



THE PROBLEM WITH PROCESSED PET FOOD



Malnutrition and Toxins: One of the primary reasons your pet's health is failing or will prematurely fail.

Dogs and cats must have the active amino acids and live enzymes found only in raw meat to thrive. They will not survive long without great suffering without them. A dog requires the amino acids only found in raw meat, but can *survive* on a little less meat-based energy than cats. Cats are 100% carnivore.

"Every day, people by the millions pour food from a package into their pets bowl. Day in and day out, meal after meal, pets get the same fare. This strange phenomenon is not only widely practiced, but done by loving pet owners who believe they are doing the right thing." Dr. Randy Wysong, DVM,

"When a food is difficult to metabolize, not only is it robbing the body of vital nutrients, it is robbing the body of energy as well. Energy is wasted when the body works harder to digest food, assimilate nutrients and eliminate toxins. This is the energy needed to prevent or reverse symptoms, and run the immune system." Lisa S. Newman, N.D, PhD., Animal Wellness Magazine (2008)

Most commercial dry (kibble) and canned pet foods contain biologically inappropriate sources of protein matter and fats that supply little usable nutrition and many unnatural preservatives and toxins. This is one of the primary reasons that most companion animals are said to be living only half as long as they should and spending the latter part of their shortened life spans suffering with chronic and acute illness.

Weston A. Price, DDS and his wife (a researcher) traveled the world for ten years devoting their lives to the cause of discovering the secrets of healthy people. Dr. Weston, author of *Nutrition and Physical Degeneration* (1939) observed perfect dental health, high immunity to disease, and overall excellent health in people who ate their indigenous foods- whole foods from the area where they lived. He found when these same people began to eat processed foods (e.g., sugars, white flour, refined oils, and canned goods) signs of degeneration quickly became apparent. When any living creature is deprived of adequate essential nutrients its body automatically uses what little nutrients it is getting to supply the vital organs that sustain life. The non life supporting areas of the body are the first to suffer from lack of nutrition. Slowly, signs of poor nutrition begin to show themselves: a dull coat, hair loss, yellow teeth, inflamed gums, a dull gazed look in the eyes, loose stools, bad breath, doggie odor, etc. A good pointer to the fact our pets are undernourished is stated in one of the major pet food company's own commercials. It says *"1 in every 3 dogs over the age of 3 years suffer with gum disease."*

"Mankind really has not learned much from Mother Nature or else we tend to ignore her based on convenience." Dr. William M. Barnett, DVM with 31 years of practice, expert on pet nutrition, pet nutrition.com

In our experience we have found that mixed breeds tend to be more capable of withstanding the lack of nutritious food than purebred dogs and cats. This does not mean they are not just as adversely affected by these sub standard foods; it's that the negative results just take longer to materialize.

The Seven Major Problems with Commercial Pet Food: Dry (kibble), Canned, or Moist Morsels

1. Protein type – (meat and meat by-products) A mix of questionable, unfit for consumption meat sources, and significant amounts of plant-based protein sources e.g., grain and vegetable proteins- ground yellow corn, rice husks, wheat, barley, soybean meal, peanut meal and shells- (listed on label as cellulose).
2. Carbohydrate overload – biologically inappropriate food for the carnivorous species- burdens digestion and vital organs.
3. Low water content – Dry food – carnivores are designed to consume moisture with food. Among other factors it is essential to urinary health.
4. Cooked – at 220-270 degree temperatures (to kill bacteria from questionable meat sources). Temperatures above 117 degrees destroy the enzymes and most of the nutrients. Devoid of life, it offers little nutrition.
5. Synthetic Vitamin and Mineral Pre-Mixes – can be dangerously high in iron, zinc and copper. And most recently high fluoride.
6. Toxins – Preservatives, additives, rancid fats, and drugged animal sources.
7. Sweeteners and Flavor Enhancers - unable to properly digest glucose. Burdens vital organs and most flavor enhancers are MSG - an excitotoxin!

