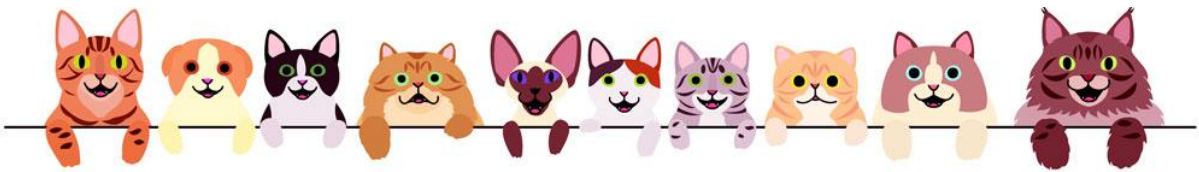


PETPlus

A RAW CARNIVOROUS DIET FOR CATS

because prevention is better than cure



Dr Susanna McIntyre BVSc MRCVS PDNN

www.petplusvet.com

TABLE OF CONTENTS

Introduction	2
How Can Diet Help?	2
Cats	2
About The Author	3
Are Cats Really Carnivores?	4
Even So, Consider Feeding Some Vegan Meals	5
Quality Food Can Mean Fewer Health Problems	5
Raw Meat and Bones, Offal, Organs and Greens	5
Further Feeding Information	7
How Can PET Plus Help?	8
Food Suggestions	8
Rabbit	9
Other Animals	9
Vegan Options?	10
Recipe For Nut Milk	10
Ingredients	10
Method	10
Recipe For Chia Porridge	11
Ingredients	11
Method	11
Recipe For PET Plus Biscuits	12
Ingredients	12
Method	12
Transitioning from Processed To Raw Food	12
The Transition Process	14
Water	14
Meal Planning	15
How Much To Feed?	15
Managing Vegetable Foods	16
A Seven Day Meal Plan	16
Get PET Plus!	17

INTRODUCTION

In line with advances in human health care, those of us that study pet health are working towards the prevention of disease.

HOW CAN DIET HELP?

In humans, and increasingly in pet nutrition, there is growing evidence that the more raw food is included in the diet, the less disease is suffered. This applies particularly to cancer, heart disease, diabetes, arthritis, skin disease, gum disease, dental decay and digestive problems.

All animals and people evolved to function on raw food.

The basic energy currency for the body is enzymes. Enzymes are only present in raw food because they are unfortunately destroyed by heat and most other forms of food processing.

CATS

In the wild, cats would eat herbivores, like rabbits, birds and fish. Consequently, they would be consuming raw meat, bones, offal, organ meats and the guts containing raw partially digested plant material.

Being natural survivors, they also eat eggs, insects, earthworms, droppings, roots, soil, and browse on vegetation, like herbs, fruits (on the ground or directly from the bush), seeds, grains, nuts and anything they can find. In reality, they are not strict, obligate carnivores as we once thought, but more adaptable omnivorous opportunists.

So what can we do about this today?

Dr Susanna McIntyre

Dr Susanna McIntyre

ABOUT THE AUTHOR



My name is Susanna McIntyre. I'm a veterinary surgeon and naturopathic nutritionist with over 40 years of clinical experience.

In 1996 I created [PET Plus](#), a vegan, superfood, nutrient-dense, powdered supplement which I designed to be mixed with your cat's meals.

[PET Plus](#) is packed with digestive and systemic enzymes, probiotics, prebiotics, antioxidants, essential fatty acids, minerals, vitamins and other vital micronutrients, and so it provides your cats with everything

they need to help prevent ailments, and to help the body to heal and repair itself if things do go wrong.



All animals evolved to function on unprocessed, raw food. In the wild, animals don't do any cooking, nor do they use tin-openers.

Dr Susanna McIntyre

ARE CATS REALLY CARNIVORES?

Cats are survivors, like all animals. They are classified as carnivores, but also eat vegetation and even thrive on vegan food.

Cats need more protein and fat in their diet than humans do. They also benefit from extra help digesting their food, especially the plant matter to enable them to thrive rather than just survive. [PET Plus](#) facilitates this process.

However, not all plant matter is equal. Organic, soaked, activated seeds and nuts are easy to digest, especially when mixed with [PET Plus](#). They are the basis of healthy vegan options for cats because they're high in fat and protein, a great source of EFAs (essential fatty acids) and naturally contain the enzymes required for digestion, in common with all raw food.

EVEN SO, CONSIDER FEEDING SOME VEGAN MEALS

It is easy to feed a combination of meaty meals and vegetable-based meals, for example on alternate days. But in this document, we are going to focus on the meat-based options.

