

Hi Steve and Patti:

Here's a post that I sent out once before to someone who wanted to know what I feed my girls. Just skip the hard sell on BARF if you are opposed to this. I was too lazy to edit it all out anyway! The veggie info and supplement info, except for the natural anti-arthritis supplements for ZZ, is all here also. Hope it's not too much for you to wade thru!!!

Sande ;o)))

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I've worked on this for some time, hoping to get all the info in this one email and answer all of your questions ... Now I'll just read it over later on, once my eyes are no longer crossed, and write again if I forgot anything. This is not all for you to do today, tomorrow, or next week, but more as the ultimate goal for a well rounded feeding program. Please don't read this and start feeling overwhelmed! If it's a bit disjointed and repetitive, my apologies... My mind has become a bit disjointed too these days! LOL!!!

You also might want to go to the Internet and start reading all that you can on raw feeding, natural feeding, BARF, etc. and then decide what you believe is best for your dog and your lifestyle... Ultimately what you need is to feel in your heart is that you are informed and making the best decisions possible for your dog baby!



Licking feet, chewing legs, face rubbing are all symptoms of excessive yeast, as are ear problems, and I'm convinced that grains are a major factor in our dogs having ear problems and weak immune systems. Not all dogs rub their faces when they have too much yeast in their systems, but that is another sign as well that they might have a yeast problem. Lots of licking of feet is a symptom of both allergies and skin problems from yeast, and the greater the yeast problem (in people and dogs) the more allergy and subsequent infection problems... Yeast weakens the immune system, and every time you or your dog takes antibiotics, antihistamines, steroids and other medications, you increase the bad yeast (generally candida) and weaken and destroy the good bacteria -- the ones like lactobacillus and acidophilus. Without a proper balance in the gut of good to bad bacteria, you can't digest food properly and get proper nutrition to remain healthy. More attention is paid to this now than when I was so sick in the 80s, but still not near enough. :o(

The premise of the raw diet though is "balance over time" not balance each and every minute or even each and every day... We try to balance our own diets daily, but we eat at McDonalds and Pizza Hut and you know how far from balanced that is! In fact, and sadly, some people feed their children McDonalds or the equivalent every day. The kids still survive and some even thrive which just goes to show how resilient our bodies really are... What I find so strange though is that many people feed their dogs the very same highly processed kibble (the equivalent of McD's) day after day for their entire lives and consider this balanced and nutritious because the people making the money on the food they are buying say that it is good for the dog. What is that saying --- a sucker born every minute???

When kibble first came out, dogs were getting the equivalent of rickets (I think that is what it is called -- weak bones that would bend with weight -- sort of like being bow-legged) because the food had insufficient calcium. So calcium was added... Things of this sort have gone on for quite a while -- sort of a hit and miss trial by error on our cherished pets -- changing the food as necessary when one illness or another showed up. For instance, when I was young, displaysia was almost unheard of whereas now it is sadly all too common. It takes about three to six generations on kibble to show up, and that many or a couple more to disappear from a breeding line fed kibble exclusively.

When I was young, there was very little commercially prepared pet food on the market and none of my family (most of them were farmers in Texas) trusted it enough to try it. They had been feeding our dogs chicken necks and backs, turkey necks, chicken and turkey feet, pig ears and feet, beef and pork neckbones and tails, fish, lots of leftovers, corn bread, homemade bread, meat and chicken gravies and beans -- and the dogs absolutely thrived! Some of my people went to the grave never buying Purina or anything else as they didn't like the way it smelled. They said it didn't smell like something that you (or the dog) should eat and that the pigs got better slop... You get the drift... If you had told them that they were not



capable of properly feeding their dogs and cats, they would have laughed in your face. Yet this is just exactly what Purina and the like have done -- convinced people that they can't feed their pets and that they have to rely on commercial food. Honestly, sometimes it makes me want to SCREAM!!! If these products really were prepared by people who cared first for the welfare of the animals and then about their profit margin, I wouldn't mind so much. If they contained good ingredients to start with, I wouldn't mind so much, but have you read about what goes into the rendering plants? If not, don't -- or you'll never be able to eat Jello again -- and so long as our doctors continue to get only two hours of training in nutrition in med school, they will continue to feed such crap to sick people in hospitals and you might have to eat it! Best eat it in ignorance! Oh well, my fingers will tire before I get to the end of my "bitchin" session!!! Sorry to go on and on...

