

# *Raw Feeding 101 For Dogs New Client Handbook*



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## WELCOME TO EVERYTHING RAW

At *Everything Raw*, we believe that all dogs are the ultimate gurus of unconditional love, the perfect example that humans should strive for. We believe that their mission in life is to love us unconditionally, to be our protectors when needed, to be our confidants and best friends, to be there for us through our trials and tribulations (the good times and the bad), to show us the finer points in life, including how to relax, how to not take life so seriously and how to enjoy every moment with each other. We believe that when our pets cross the Rainbow Bridge, pieces of our heart go with them as well. We believe that their devotion to us deserves only the best from us. As their guardians, we believe in providing our pets with the best species appropriate foods possible, so that they can have a life full of health, vitality and longevity.

*Everything Raw's* MISSION is to assist and educate pet parents on the health benefits of feeding species appropriate raw food to their dogs while providing pet guardians with the healthiest and most complete and balanced raw food products for their fur babies at the most affordable prices possible. Because we believe that our fur babies are precious to all of us, we will not compromise quality for quantity, the personal touch for the bottom line, or our devotion to our clients, two legged and four.

At *Everything Raw*, we are committed to assisting our clients every step of the way, ranging from clients new to raw, experienced clients looking to switch to or supplement their current products and breeders starting their puppies off on the right paws.

*Everything Raw* will only sell products that we ourselves provide to our own dogs.

## DISCLAIMER

We are not veterinarians or animal experts, or even breeders. We are simply pet owners who have seen the benefits of feeding raw to our own dogs, past and present. The information we discuss with you and the information in this document are the result of research that we completed, and what we do as pet parents of raw fed dogs.

As pet owners, it is your responsibility to educate yourself on raw dog food diets, as well as other benefits available for your dog. The information contained in this document is what we do for our own pets and is provided to you for information purposes only. You are still encouraged to do your own research and come to your own conclusions on what is best for you and your dog(s).

We believe that pets should be provided with a varied diet, and therefore encourage you to provide different meat sources and products to your pet on a regular basis.

The products that we provide carry no guarantees, other than the ones noted below. While we make every attempt to advise our clients of the importance of providing healthy, complete and balanced meals to your pet, not all of our products, specifically the Meat and Bone products or the Back2Raw Basic recipes meet the definition of complete and balanced meals. Pets must be provided with a specific amount of meats, bones, offal, veggies, vitamins and minerals, as well as supplements, on a regular basis. Use these products at your own discretion.

## THE BENEFITS OF RAW FOOD FOR DOGS

**Dogs are carnivores.** Their ancestry, while it may not look it in some dog species, is from the wolf. Wolves eat meat as their main food source, mostly large-hoofed animals including deer, mountain goat, moose, elk and bison. They will also hunt for rabbit or hare, beaver, birds and fish. Wolves will also eat some fruits and vegetables, when available.

Wolves do not eat corn on the cob, wheat, grains or rice, nor do they have ovens to cook, barbecue or roast their fresh kills before they eat it. The closest they come to cooking their food is when they bury it for future consumption.

When your dog is provided with raw meat with bones (ground or whole), offal, fruits/veggies, vitamins, minerals and supplements, your dog will THRIVE, not just “survive”.

So, what are the benefits of feeding your dog raw??

(1) **The Disappearing poops:** When potential clients come to our shop/café, they become very interested in providing raw to their dog when we explain that **Raw fed dogs are Magicians...their poops disappear in 4 days or less.** You read that correctly. Not only that, but a raw fed dog will also poop ¼ their size of their kibble-fed counterparts. **AND**, a raw fed dog’s poop no longer smells after 1 hour. **That means that unless you are walking your dog (please pick up his/her mess), you can leave the poop on the ground to disintegrate on its own, without having to pick it up. How cool is that!!**

(2) **Kibble Avoiders:** It's also very common for the Shop/Café to receive, on a regular basis, potential new clients whose dogs are no longer interested in eating their kibble. **WE LOVE THOSE DOGS.** The pet parents have tried everything to get them to eat, including trying different brands of kibble to no avail, and even adding delectable food scraps to the kibble, only to have the dog eat around the kibble for those sought out morsels. They are letting their owners know that there is something wrong with their food and they want something else, even to the point that they will only eat the kibble after a while and when/if nothing else is provided, which can go on for days. Raw fed dogs will look forward to mealtimes with excitement and in most cases, will remind you that it’s their mealtime.



(3) **“Food motivators” in Disguise:** We have had clients tell us that their dogs are not “food motivated”, yet we have almost lost a few fingers providing samples to those dogs, with the dogs following us around the shop/café looking for more.

(4) **The Case of the Disappearing Fleas?** Not only that, but raw fed dogs don’t attract fleas or even parasites for that matter. Yes, you read that correctly, again. The reason is because a raw fed dog doesn’t smell...whereas kibble-fed dogs have a yeasty smell, which attracts the fleas and other parasites to it. If you were to place a kibble-fed dog and a raw fed dog in a flea environment, the kibble-fed dog will walk out with most if not all of the fleas, because

of the yeasty smell common to kibble fed dogs. A raw fed dog doesn't have that smell, so the fleas don't recognize it as a host. Just like pet owners, fleas don't recognize a human as a host, for the same reason. **Mystery Solved!!**

(5) **IT'S A DOG THING:** Secondly, because raw fed dogs don't have that yeasty smell on their coat, **THEY NEVER NEED TO BE WASHED...** unless of course they rolled into or onto something that they shouldn't have... Nothing like a dog finding a dead fish to roll onto or even a cowpie to roll into to mask their scent.

(6) **A Coat to Brag About!!:** Kibble fed dogs have a dull, unhealthy coat, that smells... well, like a dog. When a dog is fed their species appropriate diet, the raw fed dog will lose its dull, unhealthy coat only to be left with a beautiful healthy and shiny coat any dog would be proud to brag about.

(7) **White and Pearlies!!:** Another benefit is that raw fed dogs very rarely get plaque on their teeth. Raw food does not have salt (except from the blood) or sugars, which is very common in kibble. As with humans, dogs are salt and sugar addicts, and the kibble companies know this. And as with humans, sugars can stick to teeth, which causes plaque to form on their teeth, necessitating regular "expensive" dental cleaning. While we have the utmost respect for vets, we can't help but laugh when a client tells us that a vet has recommended a specific type of kibble to help their dog with plaque formation on the dog's teeth. Their reason...the kibble is harder to crunch, so the kibble will scrape the plaque off of the dog's teeth. Vets either forget and/or maybe don't even realize that it's the kibble that is causing the plaque. For a vet to say that a harder kibble will remove plaque off of a dog's teeth is no different then me telling you to eat "peanut brittle" to remove the plaque off of your teeth.



(8) **The dreaded VET Visits:** Raw fed dogs have stronger, healthier immune systems, allowing them to be more resistant to disease and ill health. Not only that, but health problems such as allergies, skin conditions, dull coats, arthritis and lack of energy are all improved and, in some cases, eliminated, including ear infections, skin irritations, yeast infections, hot spots, to name a few. Raw fed dogs are also more alert, energetic and all around healthier in mind, body and spirit.



(9) **Custom tailored diet** - A raw diet provides a pet guardian with the ability to custom tailor their dog's diet to maintain a healthy weight, by considering their activity level, age, health problems and specific nutritional requirements; and

(10) **Natural enzymes, Vitamins and Minerals** - Through their raw diets, dogs are provided with naturally occurring nutrients and enzymes from eating raw meat, organs and bones.