That said, here are a few things to consider when deciding how to feed your cat.

- Given our current global crisis, every meat-based meal we replace with a plant-based one contributes to global repair and reduces our cats' intake of toxins.
- All animals bio-accumulate toxins, in other words, any toxins they consume which they cannot eliminate tend to stay in their bodies, especially their muscles and fat.

Meat, dairy, eggs and fish are all rich sources of toxins, particularly given the toxic foods and environments our poor farm animals usually endure. The cleanest foods are organic plants, so it would make sense to focus on these as the main food source.

- How can we justify incarcerating and then slaughtering one sentient being (a farm animal) in order to feed another sentient being (ourselves or our cherished pet)? To me it is unjustifiable to inflict pain and suffering on any living creature.

A viable option is to use wild animals, killed humanely with a clean shot. For example, in the UK, estate managers like to control the rabbit population, so periodically shoot rabbits. These are a source of clean nutrients for our cats. If your cat catches a squirrel or a rabbit or rat or anything, certainly let them eat it. It's the cleanest meat you will find.

QUALITY FOOD CAN MEAN FEWER HEALTH PROBLEMS

Healthy pets have better lives. You can maximise your pet's chance of excellent health by feeding them appropriate, good quality food.

Would you feed children on dry biscuits at every single meal and expect them to thrive? No. So why do this to a cat?

Meal preparation takes time. But would you prefer to spend time preparing nutritious food for your cat or would you rather spend that time crying in the vet's waiting room, overwhelmed by worry? As a vet I have seen plenty of this.

What follows are some nutritious, digestible, raw carnivorous suggestions.

RAW MEAT AND BONES, OFFAL, ORGANS AND GREENS

The aim is to mimic a cat's natural wild diet, comprising raw meat, bone, offal, organ meats, intestines of their prey as well as a huge variety of fibrous vegetable-based foods.

This combination is important because :

- Raw meat and bone together provide the right balance of minerals, especially calcium and phosphorus, in a form available to the body (bio available) as it has not been damaged by processing.
- The intestines contain well-chewed, partially digested grass and vegetation, full of probiotics and their supporting prebiotics, antioxidants, enzymes, minerals and vitamins – a highly nutritious raw grass soup, (also known as [PET Plus](#)).
- The offal and organ meats are rich sources of a huge range of nutrients.
- The fibre and nutrient variety help to maintain a healthy digestive system, encouraging proper elimination, preventing constipation and supporting the immune system.

There are numerous raw pet food suppliers online who provide an enormous range of meat, bone, offal and organ minces, raw meaty bones, raw meaty chunks, whole raw animals, raw green tripe, blended green leafy vegetables and more, delivered to your door. Many pet shops sell the same.

In a whole herbivorous animal, the proportions of meat to bone to offal are approximately 80 :10 : 10, with blended greens in addition. As it all comes as one package, it's difficult to be precise about categorising each part, but an approximation is as follows:

1. The meaty component, the 80%

All the muscles of the body, like the legs, pectoral muscles, cheeks, tongue, neck, intercostal muscles (between the ribs).

2. The bony component, the 10%

The entire skeleton, comprising the leg bones, wings, ribs, head, spine and trachea (meat and cartilage).

3. The offal and organ 'meats', the other 10%

Everything else! Heart, liver, kidneys, lungs, green tripe (ruminant stomachs), gizzard (bird stomach), spleen, brain, testicles, ovaries, uterus, bladder.

4. The gut contents, the often-overlooked 'grass soup' component!

Herbivores eat mostly green vegetation, growing above ground. They have a

set of teeth specifically designed to grind this tough stuff to a pulp. Their digestive system further breaks it down to release the nutrients to be absorbed by the herbivore, but many remain in the intestinal tract, readily available for the hungry carnivore to consume.

FURTHER FEEDING INFORMATION

So mixing their raw meat and bone / offal / organ meat minced with 1/2 to 1 teaspoonful of blended raw leafy greens and mixing with [PET Plus](#) gives our cats a meal as close to a whole herbivore as possible.

- Do **not** mix root vegetables, peas, beans, fruits or pumpkins with the meat as these contain too much carbohydrate to be digestible with the high protein and fat of the meaty components and can ferment in the stomach, causing bloat, diarrhoea and other intestinal disturbances.
- Frozen food should be allowed to defrost at room temperature in a bowl, to preserve its enzyme activity.
- Do **not** microwave as this destroys all the nutrients and irradiates the food.
- Cats often enjoy a little bit of raw fruit, root vegetables, peas, pumpkins, soaked nuts and avocados as snacks between meals (but not grapes).
- Many cats love raw fresh sprats fed whole once or twice a week.
- Cats also benefit from offal (e.g. heart, liver, tripe) fed raw once or twice a week.