“Vegetable protein- these are often little more than the sweepings from milling room floors.”
Ann N. Martin, *Foods Pets Die For*, (2003)

“Pet food is putting a huge toxic load on the kidneys and bladders of pets which Mother Nature never designed them to deal with.” Dr. Martain Goldstein DVM
“The Nature of Animal Healing” (1999)

Since the birth of the commercial dog food industry some 70 years ago dogs and cats, mostly for our convenience, are eating foods that are foreign to their systems. Despite the packaging label stating otherwise, foods such as various grains, corn, and soy are the primary ingredients in pet foods - some as high as 40-70% grain going into the anatomy of a carnivore! Carnivores are not meant to eat grains, let alone have them as a staple in their diet. In addition to these inappropriate foods, most dry kibble and wet canned pet foods are filled with pathogens, fungi (mycotoxins), and other numerous toxic elements.

Pet food companies use vegetable proteins because they are cheaper than meat source proteins. These biologically inappropriate proteins allow the pet food companies to meet the guaranteed analysis minimums required by the industries governing agency, AAFCO, but these proteins are disastrous to our

pet's health. Carnivores, like our dogs and cats, do not have the salivary enzymes or the intestinal bacteria needed to break-down cellulose and starch.

Our pet's pancreas has to work overtime trying to produce enough amylase and their intestines become bogged down. Most of the grain, starch, and vegetables found in commercial dog foods are never absorbed by our pets. They are empty calories, offering them little to no nutritional value.

"Feline diabetes is not the natural fate of hundreds of thousands of pet cats world-wide. It is rather, a human-created disease that is reaching epidemic proportions because of the highly artificial foods that we have been feeding our feline companions for the past few decades. Without the constant feeding of highly processed, high carbohydrate dry foods, better suited for cattle than cats, adult-onset feline diabetes would be a rare disease, if it occurred at all." Dr. Elizabeth Hodgkins DVM, JD,
<http://yourdiabeticcat.com>

Everyday most dogs and cats are struggling to eat foods they're bodies can't possibly digest, absorb, or utilize.

Where did the idea of feeding dry kibble and canned food come from?

The pet food industry came into existence as a very clever means for major human food companies, like Nestlé's, Del Monte, P&G, and MastersFoods, to capitalize on a huge new market using the waste from their human food manufacturing plants. Pet food was a good fit to diversify business and turn garbage into dollars. Food for companion animals gave these corporate giants an avenue to make big profits on sales through their subsidiary pet food companies on slaughterhouse remains that were "unfit for human consumption" and other similar waste.

These companies spend millions of dollars a year to brainwash loving pet guardians into feeding their pets food that causes severe deterioration of the immune system and vital organs. Propaganda through media and advertising has convinced us we don't know the first thing about feeding our animal friends, and that a bag of hard dry pellets or mush in a can will supply all the good nutrition they need. These ads can be mesmerizing; they paint deceptive images and perceptions in our minds with whole chickens, beef stew chunks, fresh fish, garden crisp vegetables, and bountiful grains. A happy dog or cuddly cat chomping down on the stuff in their bowl and

US Vet care nearly 13 billion in 2010, projected at over 15 billion by 2014
1 in 5 dogs – cancer
1 in 90 cats – diabetes
85% of dogs – gum disease
1 in 5 dogs – some form of arthritis
An average of 48% of pets – are overweight or obese.
Chronic renal failure - common cause of feline illness.

then running about-abounding with energy- while the narrative promises shinier coats, increased stamina, and longer healthier lives for our friends. This

is why so many pet parents, even with the best intentions, are feeding their loved ones **unfit meats, spoiled grains, rancid fats, and toxic preservatives**. One only needs to look at the declining health statistics on dogs and cats to know this is not true. For a more personal look, adding up your own veterinary expenses is another tell-tale sign that we are NOT by any means providing our pets with adequate nutrition with over-processed, chemically preserved by-products.

What is actually in the commercial pet food we feed our best friends?

Jack LaLanne, known as the godfather of fitness, said it beautifully when he said *"If man made it, don't eat it."*

The truth is hard to swallow, but we feel it is essential to share what we were shocked to learn. We believe many pet owners just don't know.