I mix up these veggie batches ahead of time , but for safety against bacterial problems, I do not add meat until I am ready to serve it to my girls. Making the veggie mush ahead of time is really ideal for your convenience and for saving time and freezing the veggies when you make them and defrosting them later will make them even easier for your dog to digest as it breaks down the cell walls. You and I break these cell walls by chewing, and because it all stays in our digestive systems much longer. I feed almost everything, so it's easier to tell you what I don't feed! No Iceberg lettuce -- it has no more nutritional value than frozen green water! No onion, no raisins, no grapes and only a minimal amount of garlic. Since ZZ has arthritis from elbow displaysia, she gets no veggies from the nightshade family -- some believe that these aggravate arthritis -- so no tomatoes, potatoes, peppers, eggplant, etc. What they do get -- anything else from the fresh food section in the grocery store! Any over-ripe veggies that they are selling at a discount -- the riper the better for the dog, short of rotten that is-- and the less expensive things that are in season. ;o) OK -- here goes!!!

MORNING MEAL -- most people serve this at night, but ZZ has

a bladder problem and it's easier to take her out more often in the day time...

In advance -- I make a month's supply of "veggie mush"

A variety of dark leaf lettuces -- again, no Iceberg --

every veggie meal

Cucumber and radishes with leaves if in good shape

Summer squashes like yellow crooked neck & zucchini --

every veggie meal

Celery -- every veggie meal

Kohlrabi (sp?) again with leaves

Parsley -- every veggie meal

Watercress

Broccoli\*\* and cauliflower\*\* and cabbage\*\* -- one every veggie meal

All greens such as spinach, mustard, turnip, kale, beet, collards -- some every veggie meal

Steamed sweet potatoes,\* beets and winter squashes (my girls can't tolerate these raw but most dogs do well with them)

Carrots\*, rutabaga, turnips, parsnips

Fresh green beans or snow peas\* -- every veggie meal

(snow peas make a nice training treat -- shell and all!)

Asparagus stems (the part that are too tough for us to eat -- nothing gets wasted around here anymore!!!)

Canned green beans (when I forget to defrost the above mixes!)

Occasionally plain canned pumpkin (they love it!) to keep things

flowing smoothly!!! Plain canned pumpkin, or steamed or microwaved sweet potato or winter squash are all good to correct the stool, whether it is too soft or too hard. Do not use pumpkin pie mix as it has sugar and that will produce a terrible result! No dog vitamins with sugar or dog bones/treats with sugar either! Feeding sugars feeds yeast and makes the yeast very happy indeed!

\* light on these (sweet & root vegetables) when yeast problems are suspected

\*\* light on these (cruciferous vegetables) if thyroid problems are suspected

I know I've forgotten something -- I need to be making this list at the supermarket!!! Anything that I cut off my food as I'm preparing it... the very tops and ends of carrots, celery, broccoli, cabbage, whatever...

First, I put the veggies that I'm using into my blender and liquefied, one at a time, sometimes adding a little water when necessary, and pour each one into a huge pot where I mix them all together before pouring into containers to freeze. The containers last my girls just under a week. I defrost a second one in the fridge when I'm about half way through the first one. I also mix in a dozen to a dozen and a half of large eggs, whizzed in the blender, shell and all.

Bonnie at 60# gets 2 - 4 heaping serving spoons of veggie mush depending on how hungry she is, added to some ground meat (4 oz) outlined below... (I had to cut back on her meat and bone and increase the veggies as she was getting too fat! This is a very nutrient rich and calorie rich diet.)



Choices for the ground meat or poultry...

Ground beef and when I have it, beef heart chopped and added to ground beef mixture. Sometimes beef kidney but this requires more preparation... I'm sort of lazy here but try to give it to ZZ monthly due to her bladder problems.

Ground poultry and again when I have them, chicken and turkey giblets chopped and added to ground poultry  
++++ Note: Offal such as beef heart, chicken livers, and only calves liver as beef liver may contain way too many chemicals unless you find a trustworthy organic source... Fresh Fields is good for this or any store owned by Whole Foods (a very good stock for me too!!!)

Ground pork

Ground lamb

Ground buffalo (when I find it)

Ground fresh water fish (made in my food processor)

Fresh water fish is served outside and chopped into chewable pieces as they won't eat it whole unless it is in small pieces as it is waaaaaaaay to messy for my prissy little princesses!!! No dirty paws allowed here!!!

Mashed canned mackerel (when all else is frozen solid!)

Occasionally I persuade a butcher to grind an entire turkey for me -- skin, bones, fat, giblets and all!

To a mix of veggie mush and ground meat I add...

