbohydrate balance. In other words, provide for your dog a diet that is as close to eating the whole animal as possible.

## **Why Is RAW So Important**

**Cooked food is dead. Everything in a can or a bag is cooked.** All processed foods for people or animals have been cooked, sterilized, or pasteurized, which means all the enzymes and friendly bacteria that are needed to digest and utilize the food are destroyed. “We are what we eat” is not exactly correct. We are what we **utilize!**

## **The Only Way To Be Disease Free**

**Live food is essential for health. It is the ultimate source of life. There is no other way to be disease free.** No matter who tells you that a certain brand of commercial food or home-cooked food is healthy for your dog, it is not. It is dead – no enzymes, no friendly bacteria. Animal nutritionists, pet store owners, store clerks, veterinarians, authors of nutrition books or anyone else suggesting cooked foods for dogs must not be familiar with what carnivores need for **optimum** health. If they were, they would not be prescribing, suggesting and/or selling cooked foods for dogs. **ALL canines were designed to eat RAW food.**

## **Cooking Food Changes**

### **The Molecular Structure**

Put a hamburger patty in a pan and watch the wonderful fatty acids become grease. That’s one of the reactions you can actually see. Every molecule in food changes during the cooking process. For a carnivore that can mean serious problems for the pancreas when it cannot come up with the necessary enzymes because it doesn’t recognize the distorted molecule. That is one of the reasons for sebaceous cysts and other benign lumps or fatty tumors on your dog. The body has to store these foreign objects some place because it doesn’t recognize them, and therefore, doesn’t know where to send them, how to process them or even how to get rid of them, except to treat them as what they are—foreign objects.

## **The Key to Health Is Keeping Live Foods in the Body.**

Live foods have enzymes, little protein molecules, which are essential for digesting food, for stimulating the brain, for providing cellular energy, for repairing all tissues, organs and cells, and functions so diverse that it is impossible to name them all. Animals and people cannot exist without enzymes. Supplemental enzymes can be very helpful, but they do not make up for natural enzymes in RAW food.

### **Dead at 126 Degrees**

Heat destroys enzymes; freezing does not. Enzymes begin to be destroyed at 102 degrees, and they are totally dead at 126 degrees. So be careful even if you are just warming up food from the refrigerator for your animal. Keep your finger in the pot. As soon as the food is tepid, take the food out of the pan immediately. Tepid is body temperature. That means it should still feel cool to your touch. If it feels warm to your touch, you have overheated the food.

### **Never Use A Microwave**

Never use a microwave (for yourself, your children or your dogs), because it heats by vibrating molecules at 2.5 million times per second **causing serious damage in the breaking up of the molecules, and the body considers them foreign objects;** therefore, the pancreas doesn't even recognize the substance as food and does not know what enzymes to produce to digest these microwaved foods. Microwaving has been known to cause anemia, high cholesterol levels, high radiation levels of light-emitting bacteria, and a major decline in lymphocytes, with the body responding as if the food were an infectious agent. Studies have shown that babies have died from consistently having their bottles and/or baby food warmed in a microwave.

## **The Main Cause of Pancreatitis**

When you consume or feed dead, cooked food you put a burden on one of the most important organs in the body, the pancreas. If there are no enzymes to stimulate the digestive processes, the pancreas has to come into action and produce extra enzymes, burdening it with yet another job. It already has enough to do producing insulin and pancreatic enzymes. No wonder there are so many animals suffering from pancreatitis, diabetes, irritable bowel syndrome, obesity, to name a few.

### **No Grains**

#### **Except Maybe Horse Manure**

Each enzyme has a specific duty. For example, an enzyme capable of breaking down fats cannot break down vegetables. Our dogs, because they are **carnivores** (They are NOT vegetarians, herbivores or omnivores), make very little amylase, the enzyme needed to break down grains, which leads to the belief that grains are not a necessary part of a carnivore's diet. However, if your dog chooses to eat horse or cow manure, let him/her do so. Those are wonderfully **predigested** grains; grain in its best form. Cooked grains cannot compare to predigested grains. **Dogs are better off with no grains, rather than cooked.** By the way, all grains are processed before they are sold in stores, so do not think you are getting raw grain when you buy flakes or meal. All of those grains have been cooked, and the higher the price, the more they have been processed. Raw or unprocessed grains cannot be digested by a dog at all. In fact, if your dog is presently eating cooked or processed grains, you will see undigested grains in his/her stools. Take a look.

## **Tearing Teeth**

### **Short Small Intestines**

### **Acidic Digestive System**

The three main reasons we know dogs are carnivores has to do with their teeth, their small intestines and their acidic digestive system. Dogs chew their food just enough to gulp down large chunks. Their teeth are for ripping and tearing, not masticating. It's the highly acidic digestive juices that do all the work. The small intestines are short to enable the meat to go through the system quickly before it putrefies. That is why raw vegetables must be processed into very tiny pieces, the size of sand or salt, in order for a carnivore to be able to utilize them. People have three times the length of small intestines in comparison to a carnivore. People have time to break down vegetables and some grains; dogs don't. Even people don't do well with most wheat products.

In nature, carnivores would get **predigested** vegetation after an herbivore they captured had already digested the vegetation. So we must provide raw, ground vegetables, as well as raw meat, to have a properly balanced meal that is as close to what Mother Nature would provide as possible.

**The key to nutrition for healthy, happy dogs is RAW food.**

## Chapter Two

# Foods Labeled for Animals

### State of California

#### Meat and Poultry Inspection Division

Just a few months after I opened our facility in Pasadena, California, I received a call from the State of California Meat and Poultry Inspection Division saying that someone had turned me in because I was selling frozen raw food fit for human consumption as animal food. In the state of California you cannot do that. Food sold for consumption by animals has to be contaminated in some way so people will not eat it.

#### The Options

After I got over the shock of what the man said, I asked what I had to do to comply with the law. My three choices of additives were: 1) charcoal; 2) chunks of bone; 3) “black paint.” Obviously none of these options were acceptable. **Our solution: produce exactly the same product--label it for people.**

#### Charcoal

Charcoal can be used beneficially to draw toxins out of a poisoned system; however, using it on a daily basis it will also draw out necessary enzymes and friendly bacteria and neutralize the acid/alkaline level of an animal’s digestive system. A dog would have pancreatitis problems and an acid/alkaline imbalance in a very few days.

#### Bone

The size of the chunks of bone is decided by the State; too dangerous for puppies and small dogs; too small for the guardian

to be able to pick out before feeding, and who would want to go to all the bother anyway.

