



WHY FEED RAW

The companion animal's diet and how we can make a substantial, immediate difference in their nutrient availability, uptake, and use.



Many veterinary health care professionals believe the main cause of illness and early death of our companion animals is directly related to poor nutrition. Whereas, pets that are fed nutritious, biologically appropriate foods remain healthy, active and free of common diseases well beyond what most pet guardians and professionals would consider "old age."

In an August 11th, 2009 Wall Street Journal article John Mackey, co-founder and CEO of Whole Foods Market Inc., was quoted as follows: *"Recent scientific and medical evidence shows that a (human) diet consisting of foods that are plant-based, nutrient dense and low-fat will help prevent and often reverse most degenerative diseases that kill us and are expensive to treat. We should be able to live largely disease-free lives until we are well into our 90s and even past 100 years of age."* This statement from Mr. Mackey hits the nail on the head with regard to us omnivores. We humans were biologically designed to eat mostly raw, unadulterated plant-based foods and doing so keeps us healthy and extends our life.

Mr. Mackey's *scientifically proven* statement holds true for our pets as well. If fed a biologically appropriate diet consisting of nutrient dense meat-based foods it will help prevent and often reverse most degenerative diseases that kill them and are expensive to treat. The average dog should be able to live mostly disease free lives well into their late teens and some say even past 20 years of age. Giving your animal the same opportunity to eat biologically appropriate living foods will accomplish this.

"Raw foods are the most powerful healers for our companion animals. They are more digestible and the most absorbable nutrients we can provide. They are the building blocks for our animals' innate healing abilities - tissue repair and organ regeneration."

Tamara Hebbler, DVM of Healing Hope, *Canine Raw Food Diets Basics*.

This is what Dr. Randy Wyson, DVM, wholehealthvet.com, has to say about feeding dogs and cats a commercial pet food diet. *"Down the primrose path millions of trusting pet owners go while at the same time unknowingly condemning their pets to terrible degenerative diseases."*

Released from the claws of deception we realize that commercial pet food including prescription formulated pet foods, are a prescription for ill health. See [Problem with Processed Pet Food Report](#)

Now the question arises "what is

the best way to feed my carnivorous friend”?

Raw meat, bone, and organs simulate nature’s perfect meal.

“The natural diet in cats [and dogs] in the wild is a meat-based regimen (e.g., rodents, birds, etc.) that contain little CHO [carbohydrates], thus, cats [and dogs] are metabolically adapted to preferentially use protein and fat as energy.” Dr. Debra L. Zoran, DVM, PhD, DACVIM, Dept. Small Animal Medicine and Surgery, College of Veterinary Medicine, Texas A&M University, Journal of American Veterinary Medical Association (JAVMA), Dec. 2002, Vet Med Today, Timely Topics in Nutrition. [Emphasis added]

These foods contain the amino acids utilized by dogs and cats for various metabolic and energy activities. Of the twenty-two *identified alpha amino acids*, our pets can synthesize eleven (cats) to twelve (dogs) of these internally. The other ten to eleven amino acids are referred to as *essential* amino acids because they must be obtained from the foods that our four-legged friends consume. These amino acids in their raw unadulterated state are the most highly absorbable form of amino acids you can provide your furry loved one.

Raw feeding will bring many health benefits to your pet, but first let’s look at the six primary reasons to begin offering your dog, cat (or ferret) a raw food diet.

- Biologically appropriate: Provides food your pet is physiologically (functioning process) and metabolically (assimilation and elimination) designed to eat allowing them to assimilate maximum nutrient benefit without burden to their vital organs.
- Mother Nature’s perfect balance: Supplies “life energy” with its wide spectrum of essential (unadulterated) amino acids, living enzymes, and highly absorbable vitamins and minerals that the carnivorous pet requires for optimal health.
- The ultimate quality control: Allows you complete control over exactly what your loved one is eating. No concern that the food is dangerously too low in this, too high in that, etc.
- Individualized supplementation: Provides for easy diet adjustments to suit your pet’s individual nutrient needs with whole living foods.