## WHY IS RAW DOG FOOD NOT WIDELY RECOMMENDED BY PET CARE PROFESSIONALS?

At *Everything Raw*, we understand the misgivings that pet care professionals have with feeding raw food to your dog(s). The concept of feeding a species appropriate diet has been lost over the years, with the introduction of other food bases, such as dry morsels (kibble), freeze-dried morsels, HPP products (also known as High Pressure Processing), high carbohydrate treats, etc.

Pet care professionals are often faced with the serious health consequences experienced by dogs that are caused by providing incomplete, unhealthy, and unbalanced homemade or commercial pet foods available on the market or made at home. Pet care professionals are also concerned about the spread of e-coli and salmonella poisoning.

At *Everything Raw*, we strive to provide our clients, or those just curious about feeding raw to their dog(s), with the information and resources that they need to become informed pet guardians, allowing them to move forward with confidence and enthusiasm. We advise all our clients to do their research from reliable sources and to connect with holistic vets, as much as possible.

## WHAT IS A HEALTHY, COMPLETE AND BALANCED RAW FOOD DIET?

Dogs need quality proteins (meat, bones, organs meats), fats and a small amount of vegetables and fruits. Vegetables and fruits provide antioxidants and fiber to animals that no longer hunt whole prey.

Dogs need unadulterated, fresh, whole foods that are moisture dense. They don't need grains, fillers, artificial preservatives, sugars or salts, colors, additives, chemicals, by-products, or processed foods. Although animals can eat some processed foods, they aren't designed to consume a lifetime of dry or canned diets.

For a dog, their diet should consist of approximately 60-75% meat, 10-15% bones, 5-10% offal, and 15-25% vegetables. To put this into perspective, think of a rabbit, a bountiful source of food for wolves; the meat to bone to organ meat ratio, with the skin and rabbit intestines (predigested vegetable matter) being the roughage.

- **Meat and bones:** Dogs should be provided with approximately 60-75% meat and 10-15% bone in their diet. You can provide your dog with chicken meat (including a whole chicken, chicken backs, necks, thighs, wings, and even feet), turkey meat (including turkey backs, necks, thighs, wings and feet), duck, lamb, beef, rabbit, venison, and wild game such as pheasant or partridge.
- **Fish:** You can provide whole fish of just about any kind, however, *do not provide raw salmon or trout or other anadromous fish – fish that swim upstream to spawn, as it may cause salmon poisoning.* Cooked or canned salmon packed in water with the skin and bones

included are excellent choices. Canned sardines packed in water is another excellent choice. We do not however recommend canned tuna, given the high mercury level it contains.

- **Organ meats:** Also called offal, include heart, liver, kidneys, spleen, lungs, etc., are excellent choices. Organ meats provide an excellent, natural source of many nutrients your pet needs, and would naturally eat. Offal, however, are very rich and should be used sparingly, making only 5-10% of your dog's diet. Think of organs meats as natural vitamins and minerals.
- **Fruits and Vegetables:** In the wild, a wolf will first ingest the stomach content of their prey. The stomach contains predigested fruits and vegetables as well as natural herbs. The wolf or dog's digestive system cannot absorb raw vegetables or fruits unless they are cooked and processed in a blender or food processor to break down the fibers, similar to what is found in the prey's stomach. We do however encourage raw fruits and vegetables, for meal or treat enjoyment. There are tons of different fruits and vegetables that you can provide to your dog. For vegetables, we don't recommend premade baby carrots as they are soaked in bleach water for longer fridge life. Feed a whole carrot with skin included instead. For fruit, do not give grapes or raisins. Just experiment with your dog and see what they like.
- **Green Tripe:** Green tripe is the 4<sup>th</sup> stomach (with content) of grazing cows, buffalo, bison, and lamb. These enzymes (good bacteria and amino acids that help animals digest grass) are equally beneficial for our dogs, giving a boost to their digestive system, which, in turn, improves a dog's immune system. But the smell is shockingly bad. The benefits of green tripe far out ways the smell. Green Tripe promotes healthy digestion, offers a boost to the immune system, spurs a dog's appetite, treats both diarrhea and constipation, soothes gastrointestinal upset and infections, is great for dogs with irritable bowel syndrome, heals and prevents vaginal infections and is great for dogs with seasonal outdoor allergies. Green tripe can be fed as a supplement added to their meal a few days a week and is a great way to hide the taste of medicine, supplements and can even tempt a dog who is being picky about their food. ***Do not provide your dog with the white tripe that can be found in grocery stores, and has no beneficial qualities for dogs.***
- **Vitamins / Minerals:** Supplements can be a very healthy addition to any diet, especially to the weak, sick and elder pets. In general, a balanced raw diet provides your pet with all of the nutrients that he/she needs to maintain a healthy long life, but vitamins, minerals and supplements can give their immune system a great boost.

**Extras:** Other ingredients that can also be used to add variety and provide additional nutritional value to raw food can include: cottage cheese, grated cheese, plain Greek yoghurt (probiotics), Sauerkraut (Prebiotic), raw or cooked free range eggs, some nuts and seeds, food grade bone meal (when bones are not an option) and kelp.

## HOW MUCH SHOULD I FEED?

Using the ideal adult body weight of your dog, the sex of your dog, the activity level of your dog and the age of your dog, you can determine the amount of dog food you need to feed him/her.

(1) **the age of your dog:** If you have a puppy, less than 4 weeks, you do not feed raw yet. Let the mother's milk be its only nutrition as she is not only providing your pup excellent nutrition but also providing him/her with the antibodies that your pup needs to start life out right. A pup between 4 weeks and 1 year should be provided with between 3% to 4% of their ideal **adult** body weight until they reach their ideal adult body weight. Yes, it's a lot of food, but they need it for their growing bodies. However, keep in mind that smaller dogs grow faster than larger dogs, with some larger breeds potentially taking up to 1 ½ to 2 ½ years if not more to reach their full adult body weight.

(2) **the sex of the dog:** When you have a pup and you are trying to determine its ideal adult body weight, remember that female dogs tend to be smaller than male dogs. This usually applies to all breeds. Remember that if you have a pregnant or lactating female, you need to provide between 4% and 8% of her ideal adult body weight, and in some cases, even 10% at the end of her lactating period. Remember she is eating for and feeding 2, 3, 4 or even more pups.

(3) **the activity level of your dog:** Do you have a couch potato, a very active or hyperactive dog, or an older dog? Three dogs from the same breed could be fed different amounts of food depending on the activity level. A couch potato would be provided with much less food than an active dog, even from the same breed or from the same litter.

(4) **his/her ideal adult body weight:** In order to determine your dog's ideal weight, you should go to the Canadian Kennel Club website, if you own a purebred. The site will provide guidelines only. Another good source would be your vet or the breeder, or even a website with a calculator.

For non purebred dogs or dogs that don't follow the CKC guidelines, check his/her weight by  
(a) for a dog with short hair, and if possible, standing over your dog and look down to see if you can see his/her tucked in waist but the hipbones are not producing too much; or  
(b) for a longer haired and/or fluffier dog, feeling the rib cage, making sure that you can feel the ribs and a small amount of fat on them. Contrary to popular belief, a chubby puppy is not a healthy puppy nor does a dog retain his/her "puppy fat".

In the case of a puppy where the ideal adult body weight cannot be determined, you can use 10% of the dog's current weight, assuming the puppy is not fat, until you can find the puppy's comfort eating level, then adjust according to how much he/she eats per meal and his/her activity level. You will need to monitor his/her weight on a constant and/or regular basis.