### **Black Paint**

“Black paint” is an expression used in the meat industry to cover any number of chemicals from carbolic acid to fuel oil. All left-over meat, poultry, bones and offal from production of food for human consumption is put into barrels with black paint added to every layer. (This is what most of the other commercial dog food companies use.) These barrels are then taken to the rendering plant.

### **The Rendering Plant**

Ahhh, my favorite subject—the rendering plant. The list of materials that go into the rendering process is horrendous: decayed animals from slaughterhouses classified as 4-D (dead, diseased, dying and disabled); animals filled with antibiotics, steroids, hormones, drugs, radiation, formaldehyde; road-kill; dead and diseased animals from zoos; dogs, cats and other companion animals that died or were euthanized at veterinary clinics; including sweaters, blankets, plastic body bags, leather collars, flea collars, ID tags or anything else that was on the body; spoiled meat from meat markets, including the plastic wrap; rancid grease from restaurants; hair, feathers, egg shells, hooves, stomach, bowels, feces, cancerous tissues and organs; all of these animals full of bacteria, viruses, fungi, worms and parasites.

### **Bone Meal and Meat Meal**

All of this material is ground up and cooked for approximately an hour at 250 degrees. The fat separates during the process and is removed. Actually there exists a videotape of a show narrated by Martin Sheen that shows the processing at a rendering plant. It is stated in this program that these fats are not only used for animal food, but for people foods and cosmetics. The left-over after the

fats are removed is then pressed to remove all moisture and crushed into what is called bone meal and meat meal.

### **Truth? In Labeling**

If the label says chicken meal, for instance, that means that there are more chicken products in this batch than any other one ingredient. However, if there are nineteen other ingredients in this batch, then there has to be only 6 percent chicken products, including feathers, offal, feces, etc, to qualify to call it chicken meal.

### **No Nutrients**

#### **Plenty of Preservatives**

The manufacturing process destroys whatever minimal nutritional content there might have been. Then the commercial pet food companies put in sodium benzoate, sodium nitrite, BHA, BHT, MSG, red dye #40, blue dye #2, propylene glycol, formalin, ethoxyquin or other potential carcinogenic additives, not to mention the rancid grease, salt and sugar.

### **Sodium Benzoate**

One of the most commonly used preservatives right now that is highly touted as being okay and seen even in “health foods” is benzoic acid or its salt form, sodium benzoate. These can affect the nervous system, cause allergic reactions, asthma attacks, stomach irritations and, guess what, hyperactivity.

### **Approved by the FDA**

All of the above-mentioned preservatives and many more are all approved by the United States Food and Drug Administration. As far as the FDA is concerned, no one has proved that any of these ingredients cause health problems in people or animals.

However, studies show that all of these preservatives may cause cancer, epilepsy, birth defects, metabolic stress, severe allergic

reactions, brain defects, liver and kidney ailments and behavior problems.

### **Who's Looking Out for Our Animals and Our Children?**

No one is looking out for your animal's nutrition anymore than they are looking out for our children's. Cold breakfast cereals, hot dogs, canned spaghetti, etc, are not nourishing foods for children. Commercial food companies are out to please **your pallet** and **their wallet** with lots of sugar and salt, and tempt the appetite with pretty, colorful labels to catch your eye. The bottom line for the majority of commercial food companies is profit, not healthy foods for your animals or your children.

## **Chapter Three**

# **What to Feed**

### **Eating What Mother Nature Intended**

Canines in the wild eat mice, birds, rabbits, deer, reptiles, insects, to name a few. These animals are not that easily available nor are some of them culturally acceptable for human consumption. Our cultures does, however, accept eating beef, lamb, chicken, turkey and fish, (unless you hunt buffalo, venison, duck and a few others,

they are usually too expensive) so we will discuss what is culturally acceptable, even though my preference is to feed what Mother Nature intended.

### **Feed Foods Fit For Human Consumption**

You will notice I said culturally acceptable for **human consumption**. The key words here are **human consumption**. **Most foods that are labeled for animals are not fit to eat.** (Recently, some companies are now producing foods for dogs made with foods fit for human consumption.) Why would anyone feed their animals anything less than they would eat themselves?

Even if the raw materials in some dry or canned commercial dog foods are labeled fit for human consumption, they are heat processed. Remember, heating devitalizes all food. It doesn't make any difference whether the label reads that it is processed under low heat or it is slow baked, the necessary food enzymes and friendly flora have been destroyed. Even if you take the best ingredients and **cook** them at home or warm them up with high heat (over 104 degrees) you start killing enzymes. Some of the dry commercial food for dogs is processed as high as 1,500 degrees.

### **What to Feed**

If we don't feed anything labeled for animals, what do we feed? **ONLY food fit for human consumption.** Naturally raised meats, poultry and fish and organic vegetables is preferred, of course. If not naturally grown or organic, you have to find the best you can and live with it. Whatever you feed that is fresh or fresh-frozen and labeled for human consumption will be 100 times better than anything in a can or a bag that is labeled for animals.

Of course it is better to feed meat and poultry that does not contain antibiotics, hormones and steroids; however, if you cannot find naturally grown meats, then go to the busiest market and at least you will be getting fresh meat. The meats that are in canned and dried dog foods also contain antibiotics, hormones and steroids. Cooking does not necessarily destroy those chemicals.

### **Poultry and Salmonella**

Because dogs are carnivores and raw meat is their natural food, their digestive juices take care of salmonella, Escherichia coli and other unfriendly bacteria that cause food poisoning. Many veterinarians oppose the feeding of raw meat and tend to unjustly blame salmonella, E coli and parasites when actually the problems come from a weakened digestive system and/or an autoimmune condition caused by feeding cooked foods. Enlightened veterinary practitioners realize this and encourage their clients to feed raw meat.

### **Natural Preservatives**

In 18 years of working professionally with people and their dogs, I have never heard of a case of salmonella or E coli from raw food. I have heard of salmonella from dogs eating cooked food. The worst salmonella problem in the country in 1998 was several thousand pounds of cooked baby cereal that was contaminated and had to be recalled. So don't think because you are cooking the food you are necessarily killing the unfriendly bacteria.

## **Chapter Four**

# The Basic Recipe

## **75% Raw Meat 25% Raw Vegetables**

My basic recipe is 75 percent raw meat or raw poultry or raw fish and 25 percent raw vegetables. The recommended breakdown of the meat and vegetables is 40 percent muscle meat, 20 percent organ meat, 15 percent fat and 25 percent vegetable. If you feed more meat one day and less vegetables because that is what you have on hand, don't worry. The body remembers. The above percentages are a guideline to what carnivores need. Don't be a purist and feel you have to give the exact proportions every day. As people we don't do that for ourselves, so don't go overboard for your dogs either.

