

Prevention is better than cure!

In line with the human medical profession, those of us caring for pets are working towards the prevention of disease, largely through a more natural diet.

How can diet help?

In the human field, there is an enormous amount of evidence to show that the more raw food is included in the diet, the less disease is suffered, particularly cancer, heart disease, diabetes, arthritis, skin disease, gum disease, dental and digestive problems.

All animals (including people!) evolved to function on raw food. There were no cookers or fires at that time, and certainly no tin-openers!

The basic energy currency for the body is enzymes, which are only present in raw food. They are destroyed by heat and most other forms of food processing.

In the wild, dogs and cats would eat whole herbivores, like rabbits, birds and fish, so they would be consuming raw meat, bones, offal and the guts. This combination is important because:

- 1) **Raw meat and bone** together provide the right balance of minerals, especially calcium and phosphorus, in a form available to the body as it has not been damaged by processing.
- 2) **The guts** 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!

They also eat eggs, bark, herbs, roots, soil, ripe fruit, droppings and insects. Fresh, chemical-free water, preferably running in a stream, is what they choose to drink, not chemical-rich tap water! So filter your tap water or use glass bottled!

How can I do this for my pet?

You can order good quality frozen meat and bone minces from: www.rawpetsupplies.co.uk www.honeysrealdogfood.com www.nutriment.co (no root vegetables or peas mixed in). Most large pet shops sell packets of frozen minced raw meat and bone mixtures **Natures Menu**. Frozen food should be allowed to defrost at room temperature in a bowl, to preserve its enzyme activity. Do not microwave!

Dogs & some cats also need raw green leafy vegetables (liquidized or pulverised) mixed with the meat in equal volumes for dogs and a teaspoonful for cats. Raw fruit snacks can be given between meals but **not** with the meat and bone (and **not** grapes). Cats love raw fresh sprats fed whole once or twice a week. Dogs & cats also benefit from offal (e.g. heart, liver, tripe) fed raw twice a week.

Pet Plus for Dogs and Cats is a powdered civilized version of the 'grass soup'. When mixed in with their food every day, it provides plenty of phytonutrients, antioxidants, vitamins, minerals, prebiotics, probiotics, essential fatty acids & enzymes. This complements the **natural raw food** diet that dogs and cats 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 utilize it as well as providing thousands of valuable nutrients, which work synergistically.

Chewing raw meaty bones (like chicken wings and drumsticks, **RAW**) and whole raw fibrous vegetables (e.g. broccoli stalks and carrots) as well helps to clean the teeth and provides entertainment and satisfaction. Cooked bones are **not** given because they can splinter and are indigestible, often causing constipation and obstruction.

The important points of a natural diet are raw meaty bones, raw pulverized green leafy vegetables, probiotics, enzymes, lots of variety and fresh, chemical-free water (bottled or filtered tap water or rain water).

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