“In general, high-quality animal proteins provide superior amino acid balances for companion animals, compared with the amino acids that are supplied by grain proteins. The proteins in grains are not as balanced or available as the protein in high-quality animal sources...” Canine and Feline Nutrition, by Case, Carey and Hirakawa (Mosby 1995)

- Eliminate toxins: Prevents ingesting chemicals, preservatives, additives, and other questionable health-defeating ingredients. Also, highly digestible protein limits nitrogen by-products a major cause of kidney problems.
- Nature's medicine: Feeds the vital organs, body tissues and energy force with the healing power of clean whole-foods

"All processed pet foods... are missing something that seems to me to be one of the most important "nutrients" of all.... It is a quality found only in freshly grown, uncooked whole foods. It's life energy." – Dr. Richard Pitcairn, DVM

Are there Raw Food Studies? YES

Research Studies:

Dr. Francis M. Pottenger, Jr., MD, was dedicated to the prevention of chronic illness. In his book *Pottenger's Cats, A Study In Nutrition* (1995-2009) he tells about his classic feeding experiments, where more than 900 cats were studied over a ten year period. The cats were divided into two groups. One group was fed raw animal proteins and the other group was fed cooked-processed protein. Dr. Pottenger found that only the diets containing raw food produced optimal health. The consumption of cooked processed food resulted in physical deterioration, which increased with each generation. The cats eating raw meat protein thrived while those eating processed proteins became infested with vermin and parasites, had high incidences of skin disease and allergies, developed weak bones, displayed personality disorders, suffered hypothyroidism and many other disease we humans suffer.

"Animals require the enzymes, amino acids and other nutrients in the raw meat in order to stay healthy. Animals need at least 30% raw animal fat, and their systems are not designed to handle cooked meat or cooked fat. In the wild a panther or jackal does not barbecue, grill or smoke its prey. For a return to health your pet requires a diet which strengthens the immune system and most closely resembles that which they would get in the wild. It's really easy to do, feed your pet a combination of raw meats and select from a host of raw vegetables..." Dr. Karen Becker

- Dr. Kollath of Karolinska Hospital in Stockholm headed a study conducted on animals. *"The young animals eating cooked and processed food appeared to be healthy and balanced at the beginning. However, as the animals became adults they began to age more rapidly than normal and developed degenerative diseases. The control group of animals fed raw food aged less rapidly and did not experience any degenerative diseases."*
- In December 1995, the **British Journal of Small Animal Practice** published a paper contending that **processed pet food suppresses the immune system and leads to**

liver, kidney, heart and other diseases. This research, initially conducted

by Dr. Tom Lonsdale, was researched further by the Australian Veterinary Association and proven correct.

- "The results of a clinical trial suggest that 74% of common diseases in dogs and 63% of common diseases in cats can be eliminated without medical intervention over a period of one year with proper diet modifications..." *The Elimination of Common Diseases in Dogs and Cats Through Diet Alone*, (Dec. 7, 2003) William Pollak, DVM
- There is growing number of veterinarians who realize processed food is one of the primary causes of illnesses and premature death in cats and dogs. Many of these professionals have convinced (some even demand) their patient's guardians feed a raw meat protein-based diet. The results they are reporting are profoundly undeniable.

Further, personal experience has also shown us that dogs and cats can and do live *healthy* lives into their late teens. We have been told by veterinarians not to expect our English Mastiffs to live past 8 years of age. Yet several people we know who have been feeding their giant breed dogs (Great Danes, Mastiffs, etc.) a raw diet are seeing these gentle giants live to be 14 and 15 years old before showing any signs of old age.



Does raw food guarantee your dog or cat will live twice as long? No, there are no guarantees in life. Genetics, over-exposure to toxins (in the environment, and with excessive vaccination protocol, and extensive medication regimens), unnatural living conditions (insufficient exercise, fresh air, and sunshine), and stress all play a part in the well-being and longevity of our furry loved ones. Like us, however, eating foods rich in available nutrients will make a substantial difference for our animal family member's health, well-being, and life span.