## **Ready-To-Eat Meals**

If you are fortunate enough to live close to one of our retail stores, you can buy it already prepared for you. Each fresh-frozen package of food contains one protein and twelve vegetables.

## **Do-It-Yourself Meals**

Preparing the food yourself should take approximately 10 minutes a day and/or you can prepare several meals at a time and freeze them. If you are using a measuring cup, it is 6 ounces (3/4 cup) of raw ground meat and 2 ounces (1/4 cup) of raw ground vegetables. Buy the least expensive meat because that will be higher in fat content. Use all the skin from chicken and turkey, because that's where the highest fat and nutrient content is.

[Calcium+Plus](#) and [AnimaLife](#) are the only two supplements you will need for a complete and balanced meal if you have a healthy animal. These organic supplements are to be added just before feeding.

### **One Protein at a Time**

It is best to feed one protein at a time, because each protein has its own special set of enzymes. Feeding several proteins at one meal makes it difficult on the digestive system. Here again, if you have some chicken left over from yesterday and today you are feeding beef, let your dog finish the chicken first, and then give him/her the beef. What I am saying is don't purposely mix any two proteins together; however, you certainly don't want to waste food and throw out the chicken just because there isn't enough for one meal.

### **Vegetables Work Synergistically**

The opposite is true of vegetables. They work synergistically; the greater the variety, the more effective they are. My suggestion for the top ten vegetables are: carrots, sweet potatoes, cabbage, squash, celery, broccoli, cauliflower, romaine lettuce, kale and parsley. Other vegetables can be used if your animals like their taste; there are others that are very beneficial, but might be more expensive or seasonal, such as asparagus.

### **Vegetable Exceptions**

Vegetables that are not recommended are ones from the nightshade family: white potatoes, tomatoes, peppers and eggplant, which can cause inflammation. Iceberg lettuce, radishes, cucumbers, spinach, onions and fresh garlic are all difficult to digest, and for other various reasons are best not to be given.

### **Grains Are Not Part of Their Natural Diet**

Grains, such as oats, wheat, rice, barley, etc, are composed mostly of complex carbohydrates. They are **not** part of a dog's natural diet. In the true natural setting, grains hardly exist at all. Even a mouse or other prey animal is not going to find much of its nutrition from grains. Herbivores eat vegetation: plants, seedlings, leaves, grasses, fruits, blossoms, flowers, etc. Therefore, the

argument that dogs eat animals that have grains in their digestive tracts doesn't hold up to scrutiny. Prey animals that live near farms or other civilized areas are likely to have access to grains, but that is not a truly wild diet.

### **The Four Clues**

Other clues that tell us grains are not necessary for carnivores are:

- 1) Dogs do not have a dietary requirement for complex carbohydrates
- 2) Dogs produce very little amylase which is the enzyme necessary to digest grains
- 3) Grains must be cooked or sprouted and thoroughly chewed to be digested, and carnivores do not chew much at all
- 4) Nutrients found in grains are readily available from other dietary ingredients such as organ meats, bones and vegetables.

### **Very Little Amylase**

Carnivores cannot maintain long-term production of the quantity of amylase enzyme necessary to properly digest and utilize grains. As a result, the immune system becomes irritated and weakened by the invasion of foreign, non-nutritive protein and carbohydrate particles. Grains, as well as cooked food, are probably the greatest cause of pancreatitis, irritable bowel syndrome, overweight, and plaque buildup on teeth, allergies, skin disorders and other chronic immune problems. Top off the grains with vaccines and is it any wonder that we have any dogs at all. (See my book [\*NATURAL IMMUNITY, Why You Should NOT Vaccinate!\*](#))

## Chapter Five

# Proteins

### **Meats, Poultry, Fish & Eggs**

Proteins that are best for dogs are beef, lamb, chicken, turkey, organ meats (liver, heart, kidney, spleen and gizzards), and organic fish and egg yolks.

Proteins that are great if you are a hunter or fisher or can afford to buy them are venison, elk, buffalo, ostrich, emu, and in some areas, fresh/salt water fish and organically raised fish.

### **Questionable Proteins**

Other proteins, which are sometimes questionable because of pollutants, diseases or indigestibility, are pork, rabbit, fish and many dairy products.

### **The Best**

First let's talk about the ones that are the best. Farm animals raised organically and naturally range fed provide the very best quality of meats. Next would be the meats that are found in meat markets and supermarkets.

To find meats that are chemically free—no steroids or hormones—presents a challenge. Your health food store or independent meat market is the best source. They will either carry chemically free meats or maybe they can tell you where you can find them. (If you are a meat eater, this same information is vitally important to your own health as well.)

### **Antibiotics, Hormones & Steroids**

Many of you may not even be aware that the farm animals in this country are fed and injected with growth hormones, steroids, antibiotics, vaccines and preservatives during their lifetime. All of these chemicals and drugs are supposed to make the farm animals grow unnaturally large, do so quickly, and make the meat tender.

Our health pays a high price for this “tender” meat, because each one of these chemicals has side effects on both the farm animals and the one who eats the farm animal.

### **Up to the Consumer**

The more we keep insisting on range-fed animals and organically grown food, the better it will be for all of us. We can still reverse this trend of using chemicals. We the consumers have to make it known that we want naturally grown products.

### **Muscle Meats and Organ Meats**

The muscle meats of beef, lamb, chicken and turkey are great sources of B-complex vitamins, phosphorus, iron, sulfur, copper and potassium. This animal protein is the staple of the diet and should be approximately 40 percent, 55% including the fat in the meat, of the raw food program.

The organ meats: liver, kidney, heart, spleen and gizzard are richer in vitamins and minerals and should be approximately 20 percent of the raw food program.

The rest of the program is 15 percent fat, which is the fat in the muscle meat, and 25 percent vegetable.

Guardians tend to feed organ meats way too often. In fact, in some instances people have told me they feed liver every single day.

This is much too rich and causes serious imbalances, especially with the oil soluble vitamins A, D and E.

### **Pork**

Pork should not be fed to domestic animals because of the possibility of trichinosis, an organism which to be destroyed requires cooking. Because only raw meat can be properly assimilated by carnivores, pork would not be a good choice. It is also the most difficult meat to digest.

### **Fish**

Fish is an excellent source of protein, fatty acids, vitamins and minerals. But...are our fish healthy and edible anymore? Therein lies the question. First of all, there is a strong possibility that much of our fish is polluted with heavy metals, such as mercury and cadmium. Secondly fish should not remain at room temperature for longer than an hour. Thirdly, you must be very knowledgeable about the condition, color and odor of fish to know that it is fresh and free of disease.

If you feel you have a good source of healthy fish, by all means, feed them to your animals.

Tilapia and some catfish are being organically farm raised and are safe to feed. Hopefully more and more fish will be healthy and fit to feed to our companion animals.