(5) **the breed of your dog:** Some breeds are notorious couch potatoes, like a Great Dane or Bernese Mountain Dogs, whereas a Jack Russell Terrier is super active. There have been some studies in Labrador Retrievers that has determined that they possess additional genes that make them constantly hungry. You no sooner feed them, and they are looking for more, even counter surfing if necessary. While a Great Dane may be twice the size of a lab, they eat about the same amount of food. Trial and error are required in these cases.



## RAW DOG FOOD CALCULATOR

The following “feeding chart” will fluctuate depending on your dog’s progress throughout its life. For example, a puppy at 3-4% will be reduced to 2.0 - 2.5% when it reaches its full adult body weight and depending on its activity level, while an older dog may be moved from 2.5% to 2.0%, either due to weight issues or inactivity. Lastly, when a dog has too much weight, and is now what we consider a “chunky monkey”, the dog should be moved from their current percentage to as low one. However, an overweight dog should lose its weight naturally.

The feeding percentages are as follow:

### Feeding Percentages

2.0%	Active dog but requires some Weight Loss
2.0%	Non-Active Dog at Ideal Weight
2.5%	Active dog or can stand to gain weight
3.0%	Very Active dog
3.0 - 4.0%	Kittens/Puppies (8 weeks - 1 year)
4.0 - 8.0%	Kittens/Puppies (4 - 8 weeks)
4.0 - 10.0%	Pregnant/Lactating Females (depending on pregnancy or lactating stage)

*Here is an example to assist you:*

Charlie is a 3-year-old male, golden retriever. He weighs 70 lbs (his weight is just right) and is active for his age and breed. Therefore, 70 lbs X 2.5% equals 1.75 lbs of food per day. Divide that number by the number of meals he is fed per day.

## HOW TO TRANSITION YOUR DOG TO A RAW DIET

There are two ways to convert a dog from kibble to raw. The “Cold Turkey” method and the slow transition method.

### Cold Turkey Method – Pun Intended

In most cases, we recommend the “Cold Turkey” method as most dogs do the transition very well, with little to no issues reported. We do however recommend that there be at least 12 hours between the last kibble meal and the new raw meal. Some raw feeders will recommend a 24 hour fast, but we recommend a 12 hour fast only.

The best time to switch your dog would be to provide your dog with his/her kibble food at supper time and then serve the new raw meal at breakfast time the next morning. This time gap allows for the majority of the kibble to pass through your dog’s system before introducing their new raw diet. This also allows you to thaw the raw food in the fridge overnight.

### “Slow Transition” Method:

While the “Cold Turkey” method is suitable for most dogs, there is a small number of dogs

that would benefit more with the slow transition method.

These include those dogs with sensitive stomachs, dogs with moderate to serious yeast problems, and dogs that may have health issues, such as diabetes, leaky gut, allergies or sensitivities, to name a few. However, we have found that around 80% of dogs with these conditions, just switching them to a raw diet will drastically reduce and/or eliminate these conditions.

To make the transition as smoothly as possible, the “Slow Transition” goes as follows. Remember that the poops will determine when you move to the next step. A good solid poop means you are move forward; a soft or loose poop means you hold at that step until your dog has a solid poop. Let you dog determine how quickly you progress through the steps.

- 25% raw with 75% kibble.
- 50% raw with 50% kibble.
- 75% raw with 25% kibble.
- 100% raw

#### **For both methods:**

If you aren't sure how your dog will respond or there is a history of digestive upset, then you will need to give your dog some time with the transition. The slower transition will also allow your dog's stomach to move from an alkaline pH to an acidic pH.

Dogs that eat kibble have an alkaline pH in order digest the large carb load from kibble, while raw fed dogs have an acidic pH, between 1-2, in order to help them to digest the meat and bones effectively. It can take up to a week or so for your dog's stomach to get to it's normal pH of 1-2.

During this time, dogs can vomit up their food or bone, because the stomach pH can't properly digest it when they are first switched to raw. Or the switch can cause “acute gastroenteritis” from an overgrowth of bacteria currently in their stomach.

Unfortunately, these two reasons are why a lot of owners give up on switching their dogs to a raw diet. They claim that the dog can't handle the meat and/or bone when in fact, the altered pH is the culprit. Therefore, if you can control the pH of the stomach, we can do a much better job of transitioning without too many issues.

During either process, we recommend adding the following to their meals, to make for an easier transition. Our objective here is to assist your dog's biodome (immune system) as well as his stomach to adjust to their new way of eating.

- **Probiotics / Prebiotics:** What is the difference between a prebiotic and a probiotic? Think of a garden. Your probiotic would be equal to your seeds or plants, whereas the prebiotic would be equal to the soil or fertilizer. The prebiotics are food for the probiotics. Providing probiotics without prebiotics would be no different then throwing seeds on gravel. Some seeds will grow but the results will be less then desirable. Also, when providing prebiotics, keep this reference in mind as this will help you consider how much to give.

We recommend a premade prebiotic/probiotic for ease or you can provide items that you readily have on hand.

For a probiotic, you can provide plain Greek Style yoghurt, kefir or any product with a healthy bacterial load. We do this to help build up or to rebuild the good bacteria in your dog's stomach (also know as their biodome or immune system). The good bacterial colony is designed to keep the bad bacteria and yeast under control.

For a small dog, 1-2 teaspoon, for a medium dog, 1-2 tablespoons and for large dogs, 2-3 tablespoons, per meal for the first 2 weeks, then per day after that.

For a prebiotic, you can provide your dog with a very small amount of Sauerkraut, or some ground flax seeds. You can also provide some fiber rich veggies and yes, the very smelly Green Tripe. Depending on what you provide in this case, just a small amount works great. And if they don't like the sauerkraut or green tripe, move on to something else and don't push the issue.

We also recommend two commercial prebiotic/probiotic blends, namely Adored Beast Four Leaf Rover. Each of their companies have products that can target different issues for your dog. For example, for dogs that have diarrhea and/or constipation and/or vomiting, we recommend Gut Soothe (Adored Beast) as it has an anti-inflammatory component as well as a prebiotic / probiotic blend. For dogs who have issues with digestion, we recommend Healthy Gut (Adored Beast) as it provides dogs with enzymes, as well as the prebiotics / probiotic blend. And these products have no fillers in them.

- **Pureed Pumpkin** : Pureed pumpkin (NOT pumpkin pie mix) is excellent when dogs have diarrhea or are constipated. The secret is the fiber content, which can help both conditions. You can add 1 to 4 tablespoons of canned pumpkin to their food for a few days until your dog's poops become firm.
- **Omega 3/6** : Omega 3/6 are essential fats for your dog. In the right balance, omega fats can play a key roll in health and immunity. We always recommend a good balance of omega 3/6 fats for the health of your dog's skin (their first line of defense) and for overall health. Excellent choices are Coconut oil, Avocado oil, Olive oil, all products you have at home. We also recommend Hemp Oil (Adored Beast), Sea Safe (Four Leaf Rover) and Omega3/6 (Adored Beast).

We DO NOT recommend any fish oils, including salmon or krill, as (1) salmon/fish oils are highly processed and usually rancid before you even get them, and (2) krill is food for penguins, whales and fish, all at the risk of extinction due to krill harvesting.

For a small dog, 1-2 teaspoon, for a medium dog, 1-2 tablespoons and for large dogs, 2-3 tablespoons, per day.

## WHAT TO EXPECT WHEN YOU TRANSITION YOUR DOG TO RAW!

When a dog is transitioned to a raw fed diet, oftentimes, anywhere from one to three months, they will usually go through a **detoxification process**. The level of detoxification will depend on the current health of your dog, particularly how many toxins your dog has been exposed to, and this in particular includes the number of vaccines, heartworm medications, flea and tick preventions, etc.... they have been given which all have chemicals in them that are difficult for dogs to expel from their body. *The detoxification process is totally normal* and is actually something to celebrate.