HOW CAN PET PLUS HELP?

[PET Plus](#) is a powdered civilised version of the “grass soup” element found in the guts of whole herbivores.

When mixed in with their food every day, it not only enhances the digestibility of the food, but also provides plenty of phytonutrients, antioxidants, vitamins, minerals, prebiotics, probiotics, enzymes, essential fatty acids (EFAs), Ubiquinone Co-Enzyme Q10, taurine and other vital micronutrients often missing from a raw food diet (and always missing from cooked and processed foods!)

This beautifully complements the natural raw food diet that carnivores are designed to eat.

If you are feeding a processed food diet, this powdered raw food concentrate is essential to help the body to digest, absorb and utilise it as well as providing thousands of valuable nutrients, which work synergistically.

Chewing raw meaty bones (like chicken wings and drumsticks, RAW) and raw fibrous vegetables (like melon skin, papaya skin, cucumber and tomato) as well supplies great nutrients, helps to clean the teeth and provides entertainment and satisfaction.

Cooked bones are not given because they splinter and are indigestible causing oral damage, constipation and obstruction.

The important points of a natural diet are:

- lots of variety
- raw meaty bones
- minced raw meat, bone, offal, organs, and pulverised green leafy vegetables:
- enzymes, antioxidants, phytonutrients, essential fatty acids, probiotics, prebiotics, Coenzyme Q10, taurine, vitamins and minerals in a whole superfood base (like [PET Plus](#))
- fresh, chemical-free water (bottled water or filtered tap water or rainwater or well water).

FOOD SUGGESTIONS

Here are some suggestions to offer to your cats. Some days they will want one thing and other days, something else. The same applies to humans, especially children.

RABBIT

The best form of minced meat and bone is whole wild raw rabbit minced. This will contain the right proportions of meat, bone, offal and organ meats and can be fed every day as it is a perfectly balanced meal.

OTHER ANIMALS

Other appropriate animals to eat would be rat, mouse, fish, chicken, quail (and other small birds, preferably whole), turkey, pheasant, squirrel and sheep. Strong red meats like beef and venison can cause skin irritations and diarrhoea, so proceed with caution. I never feed pork as the bones tend to splinter, the meat usually contains numerous parasites and the entire pig industry is disgusting!

If possible, get a mince that has the whole animal minced together.

If not, then use minced meat and bone, with organ meat and offal 2 or 3 days a week as described below.

If you feed your cats twice a day, you could use the suggestions detailed below in the morning, then the minced meat and bone, blended greens and PET Plus option in the afternoon / evening.

VEGAN OPTIONS?

If you would like to use some vegan options in combination, a very successful daily routine is to give chia porridge with [PET Plus](#) in the morning then the suggestions below in the afternoon / evening, or the other way around. Or even alternate days or weeks.

PET Plus biscuits are always a great success too. **The recipes you need to make them are below.**

You can also give them some of your food, avoiding onions, grapes or any cooked bones of course.

RECIPE FOR NUT MILK

Many cats love to drink nut milk. If you make nut milk for yourself and you sieve that nut milk to make it smoother, then you can give the nut pulp to your cats mixed with a little PET Plus.

INGREDIENTS

- 100g of rinsed soaked nuts (soaked for 12 hours in chemical free water)
- 500mls chemical free water (bottled or filtered)

METHOD

1. Blend the soaked nuts with chemical-free water to make a nut milk.
2. Add more water to make a thinner milk.
3. Add more soaked nuts to the blend to make a thicker milk.
4. Add in some PET Plus to the blend to improve the nutrient profile and digestibility.
5. A little, good quality vegan protein powder and Billy No Mates can be mixed in too.

Billy No Mates is an herbal powder to deter ectoparasites (ticks, fleas and lice). It is rare that a raw fed cat on PET Plus suffers from such parasites.

RECIPE FOR CHIA PORRIDGE

Many cats love to drink nut milk. But they also love chia porridge.

