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HOLISTIC VETERINARY CARE & EDUCATION

Feeding Fresh - 101 it's SO easy!

A DIY GUIDE



Fresh Recipe Inside

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Health Benefits

From a health aspect, the benefits are amazing! Let your senses experience the improvements in your animals.

First, you'll see an improvement in energy. The overweight couch-potato will be able to jump higher and play with vigor. The eyes are brighter, the coat is radiantly glossy, soft and dandruff-free.

The hyperactive dog is calmer. For pets with poor appetites, the appetite improves, and for ravenous dogs the appetite satiates easier. The stools are smaller, less smelly and less frequent- therefore less to clean up! The animals with bad breath are now kissable and have tartar free teeth.

The living room full of noxious methane gas is now a thing of the past and sleeping with your companion doesn't require a mask. Endless digestive upsets from rumbling gut, loose stools, pancreatitis, bloat and inflammatory bowel disease are frequently helped or eliminated with a fresh food diet.

Chronic ear and eye discharges are much improved or entirely absent. The constant foot licking and the chronic eczema will improve or disappear.

Allergic reactions to foods will be a thing of the past.

Because you are feeding natural sources of joint supportive nutrients, getting older doesn't necessarily mean getting stiffer.

Health Benefits



- Improved energy
- Improved appetite
- Brighter, discharge-free eyes

- Glossy, soft dandruff-free coat
- Neutral body smell
- Weight loss or gain
- Calmer behavior



- Improved digestion
- Less gas, diarrhea or constipation
- Smaller stool



- Sweet breath, less tartar and gingivitis
- Clean ears
- Reduced itchy skin and feet
- Improved mobility

And the list goes on and on!

There are a variety of ways to transition your pet from a processed food diet into a complete or partial raw food diet.

Here are 4 options:

SLOW AND GRADUAL

Adding 25% raw food each week, making for a 100% raw diet by the end of one month.

HALF AND HALF

Alternating of raw foods with current food in the same day, e.g. morning is raw, evening is current food.

GO-FOR-BROKE

Change everything at one time with no adjustment period, but only in cases where there is no other option.

FASTING FOR 1-3 DAYS

Letting the gut rest while rebooting the new appetite.



FOR CATS:

Be patient!

Cats can take much longer to transition, but the results are worth the wait! A day or so of fasting often works wonders with cats, but do not attempt this without supervision if the cat is ill.

Natural appetite stimulators work wonders for cats and finicky dogs.

Sprinkle some crushed dry kibble, if your cat is addicted to dry food, on top of the new diet.

Sprinkle bonito flakes, nutritional yeast, dried organ meats, cat nip, or spread a thin layer of the canned food they are accustomed to eating. Be creative and use what you know they love.

If your animal is used to the highly sugared and salted processed foods (canned or packaged foods) it might take some time to readjust the taste buds. Use sea salt or tamari to add some flavor.

Some cats never skip a beat and take to fresh food instantly – you might be surprised.



Try this easy dog or cat recipe!



Feeding your animal a home made diet can be easy, nutritious and the ultimate gift of life and love for them. Your pets will thrive and appreciate you more!

- Dr Dee

Easy Dog or Cat Recipe

This recipe is a complete recipe but you might find your dog or cat not happy with some of the ingredients. Start slow and adjust accordingly. If you want a more simple option for the minerals store-bought mixed formulas can substitute for the alfalfa, kelp and calcium.

General guidelines for amounts to feed are 2-3% of body weight in fresh food.

- 2 CUPS GROUND BEEF, TURKEY, CHICKEN, ETC..
- 1/8 CUP LIVER OR KIDNEY
- 1 EGG WITH SHELL (OR OTHER CALCIUM SOURCE - 1500MG)
- 1/2 CUP VEGGIES (WITH SOME DARK BERRIES)
- 1/2 CUP SPROUTED GRAINS, SEEDS (OPTIONAL)
- 1 TBSP COCONUT OIL
- 1/4 TSP KELP POWDER
- 1/4 TSP ALFALFA POWDER
- 1/2 TSP COD LIVER OR ALGAE OIL
- 1/4 TSP SEA OR HIMALAYAN SALT

MIX EVERYTHING TOGETHER AND EITHER REFRIGERATE OR STORE IN THE FREEZER. SERVE AT ROOM TEMPERATURE, NEVER COLD.

GIVE AMOUNTS ACCORDING TO GENERAL GUIDELINES, BUT USE COMMON SENSE AND INCREASE OR DECREASE ACCORDING TO ACTIVITY AND AGE.



FEEDING GUIDELINES

Pet Weight	Pounds	Ounces	Cups
10 lbs	0.3	4.8	2/3
20 lbs	0.6	9.6	1 1/4
30 lbs	0.9	14.4	1 3/4
40 lbs	1.2	19.2	2 1/3
50 lbs	1.5	24	3
60 lbs	1.8	28.8	3 2/3
70 lbs	2.1	33.6	4 1/4
80 lbs	2.4	38.4	4 3/4
90 lbs	2.7	43.2	5 1/3
100 lbs	3	48	6

Remember...



If you feel tenuous and unsure when first feeding a Fresh Food diet, it's completely understandable. Go as slow as you or your animal needs to adjust.

But, more than likely they will show you how happy they are to have something alive and fresh!

And that will make you break through your fears and enjoy preparing Fresh Food!

In fact, many clients have told me over the years they are now cooking better meals for themselves as a result of 'cooking' for their animal family.

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Thank you!



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