The detoxification for your pet will occur through the bowels and skin, and sometimes through their ears and eyes. During the detoxification process, your pet will act completely normal. These symptoms of detoxification will pass on their own. These are all signs that your dog's body is cleaning itself naturally and **no oral steroid or injections, antibiotics or topical treatments are needed**, and in fact, if used, have been known to suppress the detoxification process.

Here is a list of some or all of the things what you can expect:

- **Smaller stools** – Raw food diets usually produce small, hard balls of poop that are easily passed and turn white after a few days, will crumble and simply blow away in a day or so if you forgot to pick them up. The days of multiple huge piles of stinky poop are now a thing of the past.
- **Mucus stools** – Some pets will pass blobs of mucus in their stools. No need to worry, your dog's body is getting rid of the toxins it has in its system.
- **Hair loss** - You might find that your dog is shedding a tremendous amount of hair. Pets shed out their old, dead, dull hair, and begin growing a healthier, shiny, soft coat.
- **Itchy Ear (with or without discharge)** – You might see your dog scratching at his/her ears, or you might also see a lot of earwax or debris being produced from the ears. Simply gently clean it out. This is your dog's body expressing excessive yeast from their ears.
- **Runny eyes** – This is another way for the body to expel the toxins found in your dog. Just clean with a tissue until the runny eyes have stopped.
- **Constipation** – The majority of commercially available raw food diets do not usually contain any fillers, extra fiber, and certainly no animal hair, which would be normally found on any prey animal that wild dogs consume. This lack of hair can also mean a lack of roughage or fiber. Therefore, some pets can get constipated. It is for this reason that vegetables are added to raw meals, a form of fiber. If you suspect your dog is constipated, provide a little bit of canned pumpkin (not pumpkin pie mix) to their food until your dog has a normal bowel movement.
- **Diarrhea** – Some dogs will have diarrhea when transitioning. In this case, provide a little bit of canned pumpkin (not pumpkin pie mix) to their food until it stops. Some dogs don't transition as well on raw as others.
- **Drinking less water** – It's only natural for your dog's water consumption to diminish as the raw food provides lots of moisture. Dogs that are fed a diet high in carbohydrates are always thirsty because they are eating a dry food on a regular basis and the dry food needs water to expand in their stomach.

## WHAT TO DO IF YOUR DOG REFUSES TO EAT THE RAW DOG FOOD?

If you are transitioning a puppy, it is recommended that you go “cold turkey” but do not follow the following protocol if the pup refuses to eat the food. In this case, do the slow transition method instead. Additionally, if your dog has sensitivity issues, you will need to transition slowly, as noted above. The following is for healthy dogs or dogs with no health issues.

While it may seem unusual that a dog will not take to raw food right away, for some dogs, doing the switch to raw isn't always easy. You've done all of the research, and you are so excited to get your dog on raw, you proudly present him/her with their new healthy meal choice. For some dogs, they gladly gobble it up, lick their plates/bowls totally clean and look at you for more.

But in other cases, however, your dog takes a couple of sniffs, may even take a taste or a lick, then might sit on his/her hunches, look up at you, confused, not sure what to do, and thinking, really... what is this in my plate???

No worries. There are things in their previous meal that made their food very appealing, like interesting smells, flavours, and textures!!! Raw food on the other hand is very different. Chicken has very little smell or taste, and this can make the food very foreign to them, with some dogs wondering if what is in their plate/bowl is even food at all.

And then... you have the picky eaters, those dogs who won't eat anything unless they choose to eat what is being presented to them. It's very difficult to explain to the owner of a picky eater that the dog is really wearing the pants in the house... it's the dog who has cemented themselves as the alpha leader. It's very interesting what owners of picky eaters will do to get their dog to eat the food, and unfortunately, choosing in some cases to go back to their former food.

The following protocol, even for those picky eaters, will help you in your dog's transition to raw food. For the owners of picky eaters, resolve is required in this case.

Let's use this analogy to help you along. Let's assume that you are the alpha and that you caught a chicken, a rabbit or even a deer, and you present this meal to your dog or to your pack. In the wild, the alphas of the group catch and kill the meal for the pack and then share with the pack, after they have eaten their fill of course. Have you ever seen a wild dog or wolf refuse to eat the meal that was presented to them by the alpha? So why are we allowing our dogs to steer away from this natural process.

So, let's get started. First, don't get upset with your dog, even though your raw food bubble may have been deflated a bit. What is required in this case, is retraining that what is being present to them is really food, and/or that the kibble type food that they were being presented with are now a thing of the past.

Because kibble and raw are processed different in the digestive system, there should be a minimum of 12 hours from the last kibble meal to the raw meal, so as not to cause an upset stomach. Some advocates will recommend a 24 hour fast. That choice is up to you.

***Everything Raw*** always advocates serving the food completely thawed. Some dogs however

do prefer the food partially thawed and in some rare cases, completely frozen. When first introducing the raw food, always serve completely thawed. Once the food has been introduced, during hot days, you can serve the food partially thawed, allowing your dog to cool down while he/she eats. Serving the food partially frozen or completely frozen to a dog that swallows his/her food whole is not recommended. Remember that if you serve the food frozen, imagine you swallowing an ice cube whole. Some dogs however may prefer their food slightly warm, room temperature or fresh kill warm. Each dog is different.

The following protocol is for dogs that are healthy. If your dog has problems with blood sugar levels or has some serious pre-existing health conditions/issues, you will need to work with your *holistic vet* to help your dog transition to the new food. Your regular vet may not help as most vets are against providing your dog with raw dog food.

So... Let's get started... Put the food in a bowl or plate in front of your dog. Once the food is down, give your dog 15 minutes to eat it. If, after 15 minutes, your dog has not eaten the food, even with some coaxing, take the food away and don't provide it again until their next meal. Get ready though... Your dog will give you sad puppy dog eyes, facial expressions and maybe even some pouting. They could even bark, whine and try to convince you that they are starving. Don't let your dog fool you. They have made the choice to not eat their food. This behaviour can go on for 1 to 3 days, but your dog can go without food for that long, even longer, especially for the more stubborn ones. Your dog will not intentionally starve itself. How quickly they adapt to the new food is entirely up to them. If your dog refuses to eat the new food, DO NOT RETURN TO KIBBLE, do not provide dog cookies, dog treats, training treats, table scraps, rawhides or pizzles. NOTHING. And it's not recommended that you mix kibble with raw dog food, unless you are following the slower process of transition, as noted in the previous section.

If that doesn't work, you can add low sodium chicken broth to the new raw dog food, or you can sprinkle or add one of the following: a little bit of garlic powder on top, 1-2 tsp of molasses, a raw egg, baked beans, 1-2 tbsp of plain Greek yoghurt, cottage cheese, green tripe or even grated parmesan cheese. You can also put some canned sardines or salmon packed in water that has the skin and bones included. These extras are eventually taken away as well. However, if your dog starts to pick out the add-ins and spit out the raw dog food, got to love those picky eaters, do not provide any add-ins at all.

For the really picky eaters and in some cases for senior dogs who have been on kibble for so long, if they still insist on not eating the food after 2-3 days, you can slightly pan fry or sear the raw dog food so it is warm and/or partially cooked, gradually cooking it less and less each day until your dog eats the food completely raw. Do not cook the food too much as the raw food has ground bone in it.

If, at some point during the transition, your dog ends up with diarrhea or becomes constipated, but your dog is overall healthy, add some pureed pumpkin, pureed sweet potato, pureed squash or green tripe to your dog's next meal as this will help bind and prevent loose stools for dogs with diarrhea and regulates the stools for dogs who are constipated.