You need to be very careful that you do not feed fish bones, sharp fins and tails that can cause punctures and internal bleeding. Do not feed canned tuna. First of all it is cooked and again, as with liver, canned tuna causes an imbalance in the nutritional scheme of things, and in particular a deficiency of vitamin E.

## **Dairy Products**

If you have an organically raised cow or goat in your back yard, yes, you and your animals would do well on some milk products. However, the dairy industry has destroyed itself with all the growth hormones, antibiotics and pasteurization.

All dairy products, if they are fed at all, must be fed in their raw (unpasteurized) form, because once milk products are pasteurized they are the same as cooked and very difficult to digest. The friendly bacteria necessary for digestion are destroyed during the sterilization process.

It is almost impossible to find raw milk anymore. Keep after your health food store to find a source; maybe we can get healthy dairy products back into our lives.

Another reason dairy products should not be fed is because after four or five months of age the systems of dogs do not produce enough lactase to digest the lactose in milk.

Even if you can find raw milk products, they should be fed only occasionally. Animals in nature do not get any milk after they have finished nursing.

## **Easiest to Assimilate**

If you still choose to feed milk products after your dog is an adult, be sure to limit it to just an occasional treat. The easiest for your animals to assimilate would be butter, cottage cheese, buttermilk, kefir, sour cream and yogurt because these dairy products have been curdled or soured. White cheese with little or no salt and no food coloring is the only cheese suitable for digestion and should be fed only as an occasional treat.

The order of easy digestibility of proteins is: eggs, chicken, fish, lamb, beef, turkey, and dairy products.

## **Raw Butter**

Raw butter is an excellent source of vitamins A and D and fatty acids. It must be unpasteurized to retain these good qualities.

## **Eggs**

Eggs are a great source of complete protein and are easily digested. They contain all the essential amino acids and the following nutrients: vitamins A, B2, D and E, niacin, biotin, copper, iron, sulfur, phosphorus and unsaturated fatty acids. The egg yolk is the richest known source of choline, which is necessary for emulsifying or dispersing cholesterol throughout the system.

## **Cholesterol**

If dogs are eating raw meat, they very seldom have cholesterol problems; it is cooked meat that causes cholesterol problems for carnivores. If your dog is having a cholesterol problem, it is either because s/he is eating cooked proteins or grains, or because the liver, which regulates cholesterol, is not currently functioning properly.

## **Egg Yolks Raw—Whites Cooked**

Eggs yolks should be fed raw. If you feed the whole egg, including the white, it is best to poach or soft boil the eggs for one minute, just enough to turn the clear part of the egg to white. This kills any questionable enzymes that might cause a loss of biotin in the system. This is not critical if you feed an occasional egg now and then. But if you are feeding several eggs at one time, it is best to cook the white. Another suggestion is to put the whole egg (still in the shell) in hot water and let it soak for five minutes to destroy the avidin, which is the protein that interferes with the absorption of biotin.

### **Hard-boiled Eggs & Shells**

Hard-boiled eggs should be fed very seldom, perhaps not at all, because cooking makes them very hard to digest.

Do not feed eggs in the shell under any circumstances. When animals eat eggs or eggshells in the wild, the shell is still very fresh and soft. After the egg is a few hours old or has been cooked, the shell hardens. The edges of the broken shell become very sharp, which can cause internal bleeding. If you are crushing the eggshells to powder for the calcium content, that is okay; however, the calcium provided by eggshells is not sufficient to meet their entire calcium requirements.

### **Quality of Eggs**

The main concern with eggs is their quality and freshness. Make sure they come from healthy, free-range-fed chickens that have not been fed antibiotics, hormones or other drugs. Of course, it goes without saying that chickens who are caged and mutilated by having their beaks and nails cut are so stressed that they cannot be healthy or produce quality eggs.

### **Organic, Cage Free, Fertile**

Organic eggs are much higher in nutritional value than regular commercial eggs. If the eggs are fertile as well, they will contain beneficial growth hormones, as well as they will lower cholesterol.

Keep eggs in a covered container because they will stay fresh longer. Try to use the eggs within one week of purchase.

### **How Many to Feed**

One to eight eggs at a meal, depending on the size of your dog is about right. For tiny dogs, one egg per meal will be sufficient. For small dogs that weight from 10 to 20 pounds, two eggs; dogs from 20 to 35 pounds, three eggs; 35 to 50 pounds, four eggs; 50 to 65

pounds, five eggs; 65-80 pounds six eggs; 80 to 100 pounds, seven eggs; 100 pounds and over, eight eggs.

### **Traveling**

If you are traveling with your dog, eggs are one of the easiest fresh proteins to find. Eggs make a very economical meal.

## **Chapter Six**

# **What Are the Benefits For You & Your Dog**

### **What Raw Food Will Do for You**

- \*Reduce or eliminate expensive visits to the veterinarian's office.
- \*Peace of mind that your beloved companions are getting the very best of care and will soon gain and maintain excellent health and well-being.

### **What Raw Food Will Do for Your Dog**

- \* Clear eyes
- \* Healthy, shiny coat
- \* Healthy skin
- \* Clean teeth
- \* Eliminates fleas

- \* Eliminate bad breath
- \* Eliminate body odor
- \* Less volume and smell of stools
- \* Increased energy—good, healthy energy
- \* Hyper and/or aggressive dogs become calm
- \* Increased endurance
- \* Increased alertness, attention
- \* Enhance overall health and well-being
- \* Rejuvenate organs and immune system
- \* Increased coat growth
- \* Increased confidence
- \* Extreme reduction of: \* allergies \* underweight \* overweight \* parasites \* temperament problems \* phobic behaviors \* hip/joint problems \* arthritis \* ear/eye ailments \* kidney/bladder dysfunction \* incontinence \* irritable bowel syndrome \* constipation \* diarrhea \* indigestion \* pancreatitis \* dermatitis, to mention a few

## Chapter Seven

# Puppies

Do not use commercial puppy milk that you buy in the pet food store! One of my client's came to me because while she was feeding a commercial puppy milk some of it dripped onto another puppy's coat. She didn't think anything of it until a few minutes later when she went to wipe it off. The "milk" had dried like cement and was stuck to the coat. She tried to soften it with water and couldn't; she then tried to pull it off and the hair came with it,

leaving a bald spot. So obviously there are other ingredients in these products other than food. Even if you read the label it cannot be truthful, because what food what take off the hair? And what food would be the consistency of cement?

### **Raw Goat's Milk for Puppies**

Raw goat's milk (if you can find it) is the best puppy milk if the mother is not able to provide enough milk or if you have an orphan. One of the reasons goat's milk is so beneficial for puppies is because it is higher in fat than cow's milk, and it comes out of the goat already homogenized (the fat is emulsified in the milk) and puppies need that fat.

