

Vegetables

Nutrition

Vitamin C

Behavior

Training

Health



*The Ultimate*

**DOG FOOD GUIDE**

Raw Food

Dog Food

Apple Cider Vinegar

B.A.R.F. Diet

**Canine Health**

By Eric Letendre

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# **OFFICIAL DISCLAIMER**

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*I am not a veterinarian and the information provided in this guide should not substitute veterinary care for your dog. The information presented in this guide is strictly my views about canine nutrition and health. If your dog is in any way sick or you think in need medical attention, please contact your veterinarian immediately.*

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# WHY I WROTE THIS GUIDE

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I'm constantly amazed by the dog food questions that I get from subscribers to the Amazing Dog Training Man online newsletter. I get questions from concerned dog owners all over the world that only want the best for their dogs. There is so much information available to them that sorting through it all becomes an overwhelming task.

All the advice from your friends, your family, your vet, other dog owners, and the internet turns into information overload. I put together this guide to help you with some of your questions. Let me be the first to say that this is not the be-all and end-all guide on canine nutrition. This is just a starting point. It is information that I have compiled over the past 18 years working with dogs and learning as much as I could about canine nutrition.

I have seen dogs that were sick, dogs with unbelievable skin and coat problems, dogs that did not look like they were going to make it through the week, all come back and live full healthy lives once some simple, inexpensive changes were made to their diet.

*“True wisdom consists in not departing from nature, but molding our conduct according to her wise laws.”*

*~Seneca*

# **How I BECAME INTERESTED IN NUTRITION FOR DOGS**



***Eric Letendre, Professional  
Dog Trainer with Sammi***

Lying in my bed I looked over at the clock and could see that it was 3:12 am. I was awakened by my four year old Shetland Sheepdog, Sammi. She was chewing at her skin so loudly that it woke me up from a dead sleep. When I examined the spot that she was chewing, I saw blood.

As I sat there, trying to comfort her, I kept thinking that there had to be some way that I could help this poor dog. It all started about six months earlier...

Sam had developed a little rash on the back of one of her hind legs and she had become a flea magnet. I couldn't get rid of those fleas, no matter what I tried. A few weeks after the first rash appeared, another one cropped up and her condition seemed to be getting worse and worse. Concerned, I brought her to the vet to get it checked out.

The vet I went to at the time said that the problem was nothing more than a hotspot and he gave Sam a shot of cortisone. The hotspots went away, for about a week, and then reappeared.

Again, we went back to the vet, Sam was given another shot, but before we were sent back home, I asked the vet if he thought the hotspots would appear again. He said they shouldn't, the shots should take care of everything, and Sam would be fine.

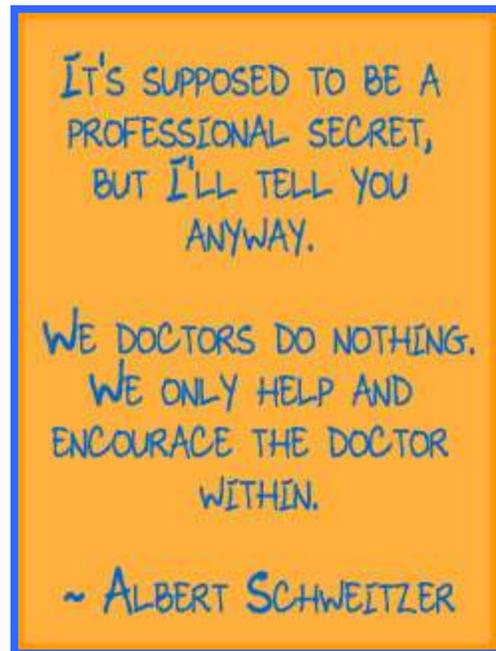
A couple of weeks later, Sam and I were again sitting in the vet's office. As I sat there, I wondered if we would be making this trip monthly. I made my thoughts known to the vet, so this time he also sent me home with a special shampoo to use on Sam.

I dutifully shampooed Sam, following the directions, and became very discouraged when the hotspots didn't go away. In fact, they were getting worse.

At the next vet visit, I was told that Sam would have to be put on steroids. I wasn't too thrilled with this option, but I didn't know what else to do. I was getting very worried because her skin and coat were getting worse and worse by the week. It was also around this time that I asked the vet if he thought that a diet change would do any good. He chuckled and assured me that her problem had nothing to do with diet and sent me home with the steroids.