Natural Concerns: Myths debunked

Myth 1 - Expense: Raw feeding does not have to be any more costly than a medium to premium pet food and the substantial reduction in veterinary care and products will

definitely save you money in the long run! The average vet visit runs about \$300 and when your best friend becomes ill, you may spend thousands of dollars. Not to mention the time and money lost with missed work and the stress on you and your four-legged loved one. ***An ounce of prevention is worth a pound of cure!***

**When diet is wrong, medicine is of no use.
When diet is correct medicine is of no need.
Ancient Ayurvedic Proverb**

Myth 2 - Salmonella and Other Food Poisonings: Studies prove pets fed cooked-process foods are more susceptible to contracting and shedding food poisoning. One only needs to look at fdapetfoodrecall.org to realize this. We have fed our pets a *quality* raw meat-protein diet for 9 years and neither our pets nor we have ever experienced food poisoning.

The Delta Society, a national dog therapy organization, recently banned any member who feeds their dogs a raw diet. As Dr. Becker says they really did shoot themselves in the foot because Delta's own one year study indicates that ***"Dogs fed dry food have higher counts of three of the five bacteria in the study"*** and stunned members and affiliates raise questions that a major commercial pet food company may be behind the ban. To read the full story, go to:

"If salmonella really is a problem, then we should be just as concerned with processed pet food. Salmonella has been found in commercial pet foods, something the public never learns." Dr. Ronald Strombeck, PhD, DVM, Professor Emeritus, University of CA

<http://healthypets.mercola.com/sites/healthypets/archive/2010/08/05/nations-leading-dog-therapy-organization-shoots-self-in-foot-with-ban-on-raw-fed-pets.aspx>

"Dogs have a very short digestive tract compared to humans and their raw food is normally digested and passed through in roughly four hours. There is much less time for bacteria to sit in the gut, grow and overwhelm their immune system. The dog's digestive tract is acidic and that aids in the handling of bacteria. Internally, the dog is not any different than his ancestors and is still more than capable of eating food that may contain bacteria and handling it in an efficient and healthy way." Susan K. Johnson, Breeding and showing English Setters since 1982, "Switching to Raw" (2001)

By nature, our companion animals are perfectly capable of handling raw animal meat, fat, organ, and bone. They have lysozyme in their saliva, an enzyme that destroys harmful bacteria. They also have corrosive stomach acid, much stronger than ours (pH 1-2 [more acidic than vinegar] versus humans pH of 4-5). As Dr. Ian Billinghurst, DVM says ***"Our pets can and should eat raw foods for maximal health."*** *Give Your Dog A Bone* (1993)

Use common sense and only quality meat sources. Handle the raw meat that you feed your pet with the same safety precautions you take when preparing raw meat for your own consumption.

Myth 3 - Misplaced Aggression: Not any more than humans pulling into a livestock field instead of a fast food restaurant. Our furry family friends just don't make that connection. There are many herding dogs that are fed a raw diet that would die to protect the livestock they guard. Our dogs have been eating raw for nine years and they are still the gentlest of giants toward all animals and people.



Myth 4 - Excess Protein Causes Kidney Problems: The early studies on high-protein and its effect on the dog's kidneys were conducted on rats, not dogs. Rats are not carnivores. In the wild they are scavengers and thus considered omnivores (eating plant, grain, and meat). A pet rat is mainly an herbivore,

biologically designed to eat grains and plants, to process cellulous into glucose. Rats are not designed to consume high-protein diets like our carnivorous cats and dogs are so it's no wonder these studies caused these rats kidney function problems.

In our research we found ample evidence that this myth is unfounded and the risk of limiting protein can have ill effects on our loved ones. Just like aging humans, older dogs are less efficient at metabolizing proteins and when not enough protein is consumed, the body's magnificent intelligence starts to break down muscle tissue to get what it needs to survive. Protein deficiencies impair immune function and cause muscle wasting and other serious problems.