Meat and Meat By-Products:

Sadly the regulations on pet food production are weak and not sufficient to protect our furry family members. The American

Association of Animal Feed Control Officials (AAFCO) governs the pet food industry. AAFCO's pet food guidance leaves a wide margin for ingredients that can be used in animal feed. This latitude allows pet food manufacturers to use an astonishing amount of animal waste and other food waste product including intestines, udders, heads, hooves, and potentially diseased and cancerous animal parts. AAFCO has established definitions for various ingredients. Many can be found on the label of your pet food product (i.e. **meat and meat by-products**). Other less desirable ingredients are not listed on the package because if the rendering plant adds it before it reaches the manufacturer; it's not required to be disclosed on the label.

"Those of us who are intimately acquainted with what goes into commercial pet foods have no problem discerning where a good majority of liver disorders originate." Dr. John Heinerman, a well known medical anthropologist, and author of 55 books on health and nutrition, including *Natural Pet Cures* (1998)

If you ever visited a pet food rendering plant you would never place a bowl of commercial pet food out for your dog or cat again. The process begins with the rendering facility receiving huge containers of waste product from slaughterhouses. These containers are placed throughout the slaughterhouse where all the inedible – "not for human consumption" contents of the slaughtered animals are placed during the slaughter process. This includes

"Rendering plants are melting pots for all types of refuse" Anne N. Martin
"Foods Pets Die For"
(2003)

animal carcasses- (bones with little to no muscle meat left on them), parts of animals that are not fit for human consumption including mangled, abscessed, or damaged, and whole birds that have been rejected for human consumption because they were diseased or dead.

Drugs and Toxins:

The Drugs that may have been administered to the sick and deceased animals is another concern of experts. Also, during the process at a slaughterhouse, USDA regulation requires that the **meat and meat by-products be "denatured"**. The facilities accomplish this by having the contents of this container marked *at all times* with a big X placed directly on the food. This X is painted on each layer of the waste as the container is being filled. According to author Anne Martin, in her book *Foods Pets Die For* (2003), this X is made from "crude carbolic" acid – a toxic preservative- (*"extracted from coal tar- corrosive, caustic, and defatting properties, may cause harmful effects to the central nervous system, heart, kidneys and liver."* Wikipedia), "cresylic disinfectant" – also obtained from coal tar- (*"...corrosive... toxic to humans and animals"* www.chemicalland21.com), fuel oil, or "citronella". Powdered charcoal is also used to denature.

AAFCO clearly states that some ingredients, like **sodium pentobarbital**- (used to euthanize animals), "are not to be used in animals intended for food", but our pets are not considered food animals and therefore they are also not protected from the addition of this ingredient. In the finishing manufacturing touches milling plant leftovers are added and restaurant grease is sprayed on or mixed in giving the food a pungent odor to entice your pet to eat the waste material.

Doctor of Veterinary Medicine and author of *Healing Pets with Natures Miracle Cures*, Henry Pasternak DVM, CVA has this to say about one of the most toxic ingredients used to preserve dry foods. *"Although you won't see it on the label, since it is often added at the rendering plant and not the manufacturer, Ethoxyquin (EQ), is used to preserve most dry foods. The*

"Many pet foods advertised as "preservative-free" do, in fact, contain preservatives. ...manufacturers don't have to list preservatives that they themselves didn't add... Many preservatives make their way into pet food at rendering plants before the meat is even sent to the manufacturer. An analysis of several pet foods labeled "chemical free" or "all natural ingredients" found synthetic antioxidants in all samples."
Dr. Henry Pasternak, DVM

use of EQ is permitted in pet food. Factory workers exposed to it exhibit side effects similar to those of Agent Orange. In animals EQ has been linked to immune deficiency syndrome, spleen, stomach, and liver cancer, and a host of allergies." In addition to EQ many pet foods contain chemical stabilizers- antioxidant preservatives like **BHA (butylated hydroxyanisole)**. According to Wikipedia *"The US National Institute of Health reports that BHA is reasonably anticipated to be a human carcinogen based on carcinogenicity in experimental animals."* **BHT (butylated hydroxytoluene)**, another antioxidant preservative found in pet food, *"list claims it could produce hyperactivity in some children and controversy over the link of BHT to cancer."* Wikipedia.