About two weeks into the steroid treatment, I decided to start taking matters into my own hands. I began researching the effects of diet on a dog's health and well-being and discovered that it makes a HUGE difference.

I bought books, subscribed to newsletters, went to seminars, talked to vets with a different approach to health and nutrition about this subject, and as a result, I changed Sam's diet and started giving her supplements. Sam's health became increasingly better as each day passed. It amazed me how many of the vets that I spoke to in my area about this were



completely conventional, and believed that drug therapy was the only way to cure a dog, of anything.

I'd like to say right up front that I'm not opposed to medication, and in many cases it is necessary, but a lot of times the drugs just mask the real problem and only treat the symptoms. There is almost always an underlying problem that needs to be dealt with first.

For instance, if you have a headache and you take some aspirin, the pain goes away. But the underlying problem, the reason for the headache, needs to be discovered and dealt with to truly cure the headache. Dehydration, stress and sensitivity to caffeine are all reasons for a headache. If you fix the underlying problem, you eliminate the headache and the need to take the aspirin in the first place.



Today, Sam is over 18 years old, still walks up and down stairs, has a great appetite, her coat is beautiful, and she still interacts with the younger dogs in the house.

# **How The Dog Food Companies Have "TRAINED" You**

Marketing expert, Gary Halbert, once said that if he was to open a hamburger restaurant and he could only have one competitive advantage it would not be the best location, it would not be the best burgers, it would not be a special sauce. He said if he could only have one competitive advantage it would be...

## **...A STARVING CROWD!**

If you were a dog food company and only had one competitive advantage, it would be teaching the vets that all of a dog's nutritional needs could be met in a bag of dog food. Even better, teaching the veterinary students.

Over the course of their education, most vet students receive, on average, less than 8 hours of classroom instruction on canine nutrition. In addition, colleges and universities are well known for using the pet food company sales reps to actually present the lectures on nutrition!

The pet food companies influence aspiring vets regarding dog food and nutrition in numerous ways including...

- providing sales reps disguised as "nutritionists" to lecture at colleges and universities
- providing scholarships and awards to vet students

- providing posters with sponsor logos
- putting on additional "educational" seminars
- holding fun events like BBQs and parties
- giving away free pet food to students
- giving away promotional items like free t-shirts, pens, pads, etc.

The whole idea is to leave their product name in the forefront of the vet student's mind, so that when they graduate and open up their own practice, they will recommend their food. In fact, many actually get paid a healthy commission for doing so.

I want to make it clear that I am not "anti-vet." But I have experienced first hand that many vets are limited in their understanding of the role nutrition plays in your dog's health. For example, how many times have you ever heard, "Never feed your dog people food."

Let's take a look at that statement. What exactly is "people food" and what exactly is "dog food?" If you think about it, the ingredients that make up most dog food is exactly what we eat, "people food." Let me explain – If you read the dog food labels, you'll notice that it does not say "Dog Food," instead it lists ingredients like chicken, beef, lamb, fish, duck, rice, corn, wheat, sweet potatoes, etc. In fact, you'll notice that some of the most popular dog food brands are loaded with corn and rice, which by the way is not a natural part of a dog's diet, but it does make up a big portion of our diets.

You have also been trained to believe that you should only feed one brand of food for your dog's entire life! Would you want to eat one food from the same box or bag every day for the rest of your life? Do you think it would be exciting or offer the ultimate nutrition? Also, if you think about it, how can a cooked food that can sit on a shelf for months and months provide everything your dog needs naturally? There is no way that a stored food can provide all the vitamins, minerals and enzymes necessary for optimal health.

# **THE BIGGEST PROBLEM I SEE WHEN IT COMES TO CANINE NUTRITION**

I have run my own business most of my adult life and I have studied sales and marketing for a long time. One of the first things you learn is that repetition is the key to changing anyone's mind about any subject. If you hear anything enough times, you'll start to think of it as fact – even if it's a total lie.

The dog food companies have told you over and over that you have to stick with one brand of dog food and that you should keep your dog on that brand of food for his or her benefit. As you've already discovered, I think we can both agree that it is simply not true.