### **Mother's Milk**

Puppies should always nurse until mom finally gives them the boot and says enough is enough. She will do the weaning just fine.

Mother's milk of each species is totally different from one another. There is no resemblance between the mother's milk of canines, felines, bovines and humans.

### **Puppy Formula**

However, if for some unfortunate reason you have to bottle-feed puppies, my suggested formula is:

1 cup raw goat's milk (or if you have to use cow's milk, use half raw milk and half raw cream)

2 egg yolks (yellow only, not egg whites)

1 tablespoon of Pat McKay [Colostrum](#)

1 tablespoon of honey or molasses\*

Mix well. Feed with bottle or syringe

Depending on the age of the puppy, you will have to offer this puppy milk mixture every 2 to 4 hours. Yes, that means all night long as well. You will quickly understand the amount of work and

long hours that a momma dog puts in. Always do whatever you can to keep mom healthy and nursing. Feeding a puppy by bottle is the last resort.

### **Must Massage the Underbelly**

You will have to massage the underbelly of the puppy after each meal to help with digestion and elimination. When mom is doing all her licking and nudging she is stimulating the system. You will need to simulate that process.

### **Honey or Molasses**

The puppy should have several bowel movements a day, about one for every meal. If s/he isn't going often enough you may have to add a tablespoon of raw, unheated honey or unrefined molasses to the puppy milk mixture.

### **Weaning**

Somewhere between 3 to 5 weeks the puppy, will be ready to eat a little raw meat and raw veggies. At that time put the raw food in a blender with a little purified water, blend well, offer the mixture to the puppy and see if s/he is interested. If so, give one meal a day of meat and vegetables and the rest of the meals should be the puppy milk mixture. Slowly increase the amount of raw meat and veggies and decrease the milk. By 8 to 10 weeks your puppy should be off the above puppy formula.

Puppies should be fed on demand. If they are nursing, mother will encourage them to eat from her plate. At that time put mother's food in a blender as in the above paragraph and they will usually wean themselves onto the raw food on their own by starting to eat out of their mom's plate whenever they feel like it. Here again, some puppies may have a few nibbles at two weeks; some will eat full meals at three weeks; others may not start for another week or two. Whenever they are ready, they and their mothers will know when it is time.

After they are completely weaned, puppies will let you know how many times a day they want to eat. Healthy puppies are usually very vocal when they are hungry. Puppies to the age of 4 months should be fed on demand. They get to eat all they want to eat as often as they want from two to six times a day. Remember, in the first year of a puppy's life, s/he grows as much as a person grows in 15 years. Do not hold back on the amount of food or supplements during the first year as is often suggested by veterinarians. I have no idea how this myth concerning deprivation got started, but it is a fallacy.

The general rule for feeding healthy puppies the raw food program is:

- 5 weeks to 8 weeks, 6 times a day
- 8 weeks to 12 weeks, 4 times a day
- 12 weeks to 20 weeks, 3 times a day
- 5 months to 8 months, 2 times a day

Sometime during that 5 to 8 month period, on his/her own, the puppy will begin to lose interest in the second meal, and eat just one meal a day.

When feeding raw food, you will notice that they will not have to eat as often. Jacques, my Standard Poodle, was eating only one meal a day by the time he was five months. And that was his decision, not mine.

## **Chapter Eight**

# The Calcium Controversy

**Most dogs that I see have a calcium deficiency.** Calcium is the most abundant mineral in the body. Dogs who are eating canned and dried foods, even home-prepared food, are often not getting sufficient calcium, not even enough to meet the minimum requirements.

**By the time you see symptoms of a calcium deficiency, your dog has often been calcium deficient for months or years.** That is why it is so important that every one who has their animal on a raw food program be sure their animal is getting sufficient calcium.

Many people are now feeding BARF, Biologically Appropriate Raw Food or Bones And Raw Food and/or RMB, Raw Meaty Bones. Claims are made that no other calcium should be given, just bones. For the most part that means chicken bones, because they are the only ones small enough to be eaten whole. Some large dogs can eat a certain amount of beef, lamb and turkey bones, but my belief is that it is not sufficient bone to meet a carnivore's calcium needs. Dogs who are eating only chicken aren't getting enough of a variety of proteins.

I have a label on my prepared food stating that [Calcium+Plus](#) and [AnimaLife](#) must be added for a complete and balanced diet. [AnimaLife](#) is our organic vitamin/mineral complex. Unfortunately, even human quality food does not have sufficient vitamins and minerals because food is not what it was 50 to 100 years ago. Our farm animals and plants are depleted because the soil is depleted, right on down the food chain.

## **Signs of Calcium Deficiency**

Some of the signs of calcium deficiency are arthritis; skin and coat problems; splayed feet; broken and/or bent pasterns; hip dysplasia; weak, easily injured ligaments and tendons; broken bones; patella luxation, severe pain, most often in feet, legs, hips, and heart; digestive ailments; hyperactivity; aggression; lethargy; constipation; diarrhea; incontinence; kidney, bladder, liver and heart problems. Because veterinarians don't understand healing through nutrition, the only procedures they can come up with are drugs, casts and surgery. None of this would be necessary if your vet talked to you about nutrition the first time you came into the office.

Raw meat, raw vegetables, [Calcium+Plus](#) and [AnimaLife](#) will solve 95% of all your problems.

## **The Most Abundant Mineral**

Calcium is the most abundant mineral in the body. The majority of calcium in the body is utilized by the bones and teeth; however, it is also involved in the blood-clotting process, in nerve and muscle stimulation, parathyroid hormone functions and the metabolism of vitamin D. To function properly along with the high phosphorus content in meat, calcium must be accompanied by magnesium, boron, copper, molybdenum, potassium, sulphur, zinc and vitamins A, B6, D and E.

## **Magnesium Is Essential**

Magnesium is an essential mineral that must be present in a calcium formula for the body to properly absorb the calcium. In addition, it plays an important role in utilizing vitamins B, C and E. Studies point out that the balance between calcium and magnesium is especially important. The consensus now is that magnesium should be two-thirds of the amount of calcium in any formula.

### **Little Known Boron**

We don't hear enough about boron. It is needed for the metabolism of calcium, phosphorus and magnesium. It also enhances brain function and promotes alertness. Older dogs are often boron deficient.

### **Copper for Canines**

Copper is of particular importance to dogs. They need more than people. Copper is essential for the formation of collagen and connective tissue, which relates directly to hip dysplasia. Copper is also very important for hair growth and healthy skin.