Dr. Andrew Jones has been practicing veterinarian medicine since 1992. When he lost his beloved mixed breed, Hoochie, at a young age, it turned his world around and as a result has benefited many pets and pet owners. *"Hoochie was fed a Veterinary approved food exclusively, yet he developed spleen cancer*

at the age of 8, and died shortly after. The 'Bright Minds' in the pet food industry have created unwell pets, producing increasing incidences of diabetes, cancer and allergies. The food that Hoochie ate was NOT naturally preserved. The unnatural preservatives played a role in the cancer." Dr. Andrew Jones, DVM, is a respected British Columbia Vet with a passion to spread the word on nutrition and alternative healing of our pets.

Dr. Meg Smart, of the Western College of Veterinary Medicine in Saskatoon, says "Expensive pet foods labeled 'premium' are often no better or different than cheaper food." We have had a difficult time identifying commercial pet food that we would consider safe enough for our pets. There are only a handful of companies that take quality measures to assure the pet food they offer for sale is human grade and free of unnatural preservatives."



As if the lack of nutrition is not enough of a burden for them, our companion animals have also been ingesting a daily helping of toxic preservatives and additives.

If you are interested in learning more about the unhealthy ingredients found in most commercial pet foods, we suggest you read the book *Food Pets Die For* (2003), written by Ann N. Martin, and forwarded by Shawn Messonnier, DVM. Ms. Martin, having lost two of her own dogs at very young ages, dedicated years of her life to uncovering the truth behind what we have been lead to believe is good nutrition for our pets. Her diligence has opened the eyes of many pet guardians and professionals as to the dangers of commercially processed pet foods. See this and other pet health-promoting [books here](#).

Another excellent education on the subject is *What's really in Pet Food* written by Born Free USA, a worthy non-profit organization. The comprehensive article includes information about the pet food industry, the players, their labeling and marketing practices, standards and regulations, and pet food manufacturing process, ingredients, additives, and resulting dangers to our pets.

The Truth about Pet Food organization is working to get the FDA to stop ignoring Federal law by allowing **4-D animals - dead, dying, disabled, and diseased animals as an ingredient in our pet's food**. The proof is undeniable. <http://www.truthaboutpetfood.com/articles/undeniable-proof-the-fda-allows-pet-food-to-break-the-law.html>

How much nutrition is your companion getting?

Good nutrition is the cornerstone for disease prevention and good health. If your dog or cat could speak they would tell you, "I am not getting the nutrition I need." Every day our pets wait until we provide them what they will eat. We know

what food is healthy for us and your pet instinctively knows what foods are best for them. Many well intentioned pet parents are unaware they are not supplying adequate nutrition to their loved ones.

There is ample evidence that most commercial pet foods offer little to no nutrition and are full of unfit food waste products, toxic chemicals and preservatives. According to Dr. Jean Hofve, DVM, (former Editor-in Chief of the Journal of American Holistic Veterinary Medical Association and a dedicated investigator and

writer on the pet food industry), ***“Moreover, any manufacturer can synthesize a food containing sufficient amounts of each ingredient according to [AAFCO] standards, yet an animal will ultimately starve to death on it. How could this happen? Because the standards do not address the issue of “bioavailability” of nutrients to the animal. Certain forms of vitamins and minerals, for example, are poorly absorbed from the digestive track. A noted veterinary nutrition textbook claims that a food can be created from old leather boots, wood shavings, and crankcase oil that will meet the technical requirements for protein, carbohydrates, and fats, yet would be completely indigestible. Unfortunately, given the ingredients used by***