It may sound like I am angry or upset with the dog food companies but I'm not. They are running a business and it's their responsibility to make a profit. However, it's your responsibility as the one ultimately responsible for your dog's health to not blindly believe everything thing you see, hear or read. It's up to you to do some research and find out what truly is best for your dog.

And while many commercial dog food companies don't provide the greatest product, in fact, some are downright horrible, there are a few that really do have your dog's best interest at heart and are concerned about your dog's health.

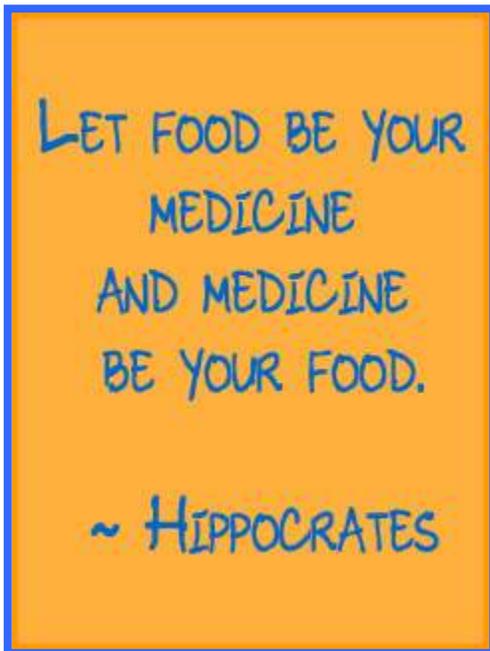
So, with that in mind, a question that I am often asked is how do you determine between a good dog food and a not so good dog food. It's really simple – just read the label. The label will tell you everything you need to know about the food, and once you understand what's on the label, you never need to make a bad choice for your dog again.

# READING DOG FOOD

## LABELS

The dog food label will tell you every ingredient that is in the bag.

All bags of dog food must list the ingredients present in the food and the ingredients must be listed in order of weight. This information is one of the best ways to determine the quality of the dog food. With a little knowledge of the ingredients, which we'll go into in more detail below, you can make an educated decision if the food will benefit or harm your dog.



One thing to be wary of when reading the label is a trick that some dog food manufactures use to hide some of the less than desirable ingredients. Often, an unhealthy ingredient will be broken down into several different smaller ingredients so that they'll be listed lower down the label in order of weight.

For example, a list of ingredients on a bag of dog food could list in order: chicken, ground corn, corn gluten, ground wheat, corn bran, wheat flour, wheat middling, etc.

If all of the corn ingredients were grouped together as one, they would probably far outweigh the amount of chicken, and wheat. As a dog owner, you must read all of the ingredients carefully including the ingredients at the end, to know the types of preservatives and colorings that are used. On to the ingredients...

# LET'S TALK ABOUT PROTEIN

The first ingredient on the dog food label should be some form of protein coming from a meat source. The three most common kinds of protein sources you'll see are meats, meals and by-products (ie: chicken meat, chicken meal, chicken by-product). Here is the definition of each:



**Meat** is the clean flesh of slaughtered animals (chicken, cattle, lamb, turkey, etc.). The flesh can include striated skeletal muscle, tongue, diaphragm, heart, esophagus, overlying fat and the skin, sinew, nerves and blood vessels normally found with that flesh.

**Meat Meal**, according to the FAO, (Food and Agricultural Organization of the United Nations), "is prepared from the waste materials associated with slaughtering operations (carcass trimmings, condemned carcasses, condemned livers, inedible offal (lungs) and bones) and also from the rendering of dead animals.

"There can be a wide variation between plants and batches in what goes into the meat and bone meal that is being prepared. If the ash content is high, this indicates that it contains a higher amount of bones and is referred to as meat and bone meal. If the ash content is lower it is referred to as meat meal...

"...Slaughterhouse wastes and dead animals are used to prepare meat and bone meal. Slaughterhouse wastes consist of portions of animals that are not suitable for human consumption; normally hair, hooves and blood are not included. After animals have died their carcasses

can be rendered to destroy disease organisms and made also into meat and bone meal.”

**Meat by-products** are clean parts of slaughtered animals, not including meat. These include lungs, spleen, kidneys, brain, liver, blood, bone, and stomach and intestines freed of their contents. It does not include hair, horns, teeth, or hooves.