## WHAT CAN I ADD TO THE RAW FOOD?

There is a misconception that dogs should only be provided with one (1) source of food, (1)

brand of food and (1) type of food, during their entire life. Imagine eating the same food over and over again, meal after meal, day after day, month after month. For some dogs, this isn't an issue, like your labs, but for other dogs, variety is their spice of life.

**Everything Raw** does not subscribe to the belief that dogs should be fed the same thing over and over again. In the wild, wolves are provided with a variety of foods and food sources, ranging from various types of meats, fruits, vegetables, herbs, etc.

By providing your dog with only one meat source, such as just chicken or just beef, either as a complete meal or as a meat and bone option, you create a situation called "**protein fatigue**". This, in essence, creates your "picky eaters", meaning those dogs that are not inherently picky but become picky eaters over time. The small dogs are notoriously picky eaters, but medium to large sized dogs, this is not an inherent trait, it's a learned trait.

But don't mix up **protein fatigue** with dog food preferences. For example, some dogs love rabbit and lamb, some will take to fish while others will turn their noses at it, while some prefer the more exotic meats like bison, elk, etc.... In some cases, it's a dog's preference and in other cases, it's breed preferences.

So don't be afraid to let your dog try new and exciting meat choices. Some of these choices can be expensive but think of it as providing your dog a T-bone steak once in a while, just like you might enjoy from time to time.

We recommend that our clients treat our products, such as beef, chicken and turkey as main meat sources, but also spend additional funds to purchase meats that allow your dog to go "**on the wild side**". These would include rabbit, quail, lamb, pork, fish, bison, elk, just to name a few.

For those dogs lucky enough to have hunters as pack leaders, we recommend whole or the remaining parts of rabbit, duck, deer, moose, pheasants, including the organs meats and with caution, the weight bearing bones such as feet, to name few. Keep in mind parasites prevalent in specific areas, when considering providing your dog with these options, for example the brain or lungs.

Once your dog has been established on raw, there are other things that you add to their meals that spice up their food. However, when adding certain products, you must take into consideration the weight when measuring out the amount of raw food that you are providing. Those items have been identified with a "\*". As a rule of thumb, if it's part of the meat family, it gets weighed with the food.

Also, while this list may be comprehensive, just like humans, dogs have their preferences. Some dogs loved veggies, and some will turn their noses at them, but may jump over you to reach that illusive blueberry.

**Fruits:** All fruits are allowed, except grapes and raisins.

**Veggies:** All fruits are allowed, both cooked and raw. This includes onions (most dogs won't eat a raw onion but may eat it if it is cooked in a stew) and avocados (not the skin or seed). Again, let your dog pick what they want. I give my dogs the stem of the broccoli or cauliflower.

I have one dog that won't eat veggies but will eat avocados. Go figure. (Note: Regarding the small carrots in the bags, do not use them as they have been soaked in bleach water. Not really fit for human consumption either. Use regular carrots, skin included).

Just remember that dogs can't digest fruits and veggies, so if a carrot goes in whole, it's coming out whole.

**\*Raw Meats:** All raw meats, except salmon or trout (anything that swims upstream), are permitted. We also don't recommend raw pork as it's difficult to tell the difference between the meat and the fat.

**\*Cooked Meats:** All cooked meats, including salmon, trout and pork.

**\*Eggs:** These can be provided raw or cooked. If you make yourself some eggs for breakfast, just add one for your dog, and provide on top of his/her meal. However, remember how often a wolf would have access to eggs to guide you. We recommend no more than 1-2 eggs per week. Free range chicken (or other poultry type) eggs are recommended, whereas store bought eggs may have been treated with a chemical to ensure a longer shelf life

**Cheese:** Dogs love cheese but use in moderation. Their favourite is real, grated parmesan cheese, but use fresh, not the "sat on a counter for years" varieties. My dogs eat brie, parmesan, cheddar, cottage cheese, just to name a few.

**\*Canned Fish:** Canned Sardines or Canned Salmon, packed in water, skin and bones included are dog favourites. You can add the juice on their food as well. You can provide 1-2 sardines per meal. For canned salmon, divide the can in 3 or 4 portions, depending on the size of your dog. The skin and the bones are very beneficial, so make sure you include that as well. **WE DO NOT RECOMMEND TUNA BECAUSE OF THE HIGH MERCURY LEVEL.** This includes the juice as well.

**\*Frozen Fish:** You can provide frozen fish to your dog but be careful how much you give as this can be very rich. Choice include sardines and mackerel, to name a few.

**\*Edible bones,** such as chicken feet, chicken wings, chicken backs, chicken necks (small dogs), and turkey necks (large dogs). These bones **MUST BE RAW.** It isn't unusual for a raw fed dog to only be provided with a bowl of raw meaty bones, as a meal, from time to time. Just be aware that a large amount of bone may cause a dog to become constipated. So, do this sparingly or balance out the meat bones with a boneless meat or meal from time to time.

**\*Green Tripe:** Not always easy to find, but tooted for its many benefits, including providing your dog with additional enzymes, good bacteria and amino acids that will help him/her boost their digestive system, which in turn, can improve your dog's immune system. But be prepared, the smell can be quite shocking to your nose.

**Omega 3/6:** As noted earlier, a proper balance of Omega 3/6 is very beneficial to promote your dog's first line of defence, his skin. Options include coconut oil, avocado oil, olive oil, hemp oil, or any oil that has been cold pressed. We also recommend Omega 3/6 products from Adored Beast and Four Leaf Rover. **DO NOT USE FISH OILS,** including salmon, mackerel or krill.



**Pureed pumpkin** (including sweet potato or squash): depending on the size of your dog, 1-2 tablespoons per meal, to help your dog with diarrhea or constipation. Provide this until your dog has a normal bowel movement, then one additional serving at their next meal, for good measure. Do not provide the pumpkin pie mix.

**Turmeric (curcumin):** While turmeric has wonderful health benefits, it is usually provided to dogs for its pain relieving, healing and anti-inflammatory properties. According to Dr. Becker, she recommends “you look for a high-quality, organic turmeric product and consider giving small to medium-sized dogs can be given 250 milligrams twice a day and large to giant breeds should get 500 milligrams two to three times a day.” (125 mg equals ¼ tsp).

However, be prepared that turmeric is yellow and can cause stools to be a little on the yellowish side and may cause staining on a dog’s muzzle or on your clothes if any gets on it.

## WHAT ABOUT SUPPLEMENTS?

The products that we recommend and sell, including our Premium products and Back2Raw Complete products, already contain the essential vitamins, minerals and amino acids that your dog needs. However, some dogs require additional immune system boosters.

As an added bonus, there are supplements and other food sources that can be added to a raw pet food diet. These help provide your fur baby with added health benefits, whether you just want to optimize your pet’s health, or if you are dealing with an older fur baby or with a dog with health problems.

Everything Raw offers two wonderful product lines to enhance your pet’s health and wellbeing; Adored Beast and Four Leaf Rover. Additionally, we also provide Hemp4Paws products as well.

- **Prebiotics/Probiotics:** Love Bugs (Adored Beast) and Protect (Four Leaf Rover) provide your dog with the correct balance of prebiotics / probiotics. These products can improve the gut flora in your dog, thereby boosting their immune system, and protecting them from various diseases.
- **Omega 3/6:** Hemp Oil (Adored Beast), Potent-Sea Omega 3 (Adored Beast) and Sea Safe (Four Leaf Rover) are all excellent products to increase the health of your dog’s skin and coat. When provided the right balance, omega fats play a vital role in your dog’s immunity, hormonal balance, and inflammatory response.
- **Enzymes:** Healthy Gut (Adored Beast) and Digest (Four Leaf Rover) will provide your dog with added enzymes to help with better absorption of the nutrients in their food and supports the improvement of gastrointestinal dysfunction and digestive issues.

