



Your Guide to a Healthy Dog



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YOUR GUIDE TO A HEALTHY DOG – NATURALLY

Traditional dog keeping ways and why they don't work...

There are 3 critical areas in today's dog care that can create chronic degenerative problems, fertility disasters, lowered life expectancy - by as much as half and ineffective immune systems. These three areas are;

1. Over-Vaccinations
2. Feeding Commercial/Low Nutrient Diets
3. Using toxic drugs such as steroids and antibiotics to heal chronic conditions such as allergies, skin problems, kidney and liver dysfunction, heart problems etc.

Why our current model can't work and doesn't work...

You purchase a puppy or dog and you want to give it the best start possible. So you go to your local pet store and buy some kibble and maybe even canned moist food. You may even take it a step further and read the labels to try and pick a brand that seems to be most nutritionally balanced.

High in vitamins and minerals and veterinarian recommended. Looks good and you feel good about your purchase. You may also add a rubber chew toy, a nylon bone and few treats. You get some plastic bowls and you're all set. Next is the appointment with the vet to get his vaccines done and to see if he needs any other additional medication/check-ups.

All looks good so he gets a series of vaccinations and you take your dog home. Months or even years may pass by and your dog starts to show a few symptoms here and there. It may even start so slowly and in such small changes that you may not even wonder if there's anything wrong. He may have an oily skin yet dry fur, teeth may be full of tartar and bad breath. He may have trouble running or getting up. Could he be getting old? But he's only 6.

Like most of us, at this point not much will be done as it doesn't appear to be too abnormal. But as time goes on, more things crop up, dog becomes itchy, ears seem to get infected quite a bit and his stools are always pretty runny. Now at your annual vet check-up – you mention this to your vet and he recommends steroids to combat the allergy type symptoms he may be showing.

Things don't get better from then on – it's one health problem after another and you become frustrated at your dog's health condition. If you are a first time dog owner this may not sound familiar to you but for those of us who have had dogs before, it is generally how things progress. So what went wrong?



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We did everything the vet told us to do, we read the backs of our food packages, we listened to friends and family on dog health advice and yet the dog fails to be healthy. Well first thing is – don't feel guilty. Many of us simply just don't know. The information is not readily available particularly if we are looking in the wrong places. But the great news is you can change the above to be a happy ending by making some integral changes.

Did you see what the above problems may have been to contribute to poor health?

I will list them and then we will talk about each in more detail...

Store bought dog food (dry kibble/canned)

- Firstly, all the pre-packaged foods that are on our store shelves today are considered dead foods. They are missing crucial enzymes needed to digest food and maintain good health.
- Next, many of the ingredients are poor grade (if they are not for human consumption your animal should not eat them either).
- Many ingredients are made up of fillers that cannot be digested by your dog. Some dog foods contain saw dust, cat litter, hair, dirt, cardboard, garbage because it simply is not considered to be harmful. It will be listed as fibre etc.
- Some pet foods contain road kill, dead animals collected from vet clinics (euthanized animals, cancerous tumours etc.) and other poor protein sources.
- The vitamins and minerals added may or may not be in proper amounts. One bag may vary greatly from the next.
- Man made vitamins and minerals (supplements) do not give all necessary nutrients to your dog in proper amounts. Most of it is excreted out or they may create deficiencies or over-abundances of certain vitamins and minerals which can cause serious health problems that can mimic chronic health conditions.
- Canned food is not much better. Contains much of the same as the kibble except water is left in the product.
- Processed foods contain additives, artificial flavours, colours and preservatives that can cause allergies and other serious health related problems.
- Store bought kibble has been linked to heart disease, arthritis, allergies, dental and skin problems, hip dysplasia, thyroid imbalances and a host of other serious conditions.
- Heavy metals are frequently poisoning the commercial pet foods (without manufacturer awareness). ***** Please ask about testing your pet for heavy metal toxicity if you have been feeding your pet commercial food for a few years*****
- Hydrogenated and rancid oils that have been linked to cancer and heart disease are used in commercial pet foods.