“Many pet food companies claim to be 100% nutritionally complete. This claim legally can be made and printed on commercial products based on information studies using isolated nutrients and not whole foods, or by feeding the complete pet food to animals for several weeks to determine whether it prevents obvious disease or malnutrition. Although motivated by an interest to assure quality for the consumer, these tests ignore important nutritional issues and give both producer and consumer a false sense of knowledge and security. Measuring a foods merit by levels of isolated nutrients tells only a partial story. There are more than forty known, essential nutrients, and more than fifty other nutrients are under investigation. Thus making sure a food contains appropriate amounts of only a dozen of these nutrients can’t possibly assure that a food is complete”. Home Safe Home by Debra Lynn Dadd (1997)

some manufacturers, “Old Boot” may be closer to the truth than anyone wants to admit!” Dr. Hofve shares her extensive research at <http://www.littlebigcat.com>

Dr. Elizabeth Hodgkins, DVM, ESQ has nearly 30 years of veterinary medical experience, and is author of *Your Cat: Simple Secrets to a Longer, Stronger Life* (2007). Dr. Hodgkins formally served as the

Director of Technical Affairs for the largest proprietary pet food manufacturer in the world, Hill’s Pet Nutrition. After losing her own cat to early illness and learning how improper nutrition played a role in that loss, she is now taking on the pet food industry. Dr. Hodgkins stated in an April 12, 2007 Senate hearing about contamination in pet foods: “Pet foods carry both an implicit and explicit

“We are seeing disease conditions in animals we did not see years ago. Many of these may be traced to nutrition as the source.” Dr. Don E. Lundholm, DVM

guarantee of safety in the label statement that they carry, conferred by the Association of American Feed Control Officials. No human food—whether it is fresh produce, meats, or commercially processed and packaged

human consumables—is allowed to bear such broad guarantees of wholesomeness and nutritional completeness.” **Dr. Hodgkins is correct that these package statements lead the consumer to believe the pet food is providing wholesome complete nutrition for their loved ones.** The following is a link to Dr. Hodgkins rebuttal to the pet food industries response to this 2007 hearing. The pet foods statements are in *italics* Dr. Hodgkins statement are in **bold**.

<http://www.mousabilities.com/nutrition/rebuttal.html>

When do the results of poor diet show themselves?

It is said that 7 of the top 10 pet illnesses are directly linked to poor nutrition. Dr. William Barrett, one of the leading veterinarians in the country and an expert on pet nutrition has this to say about commercial pet food: “Today’s dog foods are pretty much void of any nutrition... Our pets are slowly starving to death.” (Infomercial, April 2008). Going against the laws of nature and being deceived into believing these packages goods provide sufficient wholesome nutrition is a grave mistake that our innocent furry family members have paid for dearly suffering a host of chronic and acute ailments.

Dr. Donald Ogden DVM of Los Angeles, CA. wrote “*commercial pet food (even the best known and most expensive brands) have had their nutrients altered, adulterated, devitalized and destroyed by heat, processing, coloring, preservatives, and other chemicals. Feeding your animal such food on a regular basis causes waste-toxins to accumulate in the blood, lymphs, and tissue which contributes to a weak immune system and renders our pet susceptible to chronic disease.*”

There are many veterinarians, non-profit groups and individuals that are dedicated to sharing the truth about the foods we have been feeding our pets and the profound negative impact it is having on their health. One such individual, Fiona MacMillan, is bravely taking on the pet food industry. Fiona studiously compiled **over 50 research-papers linking**

According to Fiona MacMillan, she has an excellent letter published in the American Journal of Veterinary Medicine in which Dr. Cathy Sinning DVM says that “*it is preposterous that pets are being fed dry food and says it is as preposterous to feed them dry food as it would be to suggest that humans or any living species should live on dry food.*”

commercial pet foods to many of the illnesses our pets suffer. One such study: **Journal of Nutrition 136 July 2006, The Evolutionary Basis for feeding Behavior of Domestic Dogs and Cats** This paper says in conclusion “**When feeding domestic cats and domestic dogs both display the legacy of their origins in the Carnivora.** Fiona states “*It is completely wrong to feed them carbohydrate laden pet food which*

caused them all kinds of illness because in the wild they would never hunt or search out carbohydrates to eat.” **Research papers, by Fiona MacMillan**

Who is responsible?