INGREDIENTS

- Nut Milk (see recipe above)
- 100g of chia seeds
- 25g of flax seeds

METHOD

1. Make the nut milk
2. Add chia seeds and flax seeds and mix rapidly as the chia seeds absorb the liquid very quickly and become a solid lump if not stirred immediately. It will be a porridge consistency after about 15 minutes.
3. To make a thicker chia porridge, add more chia seeds and stir immediately. To make a runnier porridge, use less chia seeds!
4. Add sunflower seeds if a crunchier consistency is required.
5. If PET Plus was not added to the nut milk, add it now to give your cats their daily dose.
6. The same applies to Billy No Mates and a good quality vegan protein powder.

RECIPE FOR PET PLUS BISCUITS

These biscuits provide a different texture and a nutritious crunch that cats adore. You will need a dehydrator for this recipe. But if you don't have one, just use the chia porridge.

INGREDIENTS

- Chia Porridge (see recipe above)

METHOD

1. Make the chia porridge
2. Put little dollops of about half a teaspoon on dehydrator teflex sheets and dehydrate at 47°C, (115°F), in a dehydrator for 12 - 24 hours.
3. Flip the biscuits over onto the mesh, removing the dehydrator teflex sheet, for further dehydration (maybe 1 - 2 days) until they are dry and crunchy.
4. Store in an airtight container in the fridge or freezer.

TRANSITIONING FROM PROCESSED TO RAW FOOD

No-one is ever too old to change! When I first learned of the benefits of feeding raw, one of my pets (a cat) was 14 years old! One day, he went to his bowl to eat the kibble I thought was really good quality food (how wrong could I be).

The following morning, he found raw meat and bone mince in his bowl! He sniffed it, curiously, paused for a moment, looked around for his familiar kibble, then dived in and ate it, a little at a time.

The fleas that were causing havoc in our house at the time simply vanished. His coat improved, he reverted to his energetic, youthful self and lived happily and healthily for another 6 years, being 20 when he died naturally.

Cats that hunt naturally eat raw food, so when you decide to replace the processed food with raw, there is no need to go through this transition process.

THE TRANSITION PROCESS

For indoor cats or cats that don't hunt, the recommended way of transitioning is to give them [PET Plus](#) with their processed food for a week. Then give nothing to eat for 12 hours, just water to drink. This allows the digestive tract to empty itself so that when the raw food arrives, there is no digestive confusion.

Then, after this 12 hour period of abstinence, offer a raw egg or a small bowl of raw minced meat and bone mixed with [PET Plus](#). Then the next day, offer a full meal and all will be well.

If the digestive system decides to cleanse itself, using the energy, enzymes and resources of the raw food, it will probably look like diarrhoea as the accumulated toxic waste lining the bowels is expelled. Better out than in!

This is unusual but could last for a day or two and is an indication of the level of toxicity being endured by your cat. If anything other than water is required by your cat, you could offer a raw egg and maybe a little boiled rice. But it is best to give nothing until the digestive system is empty again and the diarrhoea has stopped.

Then offer a raw egg. If that goes down well, offer another after 4 hours or so. The following day, offer a small bowl of the raw minced meat and bone and [PET Plus](#). If all is well after 6 hours, offer the same again. Then the next day, give a whole meal of raw minced meat and bone with [PET Plus](#) and that should mark the end of the transition period.

If the diarrhoea persists, treat it as recommended in my blog post [treating diarrhoea](#).

WATER

Fresh, clean, filtered (chemical free) water must be available all day every day. Cats naturally obtain most of their fluid requirements from the food they eat, but if they need to drink, in nature they would choose to drink fresh, energised water from a running stream.

Even dirty, muddy water in a puddle is preferable to chemical-rich tap water, which they only drink out of desperation. The body can deal with natural dirt, but it cannot deal with man-made chemicals, which accumulate in the body and are stored in the relative safety of body fat. I used to think that cats that drank from puddles were suffering from polydipsia, but no, they just have the sense not to drink tap water. So filter your water, for yourself and for your cat.

It's a good idea to have 2 water bowls, one with just the water and the other with the water and a block of sulphur in it, then your cats have a choice. A source of sulphur is important as sulphur is a major component of glutathione, the most important intracellular antioxidant.

If your cats go outside in the early morning, they may lick the dew off the grass. We think they're eating grass, but usually, they are just licking off the clean, fresh dew water. I suspect this water contains many minerals as it condenses from the air.

When they do eat grass, they often vomit the long blades of grass, sometimes entangled with roundworms, an effective way of ridding themselves of these parasites. I recommend using Verm-X crunchy treats every day or the liquid 4 days a month to prevent worms in the first place.

MEAL PLANNING

Here are some ideas for a raw carnivorous meal plan for cats but see what your cat likes and adjust these suggestions to suit you and your cat.