- **Anti-Inflammatory:** Gut Soothe (Adored Beast) and Gut Guard are specifically designed to soothe and replenish the lining of the bowel, fight yeast and combat unhealthy bacteria.
- **Joint Pain / Mobility:** Hip and Joints (formally Green Eggs) (Four Leaf Rover) provides natural products to promote long-term joint mobility. Jump for Joynts (Adored Beast) used 4 different homeopathy remedies to support healthy joints, ligaments, tendons and muscle. These two products can be used together as well.
- **Cancer Fighters:** Immunity (Four Leaf Rover), Turkey Tail Mushroom (Four Leaf Rover), Chaga Mushrooms (Adored Beast) and Turkey Tail Mushrooms (Adored Beast) are all products with mushrooms that can help prevent and reverse cancer in dogs.
- **Allergies:** Bovine Colostrum (Four Leaf Rover) is an excellent product to help your dog with allergies, whether they be food related or seasonal.
- **Yeast Issues:** Yeasty Beast Protocol (Adored Beast) and Yeast Free Fido (Four Leaf Rover) are both excellent products to help you dog with yeast issues.
- **Leaky Gut:** Gut Guard (Four Leaf Rover) and Leak Gut Protocol (Adored Beast) are specifically designed to assist dogs with skin disease, compromised immune systems, food allergies, digestive problems, ear infections and more.
- **Organ Support:** Guts and Glory (Four Leaf Rover) is a powerful blend of organs meats, providing a large array of multivitamins to your pet for organ support.
- **Gut Health:** Bifido for Fido (Four Leaf Rover) and Fido's Flora (Adored Beast) as specifically formulated to provide additional support to ensure that the good bacteria aren't depleted when a dog is on antibiotics.
- **Antioxidants:** Phyto Synergy (Adored Beast) is 100% pure marine phytoplankton to support your pet's entire body, overall health and longevity. Red Rover (Adored Beast) is chocked full of potent antioxidants, to help fight oxidation stress and chronic inflammation.
- **CBD Oil:** CBD oil (Hemp4Tails) is a great natural way of healing because of its many health benefits, including reducing anxiety, inflammation, pain management, seizures, and much more. This product is made from the hemp plant, therefore does not contain any THC.

## WHAT TREATS CAN I PROVIDE TO MY RAW FED DOG?

While a small number of carb-based products are not harmful to a raw fed dog, raw feed dogs should be provided with meat-based or raw-based treats only. Examples include, but not limited to:

- Sweet potato chips – dehydrated with no preservatives, store bought, or home made
- Dehydrated Pig/Cow/Rabbit Ears – homemade or store bought.
- Dehydrated Lung treats – use sparingly as this is an offal
- Dehydrated Liver Treats – use sparingly as this is an offal
- Dehydrated Bladder Treats – dehydrated and somewhat expensive. Don't let the smell gross you out.
- Pizzles/Bully Stick – dehydrated and expensive – but dogs love them
- Commercial “meat products only” treats such as Freeze-Dried lung pieces, dehydrated chicken breasts, dehydrated beef strips, etc
- Others – any meat-based products that are freeze-dried or dehydrated, either store bought or homemade. Ensure that there are no grains, rice, corn or animal by-products in the ingredients.

We do not recommend the following for the reasons specified after the item:

- **Dehydrated feet** – These come in bags or single servings. The only rule for providing bones to your dog is that they can't be cooked. Dehydrated chicken feet, duck feet, or any dehydrated animal part that contains bone is in essence dehydrated through a slow cooked process, using a lower temperature to remove the moisture from the meat source, but does invariably cook the bone to some extent. Additionally, dehydrated products offered in bags are usually rancid when opened. If you do use these products, do so with extreme caution.
- **Dinosaur bones** – These are large weight bearing bones that usually come from cows or other large mammals. They come in different flavours, different sized and include various body parts, such as a femur, a knuckle bone, feet with hooves, etc. They are not pliable and are not porous.
- **Soup bones** – These are the large bones that you can find in the grocery stores, usually in the frozen section but also available directly from a butcher. Again, they are weight bearing bones, not pliable and are not porous. These bones are usually cut as well. There are some raw feeders that believe that the marrow in the bone is beneficial to their dog, but manganese that comes from the marrow can be provided in other more suitable forms. The best use for these bones is for making bone broth only.
- **Antlers and Hooves** – These are popular with some dog owners, but again not recommended. While the antlers are porous, they are very hard and could cause your dog to chip a tooth, a very costly procedure if the tooth or teeth chip the wrong way. Same with the hooves.
- **Others** – Always check the labels. If it contains any binders, such as flour of any kind, don't buy it.

When selection treats for your dogs, use common sense. While some bones are beneficial to your dog, many products available on the market are not. Telling the difference is crucial for the health of your dog and his/her teeth.

## WHAT IS THE DIFFERENCE BETWEEN RAW MEATY BONES AND RECREATIONAL BONES?

There are two types of raw meaty bones, noted as edible bones and recreational bones.

### **NEVER, EVER PROVIDE YOUR DOG WITH COOKED BONES.**

Edible bones are the hollow, non-weightbearing bones of birds (typically chicken wings, chicken necks, chicken backs and chicken feet for small dogs and turkey necks, turkey backs and chicken/turkey feet for larger dogs). They are soft and pliable, do not contain marrow and can be easily crushed in a meat grinder. Dogs need to be supervised to make sure that they don't swallow the wings, necks or feet whole, and to ensure that they take their time with them to exercise their jaw muscles.

Recreational bones are the big beef or bison femur, or hip bones filled with marrow that don't supply significant dietary nutrition (only meant to be gnawed on) but do provide mental stimulation and are great for oral health. When chewing on a raw recreational bone, especially the meaty ones with cartilage and soft tissue still attached, it's like brushing and flossing their teeth. Dogs get to have beautiful teeth and healthy gums and no bad breath.

*Everything Raw* does not endorse the use of recreational bones, like weight bearing bones, because dogs can break their teeth on them or could choke on some of the pieces that could/might break off.

If providing recreational bones, it is recommended that you go to a butcher and request for a weight bearing bone that has *not been cut*, that has a small amount of meat left on the bone (this allows your dog to clean his/her front teeth) and has cartilage on both ends of the bone.

Also, ensure that the recreational bone matches or exceeds the size of your dog's head so that your dog doesn't swallow them. Once most or all of the meat is gone and your dog has chewed the cartilage on both or either end or is close to the harder part of the bone, the bone has now lost its usefulness. It's time to chuck it (lol) and get another one. But remember, you are still running the risk of your dog chipping a tooth, and if that tooth or teeth chips the wrong way, the vet fees to fix that tooth or teeth can be very expensive. Weigh the risks carefully.

As a last resort, a fully digestible, high quality dog dental bone, that is 100 percent natural and contains absolutely no corn, soy, gluten, extra fat, sugar or animal by-products, can be used as a substitute.

### **So, what about rawhides?**

Rawhides are made from the inner layer of cow or horse hides. The hides are then cleaned and cut or ground, pressed into chewable dog treats of different shapes and sizes. They even come

with beef, chicken or liver flavorings. Dr. Becker does not recommend rawhides for dogs, however, if you chose to provide them to your dog, always supervised when eating them to ensure that they are not swallowed whole.