Expeller/cold pressed oil and Apple Cider Vinegar (equal amounts of each --1 serving spoon for Bonnie -- a little more when she has dined on a paper tower!!!) I only use good oils -- "expeller pressed" or "cold pressed" oils -- and it will say one of these right on the label. That means that it was extracted without using high heat which destroys nutrients. (BTW, your family should follow this rule also!) Bonnie gets 1 serving spoon of oil and maybe just a little more on the days that her meat/bone mix has more bone. (She also gets more on the days that she gets a treat -- a large knuckle bone all her own -- to chew on. She's crazy about these and eats them down to nothing!) I use olive oil or safflower oil rather than an oil processed from grains that are more common. Bonnie has not developed any allergies to olive or safflower oils since she has had little exposure to them in her past foods. Some dogs love cod liver oil too, but not mine and this would be a good choice too. Also there is salmon oil. I avoid flax seed oil as well as corn oil and such that are derived from grains just for now...

Digestive Enzymes (bottle says 2 per day, so I give Bonnie and

ZZ just 1 each per day mixed into the ground meat/veggie mush)

After much trial and error, I settled on these "people" products that I get from the health food store:

Nature's Sunshine Food Enzymes Dietary Enzyme Supplement

Futurebiotics Vegetarian Enzyme Complex

If you want a list of the ingredients, let me know. Bonnie gets 1 capsule of the Nature's Sunshine daily and I grind up the other tablet once a week or so in a coffee mill I save for that purpose and add it to their food. My acid test for enzymes is that their tummy remain quiet with them. If the tummy starts gurgling a lot, then I add, remove or change enzymes. These are the two

that have worked best for me...  
Solid Gold Sea Meal (just started this and they love it but --  
LOL!!! -- the jury is still out on this one! So far no improvement on  
Bonnie's nose)  
DMG - another long post... It oxygenates the blood, improves the  
immune system, and is absolutely wonderful stuff for you and your  
dog!!!

ZZ gets some other special stuff for her arthritis, but that's another  
long post!

Treats as meal toppers!!!

Sometimes a treat (or a bribe as in when I use olive oil which they  
do not like but which they get since it is sooooo good for them!)  
Plain yogurt (no sugar, made from whole milk, active or live culture),  
Cottage Cheese, various shredded cheeses, Ricotta cheese or  
Sour Cream (good calcium and the yogurt is great for digestion)  
Anchovies (when I don't eat them all myself !!!)

Glucosamine Chondroitin chew tablet popped on top of Bonnie's  
meal as a special treat. ZZ requires that they be given to her as  
if they were a pill! This is daily with each meal.

>>> What I do not do is add fruit to the veggie mix. They get it as treats when  
I eat it or when I want to reinforce training, but not in any great quantity.  
They eat apples, pears, peaches, apricots, plums, strawberries and are crazy  
about watermelon, oranges and pink grapefruit. They finally ate strawberries  
the other day but still turn their noses up at bananas. The reason I don't mix  
it into the veggie mush is due to their past yeast problems. By feeding it as  
snacks, I feel that I have better control over the quantities that they eat.  
Otherwise, they might end up getting too much sugar again...

EVENING DINNER (easier to serve in the morning for most people)

Lamb neckbones or ribs

Pork neckbones or ribs

Pig feet and tails (good cartilage)

Beef Karbi (the cheaper one with better 50/50 meat/bone ratio)

Oxtail (when I feel rich!)

Chicken necks and backs

Chicken wings

Chicken feet

Turkey necks

Duck feet

Rabbit (when I feel richer!!!)

Occasionally, Billingham's Barf -- just the frozen fish kind

Occasionally another pre-made BARF or other raw meal with

ostrich or buffalo (variety is the spice of life)

Try to avoid feeding weight bearing bones as they are harder, much more likely  
to splinter or chip teeth. So no chicken legs, and I think that turkey, other  
than the neck, is a little too hard as well unless ground. If you make chicken  
wings for your family, cut the small ends off for the dog. I feed them the rest  
of the wing as well...but don't like to cook these tips and the girls really get  
some good out of them. When I cut the bone out of a chicken breast, I give them  
these bones with a little meat left on them -- makes you feel better if you  
didn't trim it as closely as you would like and I trim my own now so that I have

it to give to them! I eat the legs of the rabbit, and give them the back or breast -- we eat the rest after I've set aside enough for them.

I do give them beef leg bones and let them have the marrow, but watch to see that they don't try to chew them. Most of the time they do not get all the marrow out, so I dig it out and add it on top of the next day's ground meat mixture. No need to refrigerate overnight... I save these bones and later on, to give them something to do when I go out, I put just a little peanut butter in each end and let them work on getting it out. This is only if I'll be back soon so that they don't have time to chew on the bone...