We can say that trusting the authorities without question has put us in this situation. That the profit driven vicious cycle of selling what equates to poor toxic waste and the resulting deteriorating health our pets suffer is their fault. Ultimately, though, the responsibility is ours.

"I see sick pets on a daily basis. And unfortunately I am seeing some very ill pets at younger and younger ages. Many experts have called it a "Pet health crisis". WHY? There are many reasons, BUT the single MOST IMPORTANT cause is POOR QUALITY NUTRITION. All nutrition cannot come in a bag (in spite of those glossy marketing brochures). It is not possible. Would you eat the same processed, extruded, nutrient devoid, toxin filled food everyday and then not expect to get sick?" Dr. Andrew Jones, DVM

Many people, after becoming aware that all the facts and statistics on the importance of nutrition and its effect on health apply also to their pet, ask "why didn't our veterinarian ever suggest diet as a possible solution to my pet's allergies and/or failing health?" Everyday, more vets are coming to

this conclusion and integrating preventative nutrition into their practices, but old habits die hard and many remain fixed on warning pet parents not to feed anything but commercial, supposedly all-conclusive, foods.

The following may be why so few veterinarians encourage good nutrition:

Limited and bias nutritional education - Courses are elective and presented by pet food companies like Hill's, Iams, and Purina.

University support - Pet Food companies are huge financial contributors.

Time constraints - They are so busy treating symptoms they forget to look for and address the root cause.

Income - The average conventional vet clinic makes up to 20% of its income on pet food sales including those labeled prescription pet food.

Free pet food for their pets - Donated to students by pet food companies.

Fear of liability - Reluctant to recommend a raw diet - don't know enough about it and do not want the responsibility.

Fear of financial loss - A healthy dog or cat = less patients, less visits, less income.

"Hills Pet Nutrition, makers of Science Diet and a range of prescription only foods is a major sponsor of the American Veterinary Association. The Wall Street Journal reports that Hill's spends hundreds of thousands of dollars a year funding university research and nutrition courses at every one of the 27 U.S. veterinary colleges and that vets profit as much as 40% from sales Science Diet and other food sold from their offices." Reference: Wikipedia.org

"Veterinarians tell you to never offer living foods to your pet. But your pet needs living foods on a consistent basis to achieve optimal health... I recommend you feed your dogs and cats an all raw, nutritionally balanced living food diet." Dr. Karen Becker, DVM, mercolahealthypet.com

Some non-profit groups are working diligently to have authorities ban vets from selling prescription pet foods, claiming they are some of the worst on the market. These prescription formula pet foods contain primarily ground corn, powdered cellulose, peanut hulls, meat by-product meal, liver flavor, soybean meal, soybean mill run, dried egg product, soybean oil, corn gluten meal, etc. The ingredients are totally inappropriate foods for the cat or dog that lack the metabolic (enzymatic) pathways and cannot properly utilize plant-based proteins.

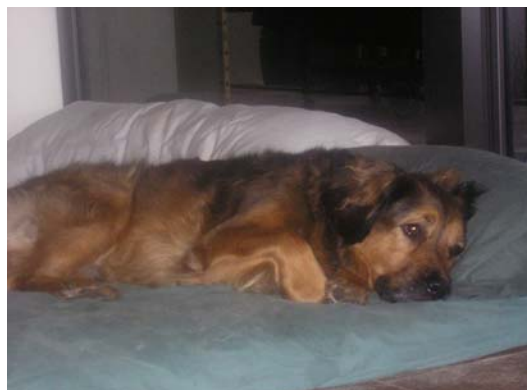
In December 1995, the British Journal of Small Animal Practice published a paper contending that processed pet food suppresses animals' immune system and causes liver, kidney and heart disease as well as other diseases.