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- Commercial dog foods contain high percentage of grains. Dogs are carnivores and do not have ample digestive enzymes to properly digest carbohydrates such as wheat, corn and potatoes. Grains/carbohydrates should not be fed to dogs especially in large amounts. They are in commercial pet foods as cheap fillers as a complete meat diet would be very expensive.
- Dry and canned dog food is pre-cooked in fact it is heated to extreme high temperatures to kill bacteria etc. This practice also kills enzymes necessary for your dog as well as many nutrients. High temperature cooking can also make certain foods carcinogenic.

Rubber chew toys, nylon bones, and treats

- Plastic however 'safe' should not be used for your dog to chew. Invariably plastic will leach into your dogs system.
- Rubber and "edible" toys/bones have been implicated in deaths to some dogs that have chewed them apart and swallowed them (could also cause choking). They caused symptoms like severe diarrhea, vomiting and sometimes death due to poisoning.
- Treats such as milk bone type snacks etc. are made of the same basic ingredients as the dog food. Most of them are extremely high in grains, many times it is the first ingredient. Your dog cannot digest these properly.

Plastic Food & Water Bowls

- Plastic bowls (like the chew toys) may release residues that may harm your dog over time.

Vaccinations

- Implicated in causing chronic degenerative diseases by deteriorating the immune system.
- Main problem is over-vaccination, multiple vaccine preparations (more than one vaccine is given at a time ie. 3 in 1). Most animals are immune after the first shot.
- Vaccines contain components of formaldehyde, aluminum and mercury as well as other toxic additives.
- Viruses injected into the bloodstream do not go through the regular mode of infection as would happen naturally (such as eyes, nose and mouth) therefore body is un-prepared to fully deal with the virus/vaccine particularly if the animal is too young, old or sick.
- Many viruses are harvested on other animal organs to prepare the actual vaccine, many may have other undetectable live viruses that may infect your dog.
- Vaccines are now being implicated as a major contributing cause to allergic type symptoms.



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- Puppies under 3 months of age should not be vaccinated as they yet don't have a fully developed immune system. Same goes for sick or old animals that are already fighting disease – they should not have more added.
- In 1998 the AVMA felt that animals should be vaccinated every 3 years not annually (a big step for the veterinary community but still too much vaccination).
- Vaccine manufactures tested immunity after 1-3 yrs only, on only 7 dogs. They did not test immunity after 10-15 years of the dog's life span. Immunity in most animals as in people is life-long.
- *Donna Starita Mehan DVM:* "Routine" vaccination has adverse side-effects, either short or long term. With vaccines that are repeated year after year, the frequency and severity of these side-effects in our pets has increased dramatically. Most of the problems involve the immune system. **After all, the immune system is what vaccines are designed to stimulate. But they do so in a very unnatural way that can overwhelm and confuse the immune system and can result in increased susceptibility to acute infections (such as ear infections in dogs, bladder infections in cats), chronic tapeworm problems, or in more degenerative cases, cancer."**

Use of steroids, antibiotics and other traditional medication

- The whole point of steroids is to suppress the immune system. They are given to stop the immune function in over-reacting such as in allergies. The problem here is that the cause is never addressed just steroids are given and the immune function is seriously compromised – many times for the life of the animal.
- Steroids are known to have adverse side effects on their own that contribute to very poor health.
- Even steroid injections (sometimes given to alleviate arthritis pains) are harmful as they destroy surrounding tissues. In people who have received steroid knee injection even if just once had to receive knee replacement surgery.
- Antibiotics kill all bacteria. It also kills good bacteria that are naturally found in your dog's digestive system. Again this compromises your dog's immune system. And seriously short-changes his digestive capabilities living him open to allergic reactions.
- Other traditional medications such as thyroid therapy, pain relievers and so on – only mask the problem by addressing the symptoms. No true cure can ever be expected as they are only 'fixing' the symptoms but not the underlying cause.

NATURAL DOG CARE

In order to give your dog a long happy and healthy life he should have...

1. Very few vaccines or none if your dog has any underlying health issues.



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2. Feeding a RAW whole food diet.
3. Using natural therapies to address any chronic conditions and treating small seemingly unimportant symptoms quickly and naturally.

What you need to do to get your dog started right...

Mimic Nature as closely as possible

To Vaccinate or not...