HOW MUCH TO FEED?

How much to give in each meal depends on the size, age and activity of your cat.

An approximate idea for an adult cat is to give 2-3% of the cat's ideal body weight per day. A very active cat will need more and an older, sedentary, neutered cat will need less. If your cat needs to gain weight, give more and if losing weight is the aim, give less. Always watch what is happening to your cat's weight and vitality and adjust the food intake accordingly.

For example, a 5kg cat will need 100 to 150g raw meaty food daily. Start at the lower end, so 2% of 5kg body weight is 100g, plus ½ to 1 teaspoonful of blended raw leafy green vegetables and ¼ teaspoonful of [PET Plus](#) all mixed together. See how your cat responds and adjust accordingly.

A growing kitten will need a little and often, as the stomach is very small and the nutrient requirements are huge. A suggestion is to start with about 10% of the kitten's body weight and gradually reduce this as the rate of growth of your kitten slows.

The adult weight is usually reached by 12 to 18 months old, when 2-3% of body weight is a good guide. But remember that these figures are approximate guides. The best real guide is your cat! Be observant and adjust the intake accordingly.

MANAGING VEGETABLE FOODS

Some cats prefer their food without the blended greens mixed in. So miss them out! [PET Plus](#) is a great source.

You can grow trays of wheatgrass for your cats to chew on, put blended greens in a separate bowl and chop up herbs like parsley and put some on a saucer and let your cat choose. This is especially important for indoor cats. Cats that are free to explore the great outdoors graze on grass and nibble at all sorts of plants.

When giving raw fruit or carbohydrate-rich vegetables (like fresh peas, carrots, and other root vegetables, if your cat enjoys them, which some do!), give them as a snack first then wait at least an hour before giving anything else, to allow time for the fruits and veggies to be digested and leave the stomach. This prevents fermentation of the fruits and veggies, thus preventing bloat and other digestive disturbances.

When using a combination of raw meat and vegan based diets, try alternating days / weeks, so feed the raw meaty diet one day / week and raw vegan food the next.

Cats love to chew things. This is great for keeping their teeth clean as well as entertaining them. Many fruit skins, like melon and papaya are thoroughly enjoyed by cats. They also like to eat cucumber and tomato, all of which clean the teeth,

exercise the jaw, nourish the probiotics in the intestines and supply valuable nutrients. Offer these to your cat every day.

A SEVEN DAY MEAL PLAN

Sunday

- Part of an organic chicken carcass, chicken wings, chicken drumsticks or other raw meaty bones from animals of an appropriate size for a cat
- PET Plus biscuits

Monday

- Minced meat and bone mixed with 1 teaspoonful of blended raw green vegetables, like broccoli, spinach, kale, celery. Mix together in a bowl with PET Plus.
- PET Plus biscuits

Tuesday

- Green tripe, either whole pieces or minced mixed with 1 teaspoonful of blended raw green vegetables, like broccoli, spinach, kale, celery. Mix together in the bowl with PET Plus.
- PET Plus biscuits

Wednesday

- Heart, whole or in big chunks. Or whole sprats
- Raw egg yolk of 2 organic eggs
- PET Plus biscuits

Thursday

- Minced meat and bone mixed with 1 teaspoonful of blended raw green vegetables, like broccoli, spinach, kale, celery. Mix together in the bowl with PET Plus.
- PET Plus biscuits

Friday

- Offal and organ meats mixed with 1 teaspoonful of blended raw green vegetables, like broccoli, spinach, kale, celery. Mix together in the bowl with PET Plus.
- PET Plus biscuits

Saturday

- Minced meat and bone mixed with 1 teaspoonful of blended raw green vegetables, like broccoli, spinach, kale, celery. Mix together in the bowl with PET Plus.
- PET Plus biscuits

GET PET PLUS!

The combination of enzymes in [PET Plus](#) helps our cats and dogs to digest the food they're given.

The whole formulation provides the nutrients our carnivorous friends would naturally obtain for themselves in the wild by eating whole raw herbivores, especially the gut contents with all that well chewed, partially digested raw plant material!

Customer Testimonial

We give our cat Léon a small amount of PET Plus every day by mixing it in with his wet food. We started using PET Plus following a recommendation, as we were concerned about him looking lethargic. He just wasn't firing on all cylinders. It had a near immediate effect and he's much more the old cat that we're used to. PET Plus is part of Leon's daily routine now - thanks for developing this excellent product!

Céline & John Rowe - London, UK

Buy PET Plus Now