## THE DO'S AND DON'TS OF FEEDING YOUR DOG RAW DOG FOOD

### Do:

- ...refrigerate all thawed raw foods and feed within 4 days of being thawed
- ...wash surfaces and hands as you would after handling your own meats in the kitchen
- ...monitor your pet's stools, urine, thirst, appetite and energy level before, during and after the switch to raw
- ...allow a minimum of 12 hours when switching from "kibble" to raw.
- ...check your dog's weight on a regular basis.
- ... adjust the food depending on your dog's activity level, providing more when he/she is active that day, and less on a relaxed day.
- ...(always) weigh the food to ensure that the proper amount is being provided (eyeballing will cause dogs to be either underfed or overfed over time)
- ...remove any bones when your (aggressive chewing) dog has broken off large pieces of bone or shards of bone (remove product immediately)
- ...make sure that your dog has fresh water every day.
- ...from time to time, give your dog veggies, like carrots, and fruits, like apples (without the seeds) for your dog to chew on. Make sure you research which veggies and fruits are OK for your dog. Remember that dogs are unable to digest fruits and veggies, it's more for a natural chew toy.

### Don't:

- ...feed foul-smelling meat to your pet and do discard in a garbage can that is not accessible to your pet
- ...leave raw food out for your pets to "nibble" on. If your dog has not eaten all of the food, remove it after 15 minutes and refrigerate the unused portion. If this repeats, you might need to readjust the amount provided. It is normal for a "kibble fed" puppy to not eat all of the raw food provided, but this will correct itself within a couple of days (do not readjust in this case)
- ...mix raw food with kibble
- ...overfeed your dog
- ...leave your dog unattended when eating bones (recreational, edible, rawhides, etc)
- ...feed your dog raw salmon (sashimi salmon is fine) or trout. Both must be frozen at a certain temperature for a certain length of time. It's not worth the risk. Cooked salmon or trout is a wonderful tasty option.
- ...worry if your dog drinks less, it's normal (there is a lot of liquid in raw dog food)
- ...give your dogs any rice, grains, pastas, breads, or carbs of any kind.
- ...give your dogs any sugars, like chocolate, candies, etc.

and remember... **NEVER, EVER GIVE YOUR DOG COOKED BONES.**

## WHAT IS THE DIFFERENCE BETWEEN AN ALLERGY OR A YEAST ISSUE?

Unfortunately, most people, including vets, mix these two up. So what is the difference?

### Yeast problems

Dogs with yeast issues will usually have some or all of the following symptoms:

- Licking of paws, bellies or rumps (what ever they can reach);
- Scratching of any itchy areas, including the ears;
- Discharge of the ears (this could be waxy and/or a black discharge)
- The ears are red and sometimes swollen;
- They smell like a “taco”, or “yeasty”;
- There is an oily residue left on your fingers when you pet them.
- They may have black/brown dots on their bellies (lightly coat the belly with coconut oil, leave for a few minutes and see if they come off with a light scratch).

Dogs with yeast issues can no longer tolerate the high carb load in kibble. The kibble is feeding the yeast, causing an imbalance in your dog’s biodome (stomach/immune system).

A dog’s stomach contains both good and bad bacteria and yeast. The good bacteria is supposed to keep the bad bacteria and the yeast under control. But when you have more bad bacteria and yeast than good bacteria, the good bacteria can’t do its job.

Unfortunately, it’s not just the kibble causing issues with the gut/biodome. Annual vaccinations and parasitic preventions also play a role, and not in a good way. Read the section on why we don’t recommend Vaccinations or Parasitic Preventions for more information.

### Can yeast issues be corrected?

Yes, they can. First, you need to eliminate the culprits. Then you need to encourage the good bacteria to grow and multiply. Start with providing your dog with a probiotic and a prebiotic. Think of a garden. The probiotics are your seeds or your plants, and the prebiotics is the fertilizer (food for the probiotics) or the soil.

You can start by providing plain Greek style Yoghurt (full fat), small amounts for small dogs (1-2 tsp) and larger amounts for medium to large dogs (1-3 tbsp), two times for day for 1 month. If this works, reduce this to once per day.

For a prebiotic, you can provide a small amount of sauerkraut (not all dogs like this), ground flax seed (grind the flax seed yourself), provide green tripe or cooked leafy greens, such as kale, or spinach.

If this doesn’t work, then we recommend the Love Bugs, Gut Soothe, or Healthy Gut (Adored Beast products) or Protect (Four Leaf Rover). You need to boost the good bacteria in your dog’s gut.

Not enough, then the next step would be to go at this head on with Yeasty Beast Protocol (Adored Beast) or Yeast Free Fido (Four Leaf Rover).

## **Food Allergies**

So what about allergies, including seasonal ones.

There are two types of allergies, food and environmental.

Let's talk about the food allergies first. Vaccines contain formaldehyde, mercury, preservatives and aluminum in them. The vaccine is also incubated in either chicken egg or beef liver. Depending on which pharmaceutical company your vet uses, your dog may have issues with chicken and/or beef. Sound familiar?

When the vet injects the vaccines into your dog's body, he is also injecting chicken egg or beef liver. That is why dogs have a sensitivity to chicken and in some cases, beef. Chicken egg is more widely used.

## **Seasonal Allergies**

Imagine the following scenario. Before you go to bed at night, you check to make sure all the lights are off, all your doors and windows are closed and locked, and that no one can get in. You go and grab yourself a glass of water from the kitchen, and there, sitting at the table is a complete stranger. How did they get in. After dropping your glass of water, or throwing it at the stranger, you run and call the police. You are now on fight or flight mode.

Now, let's turn to the immune system. And this isn't only for dogs. This applies to humans as well. When the vet injects your dog with vaccines, they have circumvented the entire immune system. It's not contact, it's now internal.

When dogs play, saliva is going everywhere. The immune system is designed to combat anything that comes from contact, mostly surface contact. So now, the vet comes along and "injects" the vaccines into the dog's system, completely circumventing it. But the immune system, as smart as it is, doesn't call the police, it calls the Special Forces, the most elite of its defences. And they don't easily stand down.

Now you have an immune system that is on "super hyper drive". But before you go back into your car to drive home, you take your dog for a quick walk. They walk on the grass, and oops, they sniffed a blade of grass, a ragweed or the pollen from the nearby trees. The "Special Forces" now sees these "invaders" as the culprits, and attack them. But the "Special Forces" won't let them go, so every time your dog comes in contact with these "culprits", they attack. We now have seasonal allergies.

Can the "Special Forces" stand down, yes they can.

Read the next section to found out how.

## VACCINATIONS AND PARASITIC PREVENTION?

What constitutes a healthy dog? A regular vet will tell you that a healthy dog is a dog that receives annual vaccinations (both core and non-core), and is provided with flea, tick and heartworm preventions, as well as Lyme Disease preventions on a regular basis.

A holistic vet will tell you that a healthy dog is a dog that is immunized, and is not provided with flea and tick preventions, or heartworm and Lyme disease preventions on a regular basis, but where and/or when warranted, and, if needed, are provided with holistic or natural alternatives for prevention/protection.

What is the difference between vaccination and immunization? Vaccination is the process of providing a vaccine to a dog. Immunization is when a dog already has the antibodies for what the vaccines would provide. The antibodies are determined through titer testing.

Research is now showing that when a dog is vaccinated from Parvo and Distemper as a puppy, he/she is immunized for up to 5-7 years if not the life of the dog. Yes, you read that correctly. Read up on research completed by Dr. Jean Dodds and Dr. Schultz for additional information and make inquiries into titer testing BEFORE you consider vaccinations, even as a puppy.