### **Potassium for Normal Growth**

Potassium works with sodium (yes, sodium is necessary) and calcium to control the body's water balance. It is essential for a healthy nervous system, normalizes the heartbeat, nourishes the muscular system and unites with phosphorus (which is in the raw meat) to send oxygen to the brain. Sometimes just the lack of raw meat can be the cause of seizures.

As always, we could go on and on about the necessity of vitamins and minerals and the roles they play for ourselves and our dogs.

### **Balanced Meals**

From veterinarians and from authors of articles you hear about home-prepared meals for animals not being balanced. More often than not, that is true; not because people don't want to balance their dogs' meals, but because even the professionals who warn you that the meals are not balanced, don't take the time to tell you what **IS** balanced. In most cases that's because they either don't know or they are selling a commercial pet food that they want you to buy from them, and they want you to believe that preparing your own is too complicated.

## **Not Complicated—Just Mandatory**

There's nothing complicated about knowing that dogs need raw meat and that meat is high in phosphorus, so you must balance it with an organic calcium plus the necessary nutrients for the body to utilize the calcium—it is mandatory.

## **Wild vs Domestic**

In the wild, carnivores eat their entire prey: flesh, bones, blood, entrails (including organs), digested and undigested food in the stomach and intestines, hair, head, feet and tail. The only parts they do not digest and utilize are teeth and nails. To provide a comparable meal domestically is impossible, but we can come close to Mother Nature's design with a balance of all raw muscle meat, organs, bones, fat and vegetables. **Calcium must be supplemented in a domestic diet** no matter how many bones are being eaten by your dog, unless you are feeding, mice, birds and lizards "on the hoof."

## **Which Bones To Feed?**

I highly recommend feeding chicken necks and backs, turkey necks, beef and lamb marrowbones, knucklebones and rib bones.

## **Which Bones NOT To Feed?**

Do not feed chicken wings, legs and thighs. These are long bones that can splinter causing them to be sharp with the possibility of puncturing the intestinal system. Necks and backs are flat bones that mush up rather than splinter.

## **Digesting Bones**

Your dogs should have no problem digesting the bones completely. If they do, it is because their digestive systems are out of kilter, either the pH is out of balance and/or digestive enzymes may be in order until they make the adjustment.

Now, if they chew on a beef bone and break off a chunk that is too large to break down that bone might be vomited back up or defecated, but that's not a problem. Canines in the wild do that all the time.

### **All Bones Must Be Fed Raw**

All bones must be fed **RAW**. Cooking bones can cause serious problems because the bones become brittle, chip off, possibly puncturing the esophagus, stomach or intestines, which can cause internal bleeding and infection; constipation, rectal bleeding and blockages in the gastrointestinal system.

### **Myth:**

#### **Too Much Calcium Can Cause Deposits**

Too much of the **WRONG** calcium can cause deposits. **Calcium must be from a food source or an organic fossilized source so that the body can digest it just as it does food.** When professionals warn dog guardians about feeding too much calcium, they are referring to traditional calciums. Most of the calciums on the market: bone meal, calcium gluconate, calcium carbonate, calcium lactate and calcium citrate are only able to be absorbed and utilized by the system at approximately 20% or less. That's why you have the possibility of the other 80% being left as deposits.

#### **Dissolve Present Deposits**

Foods containing calcium and organic fossilized calcium can be absorbed at 90 to 95 percent. Not only does it not leave deposits, it will facilitate in clearing up present deposits.

### **Calcium from Other Food Sources**

Asparagus, broccoli, cabbage, collards, dandelion greens, turnip greens, kale, and actually any leafy greens are the vegetables that are high in calcium. Raw meals that you purchase or home-prepared meals should have some of these vegetables.

### **Raw Milk from An Organic Cow**

I don't like dairy sources of calcium mostly because we have ruined our dairy industry with all the antibiotics, hormones, pasteurization and sterilization. If you could find a place that sells RAW milk produced by properly fed, organic cows, it would be great. Your chances of winning the lottery are greater.

### **Fruits and Nuts**

Figs, fresh or dried, make a great treat. (Not too many at once. They really can clean one out.) Almonds are good; however, they must be crushed thoroughly, because dogs have very short small intestines and don't have the time to digest whole nuts or even pieces of nuts.

### **Why All the Fuss About Calcium**

Calcium is the most abundant mineral in the body, vital to the formation of strong **bones** and **teeth** and for the maintenance of healthy **gums**. It is also important to the health of the **heart**. Almost everyone I talk to says their dog has some form of heart problem, often heart murmurs. Lack of digestible calcium is one of the main culprits. Please note: if your animal has unhealthy gums and/or teeth, s/he probably has heart problems as well and is in desperate need of organic calcium.

### **Lowers Cholesterol**

Calcium is also important in the transmission of nerve impulses; it lowers cholesterol levels; is needed for muscular growth,

contraction and prevention of muscle cramps. It is also involved in the activation of enzymes, including lipase, necessary to break down fats for utilization by the body; thus, tied in with skin, coat and flea problems. How many dogs (and people) do you know with those problems!

### **Arthritis and Hip Dysplasia**

Calcium deficiency can lead to the following additional problems: aching joints, arthritis, brittle or soft nails, eczema, hip dysplasia, hyperactivity, hypertension, panosteitis (growing pains, usually in the front legs) seizures (also magnesium deficiency which goes along with calcium) and tooth decay.

### **Teeth and Bones**

Calcium protects the bones and teeth from lead by inhibiting absorption of this toxic metal. If there is a calcium deficiency, lead can be absorbed by the body and deposited in the teeth and bones.

**The key to nutrition for healthy, happy dogs is RAW food with organic calcium.**

## **Chapter Nine**

# **Water, Water Everywhere Not a Drop to Drink**

## **Purified Water**

If you live in an area where you know the water is safe that's great. Otherwise providing yourself and your animals with purified water is essential.

## **Water, The Most Important And Abundant Nutrient**

Water is not only the most abundant nutrient found in the body (approximately two-thirds of a dog's body weight); it is also by far the most important nutrient.

Water is responsible for and involved in nearly every body process, including digestion, absorption, circulation and excretion. It is the primary transporter of nutrients throughout the body and is necessary for all building functions. Water helps maintain a normal body temperature and is essential for carrying waste material out of the body.

## **Vitally Important for Dogs**

Pure water added to your animal's food is vitally important to carnivores, because this is the most efficient way for their bodies to assimilate water. Canines in the wild do not usually have easy access to water all of the time, so they must count on the body fluids of their prey for hydration.

You will notice when you put your dogs on the raw food program that they will drink less water from their water bowl right from the first meal.

