

Transitioning a kibble fed dog to a Raw Diet

DISCLAIMER: I am not a veterinarian nor do I in any way practice veterinary medicine. These are my thoughts and what I have done with my dogs in their transition from being fed a premium kibble diet to a raw diet. I highly suggest that IF your dog has ANY health “issues”, that you transition your dog to a raw diet under the care and guidance of a holistic veterinarian. If your dog has pre-existing thyroid issues, I also suggest that you closely continue to monitor his/her thyroid levels, as it IS very possible that the thyroid “issue” can resolve itself. Our bitch’s Thyroid problem went away and she was weaned off the medication.

I also highly suggest that you purchase one of the many books out there: our favorites are “Raw Meaty Bones Promote Health” by Tom Lonsdale, and Dr. Ian Billinghurst, DVM, has written three books on feeding a raw diet; I feel “The Barf Diet” is the best one to get started with as it is very simple reading.

Always practice safe meat handling and wash your hands with warm soapy water for 15 seconds after feeding your pets if you have handled any of the meat.

You can feed your pets cool, cold or room temp foods, whatever temperature makes YOU feel the best. THEIR digestive tracts can handle buried bones!

Those with very small dogs, give supplements suggested for a baby. If in doubt, please consult your holistic veterinarian before giving any supplement.

Find a holistic vet who can teach you how to muscle test your own pet for food allergies. Everyone’s body speaks volumes, but only IF you are listening!

Let’s get started! Remember you are emulating what a wolf / coyote eats and it is **ALWAYS RAW.** Remember what dogs and cats ate before it so conveniently came in a bag! We feed two meals daily; one consists of only raw meaty bones (RMB) and one is a bone free all meat meal. There is no real way to compare feeding a kibble diet to a homemade raw diet, except that you are in control of everything!

Either morning or evening feeding: Bone LESS meal.

A variety of meats are used due to different nutritional values being presenting different meats. Please choose from any of the following meats; you can mix them if you wish:

Beef: heart, cheap fatty ground meat (unless your dog has intolerance to fats), liver, steak, trachea, & basically any cut of muscle or ground meat. Feed liver 1-2 X a week, Kidney 1x weekly (due to liver & kidney being cleansing organs), GREEN Tripe (not the white stuff in the market) is wonderful but stinky.

If you dog has any heart or glandular issues, feed heart or glandular foods, or supplement with the appropriate glandular. Holistic vets know the correct glandular for your pet ie: spleen, gall bladder, etc). Homeopathic = treating like w / like.

Example: your cat has kidney issues; feed kidney.

Hormone free, free range or organic Chicken: heart, liver, gizzards, breast, ground. If you cannot afford free range organic, all natural is fine. Zacky is hormone free.

Turkey: ground, gizzard, heart

Pork: I don't feed tons of pork because of their diet. Feed Ground or hunks of pork roast, liver, heart, spleen, trachea

Goat meat: all organs

Fish: Smelt raw. Cooked/ steamed boneless shark, salmon, fresh mackerel, tuna. I don't feed lots of the large fish due to mercury; feed the smaller fish as they don't carry the amount the large fish do. Farm raised fish should be cooked and deboned, due to the flukes they carry. Wild fish are OK to feed raw.

Deer, elk, ostrich meat (no bones), meat of any healthy animal. If any of your friends or family are hunters, LUCKY YOU! You can use the entire carcass including the hooves.

To this bone FREE meat mixture, I add, according to label instructions:

A good multivitamin / mineral because our food sources are not as good as they were 20 yrs ago.

Berte's Green Blend (www.b-naturals.com) sign up for their informative free newsletter and use their free ship day). This has a multitude of algae's, & many More important ingredients. It's a must .

Berte's vit C w/ bioflavonoids (www.b-naturals.com) vit C can be given to tolerance (the stool gets loose then you back off till it is firm) & is great to boost the Immune system of a dis-eased dog. Be certain that you are using **Calcium Ascorbate** if you don't use Berte's Vit C.

1 clove of minced garlic (Costco for under \$5.00) 1 clove = 1/8 tsp. Less or none if you have a very small dog. Too much garlic is not good. Instead, you can give your pets a few of our garlic treats!