If you look at the list above, you’ll see that the “meats” are the actual muscle tissue, etc. of the animal. This is the best kind of protein source. Meat meals and meat by-products are not nearly as good a choice as meat, but it is very difficult to find a commercial dog food that does not contain some form of meat meal or meat by-product.

As well as the three different forms of protein, most dog food also comes in different protein varieties. There is usually a chicken version, a lamb version, and sometimes a fish version. Some dogs have sensitivities to certain protein sources. For dogs with sensitive digestions, a fish based dog food is usually the best.



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# LET'S TALK ABOUT GRAINS

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On almost every bag of dog food, you'll see some kind of grain source listed, usually corn, wheat, rice, barley, or oatmeal. A lot of the cheaper dog foods will use corn as the main grain source. One of the most popular dog foods in the US lists corn and corn gluten meal as the first two ingredients. That means that if your dog ate that food, his or her diet would be primarily made up of corn – not optimal nutrition for an omnivore, which all dogs are.

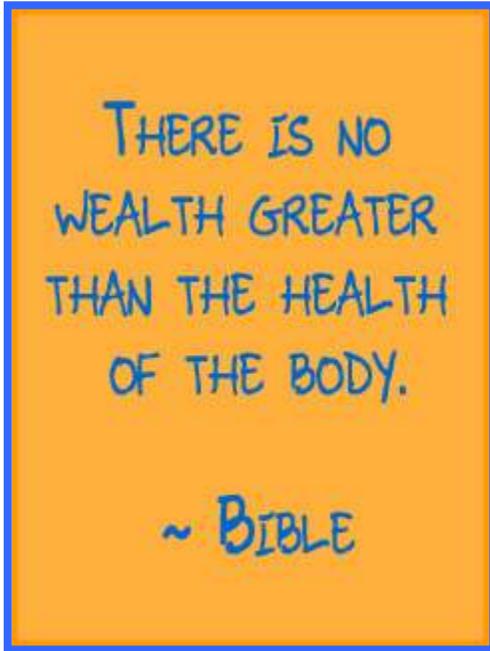
When reading the list of ingredients, the grain source should always be listed after the protein (meat) source.



Not all grains are created equal. For example, corn is a particularly difficult grain to digest. A human who has 26 feet of intestines has difficulty digesting corn. Dogs, on average, have 6-8 feet of intestines. A dog living on a corn based diet can easily develop digestive problems.

Corn can also come in a few different varieties. Two of them are ground corn, which is the entire corn kernel ground or chopped and corn gluten meal which is the by-product after the manufacture of corn

syrup or starch, and is the dried residue after the removal of the bran, germ, and starch.



Oatmeal, wheat and rice are easier grains for your dog to digest and you'll generally see these grains used in higher quality foods. These also come in varying degrees of quality. Brewers rice is the small fragments of rice kernels that have been separated from larger kernels of milled rice and brown rice is the unpolished rice left over after the kernels have been removed.

Even with better grain sources becoming used in more and more dog foods, there are a growing number of dogs that are

extremely sensitive to grains of any kind and display ear problems, hot spots, itchy or flaky skin, and many other symptoms when they eat grains. For dogs with grain allergies, there are foods on the market that are completely grain free.



# **LET'S TALK ABOUT ADDITIVES AND PRESERVATIVES**

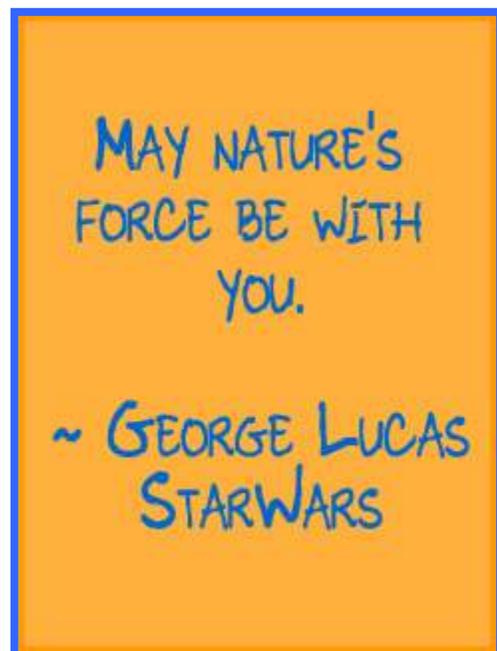
All commercial dog food needs to be preserved with something. After all, most sit on the shelves at the warehouse and then the grocery store for months and months before they finally make it into your home.