The following are only a handful of quotes from experts confirming this:

The Truth- Older dogs actually need more protein:

In an article published in *Veterinary Nutritionist*, Dr. Patricia Schenck, DVM, PhD, Veterinary Nutritionist of Michigan State University's Center for Veterinary Medicine, writes *"Reducing dietary protein in the older pet will not protect them from the development of renal disease. In fact, reducing protein in the older dog's diet may have adverse effects. As pets age, their ability to utilize nutrients decreases. The older pet actually requires a higher level of protein to maintain its body stores of protein than does the younger adult dog..."*



"Because of certain biochemical requirements, the healthy geriatric dog requires about 50 percent more protein than the young adult, and depending on the quality of the protein, it should make up 20 percent to 30 percent of the total calories ingested... Until recently, protein restriction was recommended in an effort to protect renal function. Limiting protein fails to prevent urinary filtration problems... Indeed,

newer research shows dietary protein is not detrimental to kidney function. On the contrary, protein restriction can result in impaired wound healing, diminished immune function and lower enzyme activities and cellular turnover." Fortify The Food Bowl for Aging Canine, by Susan Thorpe-Vargas, PhD. and John C. Cargill, MA, M.B.A., MS.

Dietary Management for Clinical Disorders in Dogs from Journal of Indian Veterinary Association, Kerala

"Recent research on dietary protein and the kidney has shown that:

Dietary protein does not cause renal failure

Dietary protein does not appear to be involved in the progression of chronic renal failure

Inappropriate restriction of dietary protein may actually have an adverse effect on the normal or compromised kidney"

The Truth- Restricting protein in dogs with existing kidney problems is *not* best:

SpeedyVet Clinical Nutrition Library *“The assumption was that low-protein diets retarded the progression of renal degeneration. This assumption was disproved, using partially nephrectomised [kidney removed] dogs, which showed no uraemic signs and had reduced but stable renal function for 48 months. These dogs did better on moderate-protein diets than on low protein diets. There is no direct evidence that high-protein intake damages canine kidneys or that reducing protein intake in dogs with renal dysfunction results in preservation of either renal structure or function.”*

Are High Protein Diets harmful to a Dog’s Kidneys? Veterinary Service Department, Drs Foster & Smith, Inc. *“The myth that high-protein diets are harmful to kidneys probably started because, in the past, patients with kidney disease were commonly placed on low-protein (and thus low-nitrogen) diets. Now we often put them on a diet that is not necessarily very low protein but contains protein that is more digestible so there are fewer nitrogen by-products.”*

“Because by-products of protein digestion are the main toxins that need to be excreted by the kidneys, an obvious assumption might be that all one needs to do is to cut out the protein and the kidneys wouldn’t have any more hard work to do... There is significant evidence, however, that the daily protein requirements actually increase slightly for dogs with chronic renal failure. Therefore, severely restricting the protein for such a dog is likely to result in protein malnutrition, in spite of the fact that the levels of blood urea, or BUN (the primary by-product of protein metabolism) would be correspondingly lower.” Dogs With Kidney Problems, by Dr. Lucy Pinkston, DVM.

“Those old recommendations are based on a myth. In fact the whole theory of low-protein diets for dogs with kidney disease was blown apart in 1975 by David Kronfeld, DVM., and PhD, who was at the time a veterinary researcher at University of Pennsylvania. His concept was not to feed less protein but rather to feed higher quality protein.” Wendy Volhard and Kerry Brown DVM., *Holistic Guide for a Healthy Dog* (2000)

Experts agree quality protein, not restriction of protein, is best for elderly and kidney compromised dogs. Some experts say it may be good to restrict phosphorus intake in a dog with renal failure. Although there is no hard evidence this would delay disease progression or extend life, we find this worthy of consideration. Keep in mind grains, found in most pet foods, are high in phosphorus and a

very poor quality protein for the carnivore. Cats and dogs are not designed to eat grains and doing so taxes their vital organs (including the kidneys). [More on High Protein Myth](#)

In our opinion, as well as many veterinary health care professionals, all cats and dogs will benefit from the elimination of grains and the provision of a *quality* high animal protein diet. Experts agree that dogs in the later stages of kidney failure would benefit from a moderate amount of *quality, bio-available*, protein that would be increased as kidney function improved. Quality in terms of bioavailability means easily digestible proteins that contain the full spectrum of

essential amino acids in their unadulterated form. Proteins that your carnivorous companion animal can fully assimilate without burden to its vital organs. As Mother Nature intended, this represents animal meat protein in its natural raw state.