## **Most of Our Tap Water is Laced with Poisons, Chemicals and Heavy Metals**

Studies indicate many of our city water supplies are liberally laced with asbestos, pesticides, heavy metals like lead and cadmium, arsenic, nitrates, sodium and a variety of chemicals that are known

carcinogens. Then additives like chlorine and fluoride with all the good intentions of the water departments causes its whole set of problems.

### **Problems Caused by Contaminated Water**

Is it any wonder our animals have arthritis, upper respiratory diseases, allergies, cancer, heart, liver and kidney disorders, urinary infections, poor teeth and gums, ear and eye infections and chronic skin problems?

It is imperative that your animals (and you) drink only pure water.

### **Boiling Doesn't Help—It Hinders**

Boiling tap water only makes it worse because the purest water will be lost in the form of steam and any heavy metals or nitrates will be even more concentrated.

Even rainwater these days collects atmospheric pollutants as it descends. If you continue to give tap water, the contaminants in the water can defeat your other nutritional efforts.

### **Water Provides Oxygen**

Purified water has a high degree of oxygen, which not only makes it healthier but makes it taste better as well. All drinking water and water used to prepare their food should be pure.

### **Have It Tested**

If you are not sure about the condition of your water have it tested. Most water purification companies will come to your house and test your water free of charge. Hoping you will buy their water, of course.

### **What About the Minerals**

It is true that most of the minerals are depleted from purified or distilled water. However, minerals will be in the fresh food and, if

you are giving your animals [Calcium+Plus](#) and [AnimaLife](#), they are getting the necessary minerals in their supplements.

### **Bottled Water**

Do not get your purified water from vending machines. Bacteria build up on the filters and the water is again contaminated. Otherwise they use chlorine to control the bacteria and you are back to chemically treated water. A reverse osmosis unit in your home is presently the most effective and inexpensive way to provide purified water.

Or you can buy bottled water in a food store or have it delivered, depending on the amount of water you consume. However, be careful, because some of bottled-water companies are adding chlorine as well. Be sure to ask.

### **Water Catalysts**

Water catalysts that reduce the surface tension of water by means of electrically charged ions can be very effective to help you and your animals utilize the purified water more efficiently. These water catalysts are especially beneficial for kidney, liver and heart ailments. Check our web site for current products and their availability.

### **Water Is Vital**

Pure water added to your dogs' food is vitally important to carnivores, because this is the most efficient way for their bodies to assimilate water.

### **Raw Meat Broth or Raw Egg Broth**

If your dog is dehydrated, add two tablespoons of raw ground meat to each cup of purified water for your dog and see if s/he will drink it. If your dog is too ill to drink this broth, strain it, and give just the liquid with a syringe. This can also be done with a raw egg yolk and a couple of ounces of water. This raw broth may save you

and your dog a trip to the veterinarian. As a guideline, in a 24-hour period, your dog needs approximately 2-3 ounces of fluid per 10 pounds of body weight for a minimum amount of fluids to keep from being dehydrated.

## **Chapter Ten**

# **How Much To Feed**

### **Metabolism, Not Weight**

Every puppy and every dog needs a different amount of food each time they eat, just as people do. It is how the body metabolizes the food that decides how much is necessary.

Commercial pet food companies who put on their labels the amount a certain size dog should eat each day is ludicrous. How much are you going to eat at your next meal? People aren't even sure what they themselves are going to eat during any given day, so how can they possibly guess what their dog is going to eat?

### **How Many Cups Do You Feed Your Children?**

No one prepares food based on how many pounds they weigh? Most people put more food on the table than is expected that everyone will eat and usually there are leftovers. That's how it should be for your animals.

## **Adults**

Adult dogs should be offered food once a day and allowed to eat all they want at that time. Each time you put the food down, put so much on the plate or in the bowl that they cannot possibly finish it. When they walk away with food in the bowl you know they have had all they want to eat.

## **Caution!**

### **When You First Start the Raw Food...**

When you first change over, offer your dog the same volume of raw food as compared to the canned or dry food s/he has been used to eating. Just eyeball it to decide how much. Then, every day keep increasing a small amount of the raw food until finally your dog walks away with food in the bowl.

If your dog has been eating dry or canned foods, s/he may eat a huge amount of raw food at first to reach his/her nutrition satiation level or s/he may go to the other extreme and not eat at all, because the food smells foreign. Whichever the situation, be patient and understanding and in most cases your dogs will soon work things out for themselves. There is always the exception that refuses to eat.

For some animals, you may have to hand feed for a while or maybe mix the raw food with some canned food or with some dry food that has been soaked in water first. Never feed dry food dry. Dry food is the worst garbage that has ever been perpetrated upon our animals. Dry food destroys the kidneys, pancreas, and liver; causes gastric torsion (bloat), to name a few of the serious ailments. All this devastation is caused by 1) it is cooked; 2) it contains mostly grains; 3) it has only 2% moisture. All food must have water, blood or some kind of fluid in order to be processed by the body.

## **Quality Not Quantity**

This program of allowing them to eat as much as they want at each meal can only be used if you are feeding healthy raw food. This method with canned and dry food won't work, because they never reach the point of being nutritionally satisfied. I repeat: **nutritionally** satisfied. Being stuffed full of junk food does not provide nutrients; it's just empty calories. The body is not interested in quantity; it is interested in quality.

## **Fat Dogs Are Starving**

Fat dogs are starving. (This is true of people as well.) In other words, because their bodies cannot reach their nutrition satiation point, they continue to eat, hoping that they will finally be satisfied, but they can't be, so the struggle goes on, and they get fatter and fatter and eat more and more.

## **The "Lite" Diet**

Finally you go to your vet or a pet nutrition expert at a pet store who says, "Feed him a 'lite' formula and give him one cup a day," or whatever. Of course, your dog loses weight. S/he is being starved. What are they to do? They can't open the refrigerator or the cupboard. They can't tell you in people words the pain of suffering from starvation. All you see is that your dog is losing weight, and you think everything is okay. It is not! Dogs feel the pains of starvation just as much as people do.

Three reasons why dieting doesn't work:

- 1) Starving your dog only works to lose weight while you are depriving your animal; as soon as you allow the dog to eat again the weight comes right back, only now the body takes on more weight to protect itself from starvation again;
- 2) Your dog will not be getting a complete and balanced diet on these so-called lite foods;

- 3) If there is a physical problem, for instance, diabetes, or if the thyroid gland is not working properly, you will only be making the problem worse during the time you are depriving the animal. I just got a call from a person who had their overweight dog on one of the “lite” diets (prescribed by her vet) for a year, only to find out the dog had diabetes, for how long, no one knows.

You must give them healthy, raw food and let them eat all they want. They will lose weight while feeling comfortably full, and they will be getting all their nutrients as well.