Because food is so critical to our survival, food preservation is one of the oldest technologies used by human beings. Different methods throughout the centuries have been found and improved upon for the purpose of preserving food. Some of the most traditional methods include boiling, freezing and refrigeration, pasteurizing, dehydrating, and pickling. Sugar and salt are also often used as preservatives.

With emerging technologies, nuclear radiation is now being used along with modified packaging techniques like vacuum packing and hypobaric packaging.

In addition to sugar and salt, chemical preservatives are also being used to preserve food. For many food manufactures, the chemicals offer the ideal solution because they provide a much longer shelf life.

Not all preservatives are created equal. In fact, some of the most



commonly used ones can be very harmful to your dog's health. Here are the most common (and cheapest) chemical preservatives:

**BHA:** Butylated Hydroxyanisole This preservative has been linked to liver and kidney problems, birth defects, slow growth rates, behavioral problems, metabolic stress, increases in cholesterol levels, allergic reactions, baldness, and brain defects in laboratory animals. This is not something I would feed to my dogs.

**BHT:** Butylated Hydroxytoluene, see above.

**Ethoxyquin:** The FDA and some of the large pet food companies state that ethoxyquin is safe for pet food, but others disagree, citing this preservative for chronic maladies that have been affecting purebred dogs at an alarming rate. There has been a severe increase in immune related diseases among dogs, directly related to pet foods preserved with ethoxyquin. The FDA has also ruled that ethoxyquin is not suitable for human consumption. Why then, would it ever be acceptable for our dogs?

Other problems that are linked to ethoxyquin are itchy skin, lethargy, hair loss, thyroid problems, kidney problems, reproductive disorders, birth defects and cancer. The chemical, ethoxyquin, was originally developed by a company as a rubber hardener. It is also used as an herbicide and insecticide for apples and pears.



**Dyes:** A prime example of generic labeling is "artificial colors." Food coloring often includes the following coal-tar derivative dyes: FD&C **RED #40** (a possible carcinogen), **RED #3**, **YELLOW #5** (not fully tested), **YELLOW #6**, **BLUE #1 AND #2** (increases your dog's sensitivity to fatal viruses such as parvo) and **SODIUM NITRITE**, which is widely used as a red coloring and a preservative.

Sodium nitrite produces powerful carcinogenic substances known as nitrosamines. People have died from accidental nitrite poisoning and animals ingest much larger amounts of these carcinogens and other chemicals daily in their diets than is ever allowed for humans.

**SALT:** Salt is heavily used to help increase palatability. Would you rather eat Cheerios every day or Apple Jacks? Salt is believed to be the trigger of many diseases.

Excessive salt intake can lead to hypertension, kidney stress, colon irritation, and a host of other problems. A balance of sodium is vital for your dog's cellular health, but excessive amounts can do much damage.

**SWEETENERS:** Beet pulp sugar (not to be confused with beet pulp fiber), sucrose (table sugar) and corn syrup (a derivative of corn starch) are the most widely used sweeteners in the dog food industry.

These sweeteners cause chaos in your dog. They produce the same highs and lows as table sugar and a great deal of stress on the pancreas and adrenals, a condition that may result in diabetes.

Corn syrup is hardly a healthy ingredient, especially when you consider how it dilutes other vital nutrients in the diet by providing empty calories devoid of vitamins, minerals, proteins or fats and can also over stimulate the production of insulin and acidic digestive juices.



This all interferes with your dog's ability to absorb proteins, calcium, and other minerals that are in the food. These sweeteners also inhibit the proper growth of useful intestinal bacteria for assimilation of important nutrients. Sweeteners have also been linked to behavioral problems such as aggression and hyperactivity.

You may be wondering why dog food companies would use these chemical preservatives and sweeteners at all. Here are four reasons:

1. They stop the fat in the dog food from going rancid.
2. They are less expensive to use than natural preservatives like vitamin C and vitamin E (tocopherols).
3. They allow a much longer shelf life.
4. They make the dog food palatable, in other words tasty to your dog so he or she will eat it.