If you try and provide your dog the closest thing to what he would have naturally you are giving him the best support he could get. First we'll address vaccinations and the need for them. Our ancestors never vaccinated dogs or their animals, and wild animals aren't vaccinated. So how come so many survived? Because their immune systems protected them as invariably every healthy creature is protected.

The best line of defense is your dog's own immunity. It is a fact that even vaccinated animals can still get the disease they are being vaccinated against. Why? Because their immunity was poor (probably from the vaccines themselves).

Why is it that in today's day and age and having the most 'vaccine' protected pets, we have animals deteriorating and suffering with diseases (human-type such as cancer, diabetes and heart problems) more than ever before. Actually, most disease we now see regularly in our pets was virtually unheard of only a few decades ago. Strange that we are going to our vets every year to get our pets vaccinated, dewormed and chemically treated to keep fleas/heartworms at bay and yet they succumb to more diseases now than ever before.

The most important thing you can do for your dog is keep him as healthy as possible so his body will be able to fight off whatever it is that is out there. This means providing a healthy diet made up of real food. And keeping on top of small health problems as they arise using natural health therapies that will support him in healing himself. This in fact is more than enough. But if you still feel that your dog needs added protection because he may come in contact with a particular disease (for example Kennel Cough etc.) you can use homeopathic nosodes to act like a prophylactic. It will help in protecting your dog against that particular disease if it is rampant in your area.

Some vaccines such as Rabies are mandatory by law in most of Canada and United States so research what it is you have to do and how often. Many times a titer test is all that is necessary to prove immunity so you don't have to repeat the vaccines too often. Do your research!



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Feed RAW Food

The best food you can provide for your dog is raw whole food, preferably fresh meat with bones. Most dogs will readily accept this and flourish although a small percentage has a difficult time in digesting a 100% raw meat diet, therefore adjustments should be made for each animal.

William Pollak D.V.M. - "Recent studies have shown processed foods to be a factor in increasing numbers of pets suffering from cancer, arthritis, obesity, dental disease and heart disease, comments Dr Wysong. Dull or unhealthy coats are a common problem with cats and dogs and poor diet is usually the cause, according to many veterinarians and breeders. "Dogs, cats and other animals live for years on foods that come out of bags, cans and boxes. But do these foods promote health? If they did, our companion animals would enjoy long, happy lives free of arthritis, hip dysplasia, eye problems, ear problems, fleas and other parasites, gum disease, lick granulomas, thyroid imbalances, skin and coat problems, personality disorders, birth defects, breeding problems, diabetes, cancer and other major and minor illnesses. Before World War II, most North Americans fed their pets raw bones and table scraps. Today, everyone uses convenience foods, and pet food companies are industry giants. Diet isn't the only thing that has changed. So has life expectancy, with the life span of many breeds now less than half what it was two or three decades ago. Skin and coat problems are so common that we accept them as unavoidable, and today's vets routinely treat conditions that used to be unusual or even rare."

William Pollak D.V.M. - "In the wild, no one cooks for the coyote or wolf; no one brushes their teeth. Their foods are raw and unprocessed."

"Processed foods and drugs have seriously depleted the natural vitality and immune systems of many pets. Whereas large amounts of red meat can cause cancer in humans, a lack of RAW red meat in an animal's diet can lead to serious health problems. Animals require the enzymes, amino acids and other nutrients in the raw meat in order to stay healthy. Many skin and coat problems are a direct result of a lack of raw animal fat in the diet - fat which humans often believe is bad for their pet. Animals need at least 30% raw fat, and their systems are not designed to handle cooked meat or cooked fat. Restaurant grease has become a major component of feed-grade animal fat over the last 15 years. Often held in 50-gallon drums for weeks or months in extreme temperatures, this grease is usually kept outside with no regard for its safety or further use. The rancid grease is then picked up by fat blenders who mix the animal and vegetable fats together, stabilize them with powerful antioxidants to prevent further spoilage, and then sell the blended products to pet food companies. Rancid, heavily preserved fats are extremely difficult to digest and can lead to a host of animal health problems, including digestive upsets, diarrhea, gas, and bad breath. In the wild, a panther or jackal does not barbecue, grill or smoke its prey. It definitely does not walk to the local supermarket to buy dry food either. Yet most pet owners recoil at the thought of feeding raw meat to their dog or cat, concerned about bacteria or parasites. Dog and cat digestive systems have evolved over millions of years to consume a raw diet, and they can tolerate foods