### **Eating Right Still Gaining Weight**

If they continue to gain weight on our raw meat program that means

- 1) One of their organs is not functionally properly, such as thyroid or pancreas;
- 2) Their acid/alkaline level is off;
- 3) You are encouraging them to eat because **you** think they need to eat every day.

### **I Can't Get My Fat Dog to Eat!**

It is amazing the number of people who come to me with obese dogs and say, “I can't get him to eat.” “I have to add something he likes to his food to get him to eat.” Don't encourage fat dogs to eat. If you put the food down and they aren't interested, whisk it away till another day.

### **Wolves Don't Eat Every Day**

**Healthy adult dogs don't necessarily eat every day. If your overweight dog does not want to eat, do not encourage him/her!**

Wolves and coyotes eat once or twice a week in the wild.

### **Each Dog is Unique**

The differences in each animal's appetite can be great. For example, my two Borzois, Sergei and Toli are brothers who weigh approximately 100 pounds each, and Jacques, my Standard Poodle, is 55 pounds. This morning Sergei ate 3 ½ pounds; Toli ate 0; and Jacques ate 1½ pound. Yesterday Sergei ate 2 pounds; Toli, 3 pounds, and Jacques, ½ pound. They are deciding when and how much for themselves, as they should. Between the three dogs, it is usually between 5 and 6 pounds of food.

### **During Training**

While Jacques was in agility/obedience/protection dog training he ate 3 pounds a day. At the end of one month he came home for R & R (rest and relaxation) and ate 2 to 3 pounds every day for the first five days. Then he began to get back to his regular amount. That's why you have to let your dog eat as much as s/he wants each day, because it depends on many, many factors.

### **Feeding Their Favorites**

When I feed chicken backs or turkey hearts (their favorites), they eat about 10 pounds between them, and then sleep for several hours because they are really full. Usually they all skip their meal the next day.

Doesn't this all sound familiar? Don't most people eat this way? The only difference is that we eat more often because our digestive systems are different.

### **Carnivores vs Omnivores**

The main three differences between carnivores and omnivores are:

- 1) Carnivores have a more acidic system; their digestive juices are much more acidic, so they don't have to worry about breaking down the food without chewing it before it gets into the stomach, and the acidic juices take care of salmonella and E coli;
- 2) Their small intestines are about a third shorter than ours; therefore, the meat does not putrefy in the system;
- 3) They have sharp, tearing teeth, while ours are flat, masticating teeth; they do very little chewing in comparison to people; just enough to be able to swallow the chunks.

### **Chicken Backs**

After my dogs eat chicken backs, I have never seen a piece of bone in their stool; it is completely digested. They chew the chicken backs just enough to get them into pieces they can swallow. Because they are so worried that one of the other dogs might get theirs, they woof them down. You can see them choking down huge pieces. They become so primitive, wild and possessive when eating the chicken backs, you can see the wolf in them. One of my greatest pleasures is watching them in this euphoric state, because they are truly in their element.

### **Lucy**

Another couple of examples of typical dogs on the raw program: A pit bull, Lucy, 1 year old, weight 45 pounds, eats approximately 1

½ pounds every other day. She has gone as long as 4 ½ days without eating anything.

### **Kiki**

Kiki, a 9-year-old Bouvier, weight 85 pounds, has been eating every other day for the past year. A few times she has gone as long as three days without eating. Then two weeks ago she started eating three pounds of food every day. The next few days she ate one pound a day. The last three days, she hasn't eaten anything. Who knows?

### **Dogs Decide How Much**

You decide what, where and when. **Your dog decides how much.** When I see and hear all the different scenarios of the eating habits of people's dogs from my clients, I know that the dogs themselves must be the ones to decide how much.

### **Nobody is Portioning the Wolves' Food**

Let's take another look at what Mother Nature does. Coyotes and wolves decide how much to eat on their own. Nobody is out there portioning their food. You never see a fat coyote or fat wolf. In fact, most people comment that they appear to be too thin. That's because people are comparing their overweight companion dogs to the sleek and slender wild animal.

### **When To Feed**

The best time to feed is in the morning one-half to one hour after exercising. The body has its own clock: times to eat, sleep, cleanse, heal, et cetera. The best time to eat is between 7am and 9am. If that works into your schedule that is my suggestion. If it doesn't, do your best to make sure your dog has the opportunity to play, exercise and eliminate completely before eating.

During the evening hours the body does its best sleeping, cleansing and healing. So the emptier the stomach is at that time the better.

## **Keep It Simple**

Feeding your dog the natural way is easy and fun, especially when you realize the true benefits of raw food and organic supplements. Keep it simple. 75% raw meat, 25% raw vegetables, [Calcium+Plus](#) and [AnimaLife](#) organic supplements is as close as you can get to what Mother Nature had in mind and have a complete and balanced meal. Both you and your dog will be happier, and maybe this program will inspire you to start eating better food, too.

Please stay in touch with me for Part II of HEALTHY FOODS! HAPPY DOGS! We'll talk about overweight, underweight, arthritis, fleas, yeast infections, cancer and any other subjects that concern you and your dog. Feel free to email me with any suggestions. I look forward to hearing from you.  
[patmckay@gte.net](mailto:patmckay@gte.net)

Please bookmark my website: <http://www.patmckay.com/>



## **Pat McKay Bio**

Acknowledged pioneer and leader in the development of the raw and fresh food diet, animal nutritionist, counselor and author, Pat McKay is nationally recognized by veterinarians and other animal health care professionals for her contribution to the raw food revolution for cats and dogs.

She has devoted over 30 years researching and completing thousands of case studies where her findings consistently reveal that a raw food program insures maximum health results from her animal clients.

Moving from the theoretical to the practical, McKay has spent the last 20 years synthesizing her findings to create a complete nutritional guide, which offers the most up-to-date clinical information and quick-step menus that make raw, fresh-food preparations both fun and easy.

Her present companions are: Toli, a Borzoi (Russian wolfhound), 4 ½ years old; Jacques, a standard poodle, 4 years; Capricorn (Cappy), a German Doberman, 2 ½ years, and two Dutch Shepherds, Hans and Dutch, 2 years old. Of course all Pat's animals are on her fresh, raw food program, including naturally grown meats and vegetables, Organic Food Concentrate, live, plant-cell-grown vitamin/mineral supplements -- and no vaccinations. An hour and a half run in the park every morning doesn't hurt either.

Author of: REIGNING CATS & DOGS, Good Nutrition, Healthy, Happy  
Animals and  
NATURAL IMMUNITY, Why You Should NOT Vaccinate!

“Why would I feed my dogs anything that I would not eat myself.”  
-Pat McKay

Pat McKay, Inc, company motto is “The First With The Best.”