1/2 tsp-1 tbs. whole milk yogurt or Probiotics. If your dog has digestive issues, use both. Probiotics can be purchased at most health food stores in the refrigerated section). If your pet is overweight, use lowfat yogurt.

Braggs Amino Acids. 1 squeeze or about 1 tsp. It can also be used as a marinade for your food. Available at Health Food Stores (HFS)

1000 + mg fish oil (Costco or WalMart). Those with very small dogs, I would suggest the MG with your holistic vet or giving 1 Krill oil capsule daily. Krill oil is better than fish oils.

IF YOUR DOG HAS ISSUES, IT HAS A WEAK IMMUNE SYSTEM. I HIGHLY SUGGEST ALSO USING **BOVINE COLOSTRUM** TO BOOST THE IMMUNE SYSTEM. This is available at most health food stores in capsule or bulk. If not,

you can find it online. New Zealand's colostrum is from grass fed & hormone free cows. Colostrum is like Mom's first milk & full of nutrients.

If your dog is older (over 4 yrs old) I also add some sort of joint supplement & always give it to my older dogs as their joints have been greatly used. Make certain that it at least has chondroitin, MSM, & Glucosamine, 1500 mg. Give once a day. Some brands are Osteo-biflex, Move Free, etc. & available at Costco & WalMart.

You can also add from any of the following, especially necessary for puppies as they have added calcium: Ricotta cheese, whole fat cheeses, eggs (raw), and basically any food you eat. Puppies eat the amount of an adult and need fat.

Another great joint / arthritis supplement is from mixing equal amounts of organic (otherwise non-processed) honey and organic apple cider vinegar (shake well to mix) and pour into a plastic condiment bottle. Give a squirt in the boneless meat meal. It is sour, but it works for people too! I use it for myself.

Mix the above items & feed in stainless steel bowl. Water bucket should also be stainless steel. Plastic bowls leaches toxins into their water. Water should be from a good well, distilled, **Reverse Osmosis (RO)**, or at least filtered from the refrig. The best water for you & your pets are well or Reverse Osmosis. You can also have your water tested. You might be surprised what's in there!!

Second meal: Meaty bone meal which can be any of the following which have the correct bone to meat to fat ratio and ALWAYS & ONLY FED RAW: Cooked bones can kill your pet.

Choose from the following Raw Meaty Bones (RMB):

Chicken breast cages (cats too)
pork brisket bones
chicken backs
chicken wings or necks but only if your dog is CHEWING them & not swallowing them whole.
Rabbit (whole or ground)
smelt (great for cats as well & can sometimes be found in the freezer section)
Deer legs, ribs, neck
Pork feet (raw & not pickled or with brine)
Canned mackerel or salmon (watch the salt content).
Mackerel (the whole fish)
Chicken feet
Goat : all of it

For me, I **NEVER EVER** feed Turkey legs, wings, or necks; the bones are too large & the necks have killed dogs who got them stuck in their throat. I do know of people's dogs who actually chew the turkey necks and do not have a problem. Our dogs are hoovers so I don't want to take the chance!

Great chew treats (not a meal) are:

Cut up pork neck bones, beef toes, rib bones. W/ Rib bones, I let the dog chew off the meat & then I throw the bone away. Bones will continue to harden & I have had a couple of slab fractures on their canine teeth.

A “treat” : turkey tail. These are fatty, so be careful that your dog doesn’t get a loose stool from all the fat. If he / she does, fast the dog for 12 - preferably 24 hrs.

Places to shop:

We get our food wholesale & it is delivered once a monthly from Harvest Meats in San Diego area. You can also get set up and pick it up Will Call. Harvest sells cases of food which range from \$29/# (chicken breast cages) to \$.79 or more. It is still the cheapest way to purchase food. Mexican & oriental markets carry a wide variety of “unusual” cuts such as uterus, brains, etc. If you can stand it, the dogs will probably love it. Our dogs don’t like duck heads! But they love chicken feet!!