We must consider, however, that much like human medicine, veterinarians only know what they learned in school unless they take the time to research current findings. Also, their primary focus is on relieving sick animal's symptoms. If one of our pets needs medical care, we are happy there is a vet available to help them. We strongly feel, however, that something needs to be

done and we admire these people who are dedicated to stopping the deceptive advertising and the practice of misleading concerned pet parents into believing a bag or tin-can is the cure for their loved one's illness, but blaming our vet or the pet food companies will not get us anywhere. We can begin today to do our own research, listen to our own intuition and make better choices for our loved ones.

The first step to better nutrition is to completely eliminate dry food from your pet's diet. Convert them to a quality canned food that contains human-grade meat with no grains, starches, or preservatives. Ideally, then convert them to a raw quality protein diet. Some people offer their pet's home cooked meals instead of, or in addition to, raw foods. This is better than processed but, please keep in mind that neither the wolf nor the lion boil or barbeque their meals!

"A dog has one aim in life... To bestow his heart." J.R Ackerley



Links for your further research:

A brief History of Commercial Pet Food

<http://feline-nutrition.org/features/a-brief-history-of-commercial-pet-food>

Origination of the Domestic Dog, Wikipedia

<http://en.wikipedia.org/wiki/Originofthedomesticdog>

The Myth of 100% Complete Processed Pet Foods, by Dr. Randy Wysong DVM
This is an excellent article if you are concerned about "complete nutrition." It also provides resources of Dr. Wysong's scientific references.

Quote from article: *"The point is, don't believe the claim on any commercially prepared pet (or human) food that is "100% complete and balanced." It is a spurious unsupported boast, intended to build consumer trust and dependence on commercial products - not create optimal health..."* Dr. Randy Wysong

<http://www.wholehealthvet.com/processedfood.html>

The Big Business of Pet Food Corporate Profits are Soaring... But How About Your Pet? Could Their Diet be Causing More Harm Than Good, Br. Karen Becker DVM. <http://healthypets.mercola.com/sites/healthypets/real-food-for-healthy-dogsandcats>

Diet & Disease, what's the connection? Dr. Lisa S. Newman, ND, PhD. talks about the ill effects of cheap pet food.

The Truth about Dog and Cat Food - short interview video with, Hersh Pendell, the President of AAFCO, confirming claims that dog and cat food may contain the remains of dogs and cats!

<http://www.youtube.com/watch?v=n4nZKP-h-Bk>

For Those Who Choose to Think for Themselves- an article about commercial pet food and rendering factories, by Marina Zacharias

<http://www.jlhweb.net/BOSS/think.html>

The true horrors of pet food revealed: Prepare to be shocked by what goes into dog and cat food, by Jessica Smith, citizen journalist,

<http://www.naturalnews.com/012647.html>

The Dog Food Project has done an excellent work composing a **list of pet food ingredients to avoid**. This link is useful if you feed canned once in a while or choose a commercial cooked canned food over a raw diet.

<http://www.dogfoodproject.com/index.php?page=badingredients>

Study Finds Euthanasia Agent in Pet Foods

FDA releases long awaited results of pet food survey that tested pet foods for sodium pentobarbital. Report leaves many questions unanswered.

<http://www.animalarkshelter.org/animal/ArkArticles.nsf/0/8f0f7b72890632fc86256b7b005e97fe?OpenDocument>

The Management of Canine Epilepsy, by Chris Alderson, Kathy Herman and Marion Mitchell. <http://www.canine-epilepsy.com/healthydiet.html>

What to Never Ever Feed Your Dog or Cat, by Dr. Karen Becker

“Low fat automatically high carbohydrate... grains and starches low fat, but high calories...”

<http://healthypets.mercola.com/sites/healthypets/archive/2010/07/07/the-skinny-on-low-fat-diets.aspx>

Eight to 10 dog food brands contain fluoride in amounts up to 2.5 higher than EPA drinking water standard...

<http://www.ewg.org/pethealth/report/fluoride-in-dog-food/news-release>

FDA Processed Pet Food Recalls

<http://www.accessdata.fda.gov/scripts/newpetfoodrecalls/>

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