

Pet Food



Sample Home Diets

Dr. Andrew Jones

Do You Trust Your Vet when it comes to pet food?

As a veterinarian, I was taught very little about dog or cat food at university. I received less than 8 hours of instruction on Dog or Cat food.

At my University the LARGE food companies sponsored events for us, gave us presentations on pet food, and awarded scholarships.

The “You rub my back and I’ll rub yours” mentality prevailed.

I even recall a professor telling us to “trust” a certain large food company, and look forward to getting Big Perks at Pet Food sponsored conferences.

Retailing Pet Food is a Big Source of income for many veterinarians.

We are given trustworthy statements from the Pet Food Rep, which invariably include “...backed by scientific study and feeding trials”.

But common sense is NOT prevailing.

Cats are obligate carnivores - they NEED meat protein as their sole source of nutrition to survive. Yet, if you go to your Veterinarian and ask for the premium quality adult cat food, I’ll bet that the first ingredient is a Carbohydrate - NOT an Animal Protein.

So now that you know that MOST Veterinarians have little knowledge about Pet nutrition, and that they have strong FINANCIAL INCENTIVES to NOT change, can you see how you should Question their Pet Food recommendation?

Making Food At Home

You can pre-make large batches, freeze it, and then add vitamin/mineral supplements.

I am assuming that the animal protein is cooked - I will be discussing Raw Food later.

The vitamin-mineral supplement should be a good quality, human-type supplement, at the very least. Some of the cheaper human supplements, particularly those with a heavy coating, are not well digested by people and will not be by animals.

I prefer that you use a quality pet designed supplement from you local pet supply store. There are a variety of brands.

Note on supplements: If you are using human supplements, keep in mind that the average human supplement is designed for a 150-pound adult. A cat should get about 1/6 to 1/10 of a human supplement. A dog dosage can be calculated from the weight of the dog compared to 150 pounds. **Do not overdose!** Some vitamins and many minerals are toxic at high doses.

Bone meal must be an edible, human grade. Do not use bone meal intended for gardening or plants.

Sample Home Diets

Dogs

This will feed a 30lb dog for 1 day.

Beef or Chicken	1/3 lb
Cooked rice or macaroni	2 cups
Mixed vegetables	up to 1 cup (it can be pureed)
Flaxseed Oil	1 tablespoon
Calcium	400mg (i.e. Tums, which is calcium carbonate)
Potassium chloride	1/4 teaspoon
Vitamin/Mineral supplement	(see note on supplements above)
Lactobacillus	1 probiotic capsule

Mix all ingredients so they are well blended together. This will make just over 2 cups of food, enough for 1 day. Feed 1 cup in the morning and 1 cup in the evening.

Cats

This will feed a 10 lb cat for 1-2 days.

Feed an adult cat as much as she will eat in 20-30 minutes. Refrigerate leftovers promptly. Feed adult cats twice a day. Recipe provides approximately 3 servings.

Protein	1/2 lb boneless chicken breast or thigh (minced) or 6 oz ground turkey, or minced turkey (dark meat), or 1/2 lb lean beef (minced) or 1/2 lb of fish
Flaxseed oil	2 teaspoons
Calcium	300mg (i.e. Tums, which is calcium carbonate - If using canned fish with bones, decrease calcium to 1/4 regular amount)
Puréed vegetables	1/2 tablespoon (some cats prefer vegetable baby food)
Potassium chloride	1/4 teaspoon
Vitamin/Mineral supplement	1 cat-size dose of multiple vitamin-mineral supplement (human quality) or cat vitamin
Lactobacillus	1/4 of capsule
Taurine	80 mg (about 1/4 one 250 mg taurine capsule or tablet, powdered - not needed if using cat vitamin)

Cook in a stew pot or crock pot. Then place feeding portions in freezer bags or containers and freeze. Defrost portion in refrigerator overnight.

Home Allergy Diet for a 50 lb Dog

Boiled white fish or canned tuna	1 cup
Boiled potatoes or Cooked rice	4 cups
Calcium carbonate	400mg (Tums)
Flax Oil	1 tablespoon
Potassium chloride (light salt)	1 teaspoon
One-a-day multivitamin	1 tablet

Mix all ingredients together and divide into equal portions, feeding 2 1/2 cups in the morning and 2 1/2 cups in the evening.

Feline Home Allergy Diet for a 10 lb Cat

Canned Turkey	1 cup
Cooked White Rice	1 cup
Cod Liver Oil	1 tablespoon
Calcium Carbonate or Tums	1/2 teaspoon
Potassium Chloride (light salt)	1/4 teaspoon
One-a-day Vitamin	1/2 tablet
Taurine	500mg

Mix all ingredients so they are well blended together. This will make 2 cups of food, enough for 2 days. Feed 1/2 cup in the morning and 1/2 cup in the evening. Whatever food you choose, it must be fed for 12 weeks. If after 12 weeks your pet it still scratching, then she probably doesn't have a food allergy.

Homemade Cancer Diet for Dogs (and Cats)

Lean ground beef, fat drained	454 grams (1 pound)
Rice, cooked	227 grams (1 1/3 cups)
Liver, beef	138 grams (1/3 pound)
Vegetable oil	63 grams (4 1/2 tbsp)
Fish oil	9 grams (9 1000 mg fish oil caps)
Calcium carbonate	3.3 grams (5 Tums with calcium)
Salt substitute (potassium chloride)	1.9 grams (1/3 tsp)
Adult multivitamin	1 tablet

Cook the rice with salt substitute added to the water. Cook the ground beef and drain the fat. Cook the liver and dice or finely chop into small pieces. Pulverize the calcium carbonate and vitamin/mineral tablets. Mix the vegetable oil, fish oil (break open capsules) and supplements with the rice and then add the cooked ground beef and liver. Mix well, cover and refrigerate.

Feed approximately one-quarter of this mixture each day to a 10 pound dog or cat. Palatability will be increased if the daily portion is heated to approximately body temperature (Caution: when using microwave, avoid "hot spots," which can burn the mouth).

For cats the same recipe can be used but add Taurine, a supplement available at health food stores. The Dose is 500mg per day.

To your pet's good health,

Dr. Andrew Jones

About Dr. Andrew Jones

Dr. Andrew Jones is a practicing Veterinarian in Nelson BC, Canada. He has developed a special interest in natural and alternative ways to treat pets, resulting in his book and course, Veterinary Secrets Revealed and Veterinary Secrets Revealed Complete Multimedia Home Study Course.

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2124 Ymir Road

Nelson, BC, V1L 6Y9

(800) 396-1534

support@veterinarysecretsrevealed.com

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