Additionally, according to Dr. Peter Dobias, puppies are already born with parvo and distemper antibodies from their mother, called maternal antibodies. His protocol also recommends that puppies be titer tested at 16 weeks or 4 months **BEFORE** considering vaccinating your puppy. Here is his protocol. (<https://peterdobias.com/blogs/blog/11017277-holistic-approach-to-vaccination-of-adult-dogs-and-puppies>)

Regarding Leptospirosis (a bacteria spread through contact with water, soil or food contaminated by URINE from infected animals), kennel cough/Bordetella (the common cold for the dog) and Lyme Disease (95% of dogs with Lyme Disease will NEVER develop any symptoms and will actually rid this disease from their system on their own as long as their immune system is not overtaxed with unnecessary vaccines and parasitic preventatives), **Everything Raw** does not endorse any of these either or any other non-core vaccines.

**Everything Raw** also does not endorse or recommend the use of any parasitic preventatives for fleas and/or ticks, including the use of collars, spray or tablets, either purchased over the counter at any pet store, grocery store or even from the veterinarian. We also do not recommend the use of heartworm preventatives. Being in Canada, we don't have the climate for these parasites.

We do however HIGHLY encourage you to do your research on all of these subjects and make an informed decision **before** considering any of these "treatments". We also encourage you to find a holistic vet, as they will be more than happy to work with you. They will also provide you with **natural** and cost-effective recommendations.

You can find additional information on all of these pesticides at [www.dogsnaturallymagazine.com](http://www.dogsnaturallymagazine.com). This website is a fantastic resource comprising of various holistic vets who are all willing to go against mainstream thinking, for the health and wellbeing of your dog.

*We always encourage all of our clients to become well informed pet owners.*



## RECOMMENDED RESOURCES

*Everything Raw* continues to research the benefits of raw dog food, and other issues that may affect the health and welfare of our dog(s).

### Main Resource Information:

**Dogs Naturally Magazine** – Apart from the sites noted below, [Dogs Naturally Magazine](#) is your go-to for all things dog. The website has several articles with several sources from holistic and integrative veterinarians and is trusted.

The following are pet care professionals and/or websites that contain a wealth of information that can assist pet guardians in their search for raw feeding and for the wellness of their dog(s).

(1) **Dr. Karen Becker**, is a holistic vet in Chicago, Illinois, who is a big advocate of raw dog food, why vaccinating your dog on an annual basis is not recommended and potentially dangerous and why spaying or neutering your dog may be causing health issues later on in their lives. She is also the author of *Real Food for Healthy Dogs and Cats*.

**Source:** [healthypets.mercola.com](http://healthypets.mercola.com)

(2) **Dr. Peter Dobias**, is a holistic vet based in Vancouver, British Columbia. While Dr. Dobias's site is not as extensive as Dr. Becker's, the information he provides is recommended reading on raw feeding and the myths about vaccinations. His website also sells products that are available for consideration for your pet.

**Source:** [peterdobias.com](http://peterdobias.com)

(3) **Dr. Richard Pitcairn, DVM, PhD**, is a homeopathy veterinarian who founded Animal Natural Health Centre, in 1986, as a clinic and for teaching purposes. He has authored several books, including [Natural Health for Dogs & Cats.](#), a go-to resource for health conscious animal lovers.

**Source:** <https://www.drpitcairn.com/>

(4) **Dr. Andrew Jones**, has a special interest in a variety of alternative, non-traditional remedies for pets and has written several pet-health books and created Home Study Courses for dog owners. His website features several countless articles on at home pet health care. His website also sells products that are available for consideration for your dog.

**Source:** [drjonesnaturalpet.com](http://drjonesnaturalpet.com)

(5) **Dr. Jean Dodds**, is a world renowned veterinarian deemed the pet vaccination expert, and is based in California. She lectures worldwide on clinical pathology and hematology, blood banking, immunology, endocrinology, nutrition and holistic medicine.

**Source:** <http://drjeandoddspehealthresource.tumblr.com/>

(6) **Dr. Ron Schultz**, is a veterinary immunologist dedicated to vaccine research and has spent much of his career studying animal vaccines. Dr. Schultz is a professor and the chair of the Department of Pathobiological Sciences at the University of Wisconsin-Madison School of Veterinary Medicine, and has more than 40 years' experience in the field of immunology.

**Source :** <http://news.wisc.edu/schultz-dog-vaccines-may-not-be-necessary/>

## FREQUENTLY ASKED QUESTIONS

### **Do I need to add anything to the food?**

The Premium Blends are all complete and balanced meals and contain all that your requires. While there is no need to add things to these products, some of our clients will add additional products, such as: canned sardines packed in water, canned salmon packed in water, with skin and bone, edible bones, eggs with/without shells, green tripe, yoghurt, pureed pumpkin, Glucosamine/Chondroitin, turmeric (95% curcumin), etc.

### **How long will the food last in my freezer?**

The frozen raw food, because they are individually sealed and frozen immediately, are good in your freezer for up to 1 year, if not longer.

### **How long will the food last in my fridge?**

Once thawed, the raw food can remain in your fridge for up to 4 days, depending on how cold you keep your fridge.

### **How often should I feed my dog?**

Some clients have reported that they feed their larger dogs once a day. Most of our clients will feed their dogs twice a day, and some up to three times a day. If you have a puppy or a pregnant/nursing dog, it is recommended that they be fed up to four times per day.

### **Do I feed the food thawed, semi thawed or frozen?**

We recommend that the raw food be completely thawed when feeding it to your dog. Some clients have reported that they feed their dogs, usually the larger dogs, the food frozen. Some dogs may prefer it, but imagine a dog swallowing the frozen food. It's no different then you swallowing an ice cube whole. It can burn the dog during ingestion. The food can be partially frozen, which is fine during the warmer days, but again, this could cause some issues, especially with dogs that wolf down their food quickly. The food completely thawed, and in some cases, warmed up, is very recommended.

### **My dog is throwing up the food? Why? What do I do?**

If, during the introduction of the raw food, your dog throws up their new raw food, say 2-3 meals, and if there is no underlying medical condition, it could mean that your dog's stomach is having a difficult time adjusting to the new food. While most dogs can handle the change, dogs that have been on kibble for a long time, or dogs with sensitive stomach, may not fare as well. Try feeding smaller amounts, more often, while they adjust. You might also want to consider a "Slow Transition Method" as opposed to the "Cold Turkey Method" noted earlier in this book.

### **I suspect that my dog has a food or environment allergy. Now what?**

What is the difference between an allergy and a sensitivity? An allergy is when you have, for example, someone with a peanut allergy that can potentially go into anaphylactic shock when exposed to that allergen.

A sensitivity is when a mammal has a reaction to a food or something environmental, with symptoms either in the form of hot spots, itchy skin, excessive licking of the paws or pads, etc. These can manifest throughout the year or can be seasonal, depending on the allergen.

In most cases, once the dog has gone through the detox program when moved to a raw diet, 80% of dogs will no longer exhibit allergies or sensitivities. In most cases, the allergies or sensitivities can be attributed to their kibble diet, the use of annual vaccinations (we recommend titers instead) and the use of parasitic preventives (pesticides) for fleas, tick and heartworm.

For those pet guardians whose dogs are experiencing mild to severe yeast problems, allergies and/or sensitivities, vomiting/diarrhea, no matter what you feed them, Everything Raw recommends our **Nutrition Consultation**. We can help you explore the reasons why your dog is not at their optimum health. We will provide you with the resources that you need to make informed decisions on the health and wellbeing of your dog. Book a Nutrition Consultation today.