Also, it is important to note that even if your bag of dog food lists top quality ingredients, it is most likely cooked. This means that any vitamins, minerals or enzymes that might have been in the ingredients at the beginning will all be destroyed by the time the final product is produced due to the high heat of the cooking process, so even the best dog food in the world still needs to be supplemented.

Keep reading to learn which supplements you can add to your dog's food for optimal health.

### **A Few Words About The Raw Diet**

There is an alternative to feeding your dog commercial food that comes out of a bag or a can. This is what's known as the Raw Diet or the BARF diet which stands for Biologically Appropriate Raw Food, which my dogs are currently eating.

Feeding your dog raw has become very popular over the last five years but is still considered controversial among certain circles, particularly with conventional vets. Personally, I think it's an extremely healthy and natural way to feed your dog, but I don't want to get into great detail about feeding raw in this guide. There is a ton of information on this topic online.

Click on this link <http://barfworld.com> to watch quick video that explains feeding raw in more detail.

Also, be sure to check out the Recommended Resources at the end of this report for more information.

# COMMERCIAL DOG FOODS THAT I RECOMMEND

First and foremost, I recommend a raw diet, but I know that is not the solution for every family or person because of time constraints, money (even though done correctly it is less expensive than most high quality dry foods), and your own personal comfort level.

So, if you choose to feed a commercial dry dog food and would like to know what my recommendations are, here we go:

1. Evo (a grain free food)
2. Eagle Pack
3. Wysong
4. California Natural (hypoallergenic)
5. Solid Gold
6. Nature's Variety
7. PHD



# **SUPPLEMENTS YOU CAN ADD TO YOUR DOG'S FOOD**

These are great supplements to add to your dog's food, whether you are feeding raw or dry. These are supplements that I have used for years and highly recommend.

## **ACIDOPHILUS**

Acidophilus is friendly bacteria that lives in your dog's intestines and protects your dog against the entrance and proliferation of bad organisms that can cause disease.

Here's what you need to know about acidophilus. When your dog is on antibiotics, the antibiotics will kill the bad bacteria causing the infection and the good bacteria as well, including acidophilus.

As soon as your dog is finished with the antibiotics, you should supplement your dog's diet with acidophilus for at least 30 days to help replace the good bacteria in your dog's intestines.

Acidophilus can be found in just about any health food store. It comes in capsules that can be pulled apart and the contents can be easily sprinkled on your dog's food.

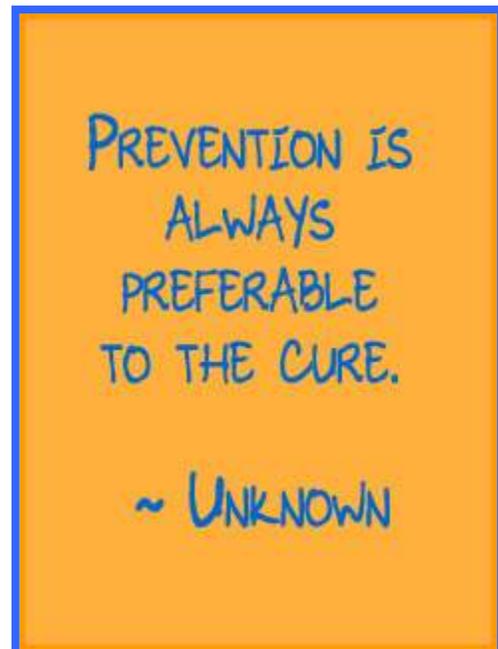
# ENZYMES

There are two types of enzymes that your dog needs for maximum health, digestive enzymes and dietary enzymes.

**Digestive enzymes** are necessary for proper digestion. They are found in foods that are not cooked or processed and are also made in your dog's pancreas. Cooking food kills all the enzymes. When your dog eats a diet exclusively of cooked food that is not supplemented, he or she must rely completely on his or her pancreas to create the enzymes necessary to digest the food. This is stressful on your dog's digestive system over a long period of time and causes a condition called leukocytosis, which is a raised white blood cell count.

There are four digestive enzymes and each plays a specific role in the digestion process. Proteases break down protein, lipases break down fat, amylases break down carbs and cellulases break down fiber and vegetable matter. These four enzymes help break down the food that your dog eats for faster and more complete assimilation into the body which leads to much greater health.