Korean Grocery Stores are where you can get chicken and duck feet. These are an excellent source of cartilage to keep joints healthier. They also have Karbi (sp?) which are beef ribs that have been thinly sliced on the diagonal so that the bones in them are thin and oval -- sort of like a mini round steak bone but more oval. Draw an imaginary line from your left shoulder to your right hip...then imagine lots more parallel cut lines like this...an imagine that the ribs would be sliced on an angle like French cut green beans. These are soft bones and if you get the cheaper one (99 cents a pound here) the meat to bone ratio is almost perfect. The more pricy one has too much meat. This bone marrow is very nutrient rich.

Lamb neckbones are hard to find here and what I've had to do is find a friendly butcher who will save them for me. I have one at a Giant about 20 minutes away who saves and freezes them and I go get them every Friday. They only get four or so chunks each week to cut off their lamb order, but this is plenty just to give my girls some each week and the butcher is guaranteed to sell all he has! Great for all concerned!

FAITHFULLY ONCE A WEEK ;o))

(on Sundays since no one is around to smell it!!!)

Billinghurst's Raw Green Tripe -- smells like cow poop, literally, but it's loaded with great digestive enzymes, and the girls start drooling the very second it comes out of the fridge so I guess it tastes great too if you're a dog. They rarely rolf since I've started feeding this! Warning! Good idea to start practicing holding your breath today! Maybe it's not quite that bad (or so I tell myself) but it's soooooo very good for them! I put the tube of it on a plate to slice it in half so that clean up just means washing the plate, wear those thin cheap clear plastic gloves so my hands don't stink afterward, and I wash everything up immediately after they finish eating!

Once or twice per month SUNDAY'S DINNER IS A LARGE KNUCKLE BONE

(when I have it + a little extra meat !)

They get the juice that is left over after I cook veggies too. Again, just like on the farm, nothing goes to waste. Don't give this late at night though unless you like 2 am walks!

Good reading... Go to Google and look up "BARF" for more info that you can ever read in a lifetime. Here are the ones I liked best...

This is loaded with great info for beginners...

<http://www.njboxers.com/faqs.htm#plans>

and from this site...

Raw Feeding FAQ <http://www.bluegrace.com/barf.html>

and the top 50 questions <http://www.njboxers.com/faqs.htm>  
Tips and Tricks <http://www.njboxers.com/tips.htm>

<http://www.bestfrisbeedogs.com/bwhite.html>

Note: good comparisons here if you want to go to commercially prepared raw foods  
<http://theduckkeepond.net/NatSea/>

Reasons to feed stinky tripe!  
<http://www.auntjeni.com/tripe.htm>

Info on various good Raw Feeding books... (I tell folks to buy one of each,  
then adapt a diet that works best for their dog and their lifestyle.)  
<http://www.preciouspets.org/articles.htm>

Various good articles...  
<http://www.preciouspets.org/articles.htm>

Flea control -- a good diet!  
<http://www.altvetmed.com/fleas.html>

Dr. Billinghamurst's site...  
<http://www.drianbillinghamurst.com/>

Dr. Lonsdale's site  
<http://www.rawmeatybones.com/>

Lew Olson's site, B Naturals, has a wealth of info on supplements, herbal  
remedies, etc.. She's really very knowledgeable and will answer any questions  
you have promptly by email. Catch one of her seminars if you get the chance.  
I've heard that she is really good, but so far none that I've known about in my  
area... ;o(  
<http://b-naturals.com/default.php>

Why I freeze everything before they eat it...  
Freezing kills many more worms and parasites that are discussed here... I've  
stopped feeding raw venison now as I've heard that herds of elk have been  
destroyed in Wisconsin due to finding them to have Mad Cow Disease. Since it  
has not been widely publicized, I'm not sure it's even true...but in this case,  
safe is better than sorry. Also, the last two deer we've seen here had livers  
badly infected with worms...yuck!!! I still feed venison, but grind and cook it  
now. A cooked meal doesn't hurt every now and then! I do use garlic when I  
cook for them.  
<http://www.bullmarketfrogs.com/main.htm>

Why not to feed kibbles... Take time to read this all the way through one day  
to see what we do to our precious fur babies... Have a good stiff drink  
handy!!! ;o)))  
<http://www.api4animals.org/doc.asp?ID=79>

Dog Food Comparison Charts  
<http://www.doberdogs.com/>

Lots more than you wanted to know, eh! !?!?!?

Sande ;o)))