Amounts to be fed vary on your pets activity level. My 100# Rottie males who run all day, get approximately 6-8 smaller breast cages (2+ lbs), & about 2 C (1 lb) of the meat only meal. My 85 # bitch gets 1/2 –3/4 C meat & 2-4 breast cages, OR 1-2 pork brisket bones, OR a deer leg, OR 3 handfuls of chicken feet, etc. There is little consistency in the weight of the meat cuts. Just watch the pets weight. As long as you can JUST feel their ribs under their skin yet NOT SEE the ribs, your dog is at it correct weight.

You can add veggies & fruit if you dog likes it: not to exceed 20% of their meat meal & veggies need to be processed before you feed (blender, food processor or juicer: feed the pulp & juice). Our dogs hate veggies & fruit. They are still getting it due to them eating the animals who eat those things. You can also add a little cooked brown rice, or cooked Barley, or a little cooked oatmeal if you have it left over. **Remember that only 5 Macadamia nuts will kill a large dog!**

MY Thoughts on All Kibble

If you feel you cannot do this diet, there are many GOOD, human grade foods out there. But please remember, that no matter what the nutrition was before it was baked at 500 degrees to make it into kibble, much of the nutrition is no longer there. AND, it takes 18 Hours to digest ONE kibble meal. Therefore your pet NEVER has an empty stomach & the pets body is spending all of it’s time digesting food & cannot do what it needs to do to heal itself.

You can also search online to purchase pre packaged frozen foods. They are rather pricy but convenient. You can take one day & make up enough raw meals for a week. OR, if you have less time in the morning than you do in the evening, feed your pet the RMB (raw meaty bone) meal of chicken feet, backs, etc. & feed the meat meal in the evening when you have more time. This diet can go on vacation w/ you as there is a grocery store in most every town!

Kibble w/ human grade ingredients:

I don't feed kibble. READ THE LABELS. MEAT needs to be the first ingredient, not any grain, especially corn, fillers, or miscellaneous ingredients!! Buyer beware; read the labels. Remember that ethoxyquin, BHA & BHT are all chemical preservatives which can contribute to cancer.

We defrost our 20-40 # cases of food in a cooler (to hold the blood), break them down into serving sizes then re-freeze them for convenient feeding in Ziploc bags. Depending on the number of pets you have, you can package for each meal & defrost their food the night before then refrigerate it! You can also make meat meals up ahead of time & freeze.

Your dog might go thru detox.

Signs of DETOX can be any one or several of the following, depending on your dog's immune system and state of dis-ease:

Goopy eyes, ear "stuff" (smell your dogs' ears & clean if needed), & excessive shedding, pops a cyst or wart. Do not remove these; they can clear themselves. This is the body's way of getting RID of all the "stuff" that is bad for it.

You pets' teeth WILL whiten, breath will improve, this diet will naturally express their anal glands, their eyes will brighten, their coats will improve as will their energy levels! Most importantly of all, your dog will be eating as it should, just like a wild candid: wolf, coyote or wild cat only they won't have to catch their meal. Their stools will be smaller as they are processing their foods like they should, and their bodies are not having to deal with all of the non-essential fillers in kibble. Their stools won't smell horrible like kibble poops do, either! And, for the majority of pets, they won't have that horrible gas! The only times our dogs "blow kisses" is when they need to go poopie! Other than that, no gas or bloating.

You will also save money and the wear and tear on your pet from having to be anesthetized to have dental cleanings. Those will be a thing of the past!

You have taken the first of what we hope are many more steps towards improving the health of your furr-baby. We sincerely hope that as you grow, and you continue to think OUTSIDE of the box of life, you will take time to learn the dangers of over vaccinating. We do not vaccinate for any of the "normal shots".

I want to thank you on behalf of your pets for taking the first steps towards improving your pets health, and thinking OUTSIDE of the box!

We will be leaving CA & moving to N.E. WA. But you can still communicate with us!

Please feel free to contact me with questions:

Randy DeLorto

www.MyBestFriendTreats.com E-Mail: Randy@mybestfriendtreats.com

www.VonHimmelRotts.com E-Mail: Vhimmel@earthlink.net