Myth 5 - Bones Cause Obstructions and Internal Perforations: Cooked Bones do! RAW BONES DO NOT. Never feed cooked bones to you pet. Carnivores are biologically capable of digesting appropriate sized edible bones and grinding down for digestion recreational bones. As a precaution, dogs should be supervised while eating whole bones. Thousands of pets are raw fed daily for many years and reports of such incidences are rare if not non-existent. Those we have come across in our research were dogs that were fed cooked bones or were fed both grain and whole animal carcass at the same meal. Immune-compromised animals are best fed ground and recreational bones only, until their digestive systems strengthen. See [Raw Feeding Made Simple Report](#).

Myth 6 - Bones Can Break Teeth: Cooked steak bones can. Appropriate raw bones do not. Pets who have been fed a commercial diet all their lives will likely have weakened enamel and periodontal disease. Pets that have been on a raw diet have strong teeth and healthy gums and can manage all sorts of prey in its natural whole state. Taking into consideration that many dogs and cats are not accustomed to eating a whole chicken, rabbit or a goat, and for their human guardian's convenience, our *Carnivores* brand whole-prey meats are ground, including the bone. Recreational bones are recommended for your pet's psychological pleasure, dental health, and to strengthen the jaw, neck, and shoulder muscles. This ripping and tearing activity also gets their gastric juices flowing, aiding in digestion. For more information see Raw Feeding Made Simple Report.

"Raw meaty bones should not be cut into small pieces. It's best if the animal spends time and effort chewing on its food, as nature intended." Dr. Tom Lonsdale, graduate of Royal Veterinary College, University of London *raw meaty bone* (2001)

Your Furry Loved One Will Benefit from Species Appropriate Raw Food.

"Life in all its fullness is Mother Nature obeyed" Dr. Weston A. Price

Switch Your Pet to Raw and Watch Their Health Restore

- Optimal nutrition (Natural Whole food source of amino acids, vitamins, minerals, and essential fatty acids)
- Enhanced immune system – healthy immune response
- **Reverses many illnesses**
- Supports rather than burdens all vital organs

"Even a 12 year old terrier with few teeth, mammary cancer, a heart condition, and liver problems bounced back and gained weight on a diet of raw chicken wings."

Dr. Tom Lonsdale, the West Australian "Today" (3-2002)

- Eliminates metabolic stress – raw protein provides intracellular (between the cells) moisture, and therefore natural hydration
- Physical energy – stamina, power, muscular body mass
- Emotional energy balance – hyper pets get calmer-lethargic pets come alive
- Stops most allergies
- Maintains healthy weight
- Healthy teeth and gums
- Healthy skin and coat
- Snuffs out doggie odor
- Eliminates most common symptoms associated with regular consumption of commercial pet food such as; diarrhea, increased flatulence, intermittent vomiting, and prolonged scratching and chewing
- Aids with anal gland issues (Smaller, naturally firm feces)
- Less frequent, stressful visits to the veterinarian
- No anesthesia and its negative health impact (For teeth cleanings, tumor removals, and other procedures which become unnecessary.)
- Develop at appropriate rate – quick growth spurts are avoided
- Less suffering
- Extended quality life; healthier and happier



A GRATEFUL PET!

Today in the US, the life expectancy of the average dog is 12 years. Giant breed dogs (e.g., Mastiffs, Great Danes, and Newfoundlands) have an average life expectancy of only 8 ½ years. According to Guinness Book of Records (1996), the oldest dog on record, Bluey, was 29 years, 5 months old. Bluey, was an Australian cattle-dog and lived and worked on a farm in Australia. With Australia being the forerunner in raw feeding of pets, there's no doubt Bluey ate a raw diet.



We don't feed our companion animals a raw diet to spoil them, anymore than we consider it excessive to eat right ourselves or to make sure our two-legged kids eat properly. We do it because we also want to give our furry family members every opportunity to live a long and healthy life.