Digestive enzymes along with probiotics (acidophilus) might also reduce or even eliminate bloat and also help keep the pH of your dog's stomach at a level it should be, reducing the chances of systematic yeast infections.



Check you local health food store for digestive enzymes to add to your dog's food.

**Dietary enzymes** are also found naturally in all food sources that are not cooked or processed. Without raw foods in your dog's diet, supplementation is critical to protect against damage at a cellular level. Dietary enzymes provide anti-aging properties that minimize the effects of time on your dog. In humans, this damage is seen as wrinkles, liver spots, arthritis, and other degenerative diseases caused when free radicals kill off molecules in your body.

These are some of the benefits of adding dietary enzymes to your dog's diet:

- aids in disease prevention
- aids in the prevention of cancer
- boosts the immune system
- retards periodontal disease
- prevention of heart disease
- speeds healing after surgery
- prevention of "reperfusion" after bloat/torsion surgery
- reduces the negative effects of vaccines
- reduces the negative effects of anesthetics
- cleanses the system from allergic reactions

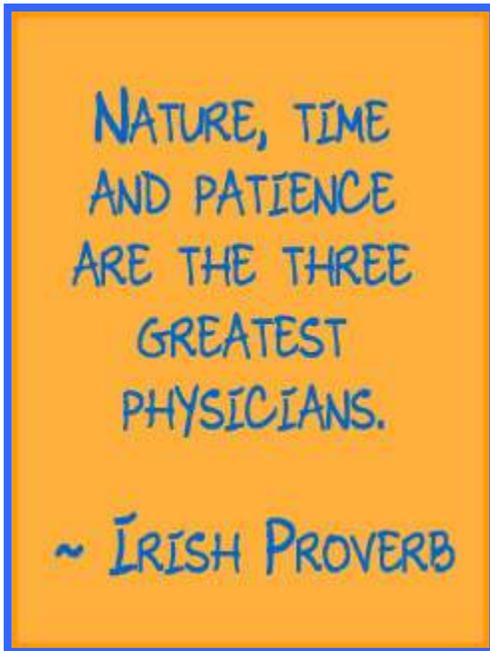
You can find dietary enzymes at any natural food store.

# MINERALS

There are two different types of minerals your dog needs, macrominerals and microminerals.

**Macrominerals** are inorganic nutrients needed in relatively high daily amounts and include calcium, phosphorous, magnesium, sodium, potassium and chloride.

Calcium is primarily used to build healthy bones and teeth. Typical signs of a calcium deficiency are bone abnormalities, slow growth in young dogs, and skin and coat problems.



You want to be careful with calcium though and not over supplement because too much calcium in your dog's diet can cause secondary trace mineral deficiencies, most notably iron, zinc and copper.

Phosphorus also plays a major role in the growth and health of your dog's bones and teeth but also is important to cell metabolism.

Magnesium participates in a variety of body functions from bone metabolism to acting as a co-factor in a variety of metabolic reactions.

Sodium, potassium and chloride are electrolytes and play an important role in regulating fluid and maintaining a healthy acid-base balance in your dog's body.

**Microminerals** are inorganic nutrients needed in minute daily amounts and include iron, zinc, copper, manganese, iodine and selenium. They act as co-factors in various metabolic reactions ranging from those that release energy from proteins, fats and carbohydrates to those involved in bone and cartilage formation.

The availability of trace minerals is generally directly proportional to their solubility. When looking for a micromineral supplement, the chelated forms (i.e. zinc amino acid chelate or zinc proteinate) are the best, the sulfate forms (i.e. zinc sulfate) are the next best and the oxide forms (i.e. zinc oxide) are virtually useless.

In fact, some oxides, most notably iron/ferric oxide and copper/cupric oxide are virtually 100% unavailable which means it doesn't matter how much you add to your dog's diet, he or she won't be getting any benefit from them and you'd be better off saving your money.



# VITAMINS

Vitamins work with minerals and enzymes for digestion, reproduction, muscle and bone growth and maintenance of healthy skin and coat. Vitamins are necessary for literally tens of thousands of different chemical reactions in your dog's body.

There two different types of vitamins, classified into two groups, based on how they are stored in your dog's body.

**Water soluble vitamins** need to be taken daily because they are stored in very small amounts, with any excess excreted by your dog