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containing a wide range of naturally occurring bacteria. You've probably seen your dog enjoy eating something you consider disgusting and wondered why he doesn't get sick." *Jesse Dallas*

Concerned about salmonella and other bugs? The digestive systems of dogs and cats are short, acidic, and handle bacteria well. This is why they are not susceptible to salmonella, parasites, or e-coli from tainted meat as humans are. Humans have very long digestive tracks which allow food to 'linger' for 24 hours or more, thus allowing more time for parasites to get into their bloodstreams.

Cooked food is dead. Everything in a can or a bag is cooked. All processed foods for people or animals have been cooked, sterilized or pasteurized, which means all the enzymes that are needed to digest and utilize the food are destroyed. The saying "We are what we eat" is not exactly correct. We are what we utilize.

Live food is essential for health. It is the ultimate source of life. There is no other way to be disease free. No matter who tells you that a certain brand of commercial food or home-cooked food is healthy, it is not. It is dead – no enzymes, no friendly bacteria. Veterinarians, animal nutritionists, pet store owners, store clerks, authors of nutrition books or anyone else suggesting cooked foods are not familiar with what foods and supplements are necessary for health. If they were, they would not be prescribing, suggesting and selling cooked foods for carnivores. ALL canines and felines were designed to eat RAW food.

The key to health is keeping live foods in the body. Live foods have enzymes, little protein molecules, which are essential for digesting food, for stimulating the brain, for providing cellular energy, for repairing all tissues, organs and cells, and functions so diverse that it is impossible to name them all.

Animals and people cannot exist without enzymes. It is a myth that you can take supplements and make up for enzymes. Supplemental enzymes, vitamins and minerals can be very helpful, but they do not make up for RAW food.

Use glass or ceramic bowls...

Glass bowls are preferable to plastic or metal type bowls. As plastic or metal particles can get into the food after some time it is not advisable to use these for your dog to eat out of.

Toys

Safety is the key here. Many of the dog chew toys available today are made of plastic polymers and such – dogs ingest them and can get ill. The best toys can be made of natural fibers (stuffed toys) but



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dog must be watched so as to not tear it apart and eat it. And bones should be provided often and daily. A dog has a strong urge to chew particularly young dogs. Raw hide can be dangerous so that is not a good substitute. The best is to get bones from your local butcher for your dog. You will need two types, one is the typical marrow beef bones or knuckle bones. These are fine and the marrow long bones can later be used to stuff treats into to keep your dog happily occupied.

The other kind is the ones that can and should be chewed and ingested to get optimum nutrition. Bones such as beef and pork ribs, chicken bones are all great...provided they are given RAW. Cooking bones makes them brittle and this can splinter and tear their intestines – these are not safe.

However raw bones are and are an important part of your dog's overall diet. Please remember dogs are carnivores and are designed to chew and tear at bones and meat, but still keep a watchful eye over them as some dogs are overzealous and don't want to chew properly. With that being said, dogs have been known to choke on kibble more often as some forget to chew. So the lesson here is when feeding anything to your pet it is always good to supervise.

Water

Your dog should receive spring water preferably to tap water. Tap water is laden with chemicals such as fluoride and chlorine that are not healthy for him to consume. Chlorine destroys bacteria – this means your dog's gut is also paying a price whenever he drinks tap water because the healthy bacteria are being destroyed. This further adds to the digestion problems. The other problem is medicines that get into our lakes and water filtering plants are not filtered out. This means your dog (and you if you drink tap water) gets a whole myriad of pharmaceutical drugs right through your drinking water. Drugs such as Prozac, heart medications, antibiotics etc. are found in trace amounts in your water. We don't know what kind of affect it can have – even in these small amounts. It is better to give Spring water whenever possible.

Note: Please do not make decisions based solely on the findings of this report. Please notify and seek the advice of your veterinarian/homeopathic veterinarian before making any changes to your dog's health regime.
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