"Although we have come to accept commercial foods as being normal or natural ways to feed animals (and indeed ourselves), in fact they are not. They are simply what we've gotten used to in the last few decades, but nothing we can produce commercially ever can rival those mysteriously complex foods manufactured for eons by nature itself". Richard Pitcairn DVM

Links For Your Further Reference:

PDF Links:

[Elimination of Common Diseases in Dogs and Cats through Diet Alone](#),
by Dr. William Pollak

[Raw Meaty Bones for Dogs, Cats and Ferrets](#), Dr. Tom Lonsdale, DVM

[When to consider reducing protein to a moderate amount in dogs with kidney failure](#), Dr. Patricia Schenck, DVM, PhD, Veterinary Nutritionist and author of *Home Prepared Dog and Cat Diets* (2010).

[Mythology of Protein Restriction for Dogs with Reduced Renal Function](#),
Kenneth C. Bovee, DVM (Nov. 1999).

On-Line Links:

Digestion and Anatomy of the Canine, by Lew Olson, PhD
<http://www.b-naturals.com/newsletter/digestion-anatomy/>

The Big Business Of The Pet Food Corporate Profits are Soaring... But how About Your Pet? Could Their Diet be Causing More Harm Than Good? By Dr. Karen Becker <http://healthypets.mercola.com/sites/healthypets/real-food-for-healthy-dogs-and-cats-cookbook.aspx>

The Evolutionary Basis for the Feeding Behavior of Domestic Dogs and Cats, *Journal of Nutrition* 136 July 2006. This paper *concludes* "When feeding domestic cats and dogs both display the legacy of their origins in the carnivore."
<http://jn.nutrition.org/cgi/content/full/136/7/1927S>

Know Your Cat: Know the basics of Feline Nutrition, by Lisa A. Pierson, DVM
http://www.catinfo.org/#Cats_Need_Animal-Based_Protein

Focus On Protein, by TPC, (Sept. 2009)
<http://www.thepetcenter.com/article.aspx?id=3408>

Are high protein diets harmful to dog's kidneys?
<http://www.peteducation.com/article.cfm?c=23+1659+1664&aid=1104>

Kidney Disease, Dr. Wysong, DVM
<http://www.wysong.net/learn/entry/84/>

Lewis Olson, PhD Natural Health of B-Naturals.com says "...*the starches and grains slow down the digestive process for dogs and can cause irritation and spasms in the large intestine... Starches pose another problem in canine digestion. Most grains contain phytin, which inhibits the absorption of calcium, magnesium, iron, zinc and also iodine.*"
<http://www.b-naturals.com/newsletter/carbohydrates>

Dog-Wolf breeding history and genetic diversity
<http://www.nwcreation.net/dogsandwolves.html>

DNA Studies: Trace Fido's Family Tree, by Sarah Graham (2002)
<http://www.scientificamerican.com/article.cfm?id=dna-study-traces-fidos-fa>

Why Feed Your pet A Homemade Diet, Dr. Karen Becker
"Avoid biologically inappropriate food... provide a diet that mimics your pet's biological nutritional requirements..."
<http://healthypets.mercola.com/sites/healthypets/archive/2010/01/06/whats-the-best-food-for-your-pet.aspx>

Adorable short video of a cat pushing a dog away from its food
<http://www.youtube.com/watch?v=Qzwi9eF3QOw>

Disclaimer: By utilizing this website you express your consent to our Disclaimer. Unless otherwise noted, the contents of our website and marketing materials are based upon the research and opinions of Grateful Pet, our business partners and reference materials. We are not licensed veterinarians, physicians, or nutritionists. The information is not intended to diagnose or prescribe or to replace a relationship with a qualified health care professional and it is not intended as medical or nutritional advice. It is intended as a sharing of knowledge and information from the research and experience of the Grateful Pet team. We encourage you to make your own health care decisions for your pet based upon your own research and your personal knowledge concerning your pet. If you use the information on this website to make decisions for your pet's health or your own health, Grateful Pet assumes no responsibility for such decisions. We provide insight, high quality food, supplements, and gentle remedies and recommend seeking advice from a qualified, nutritionally oriented health care provider who has thoroughly researched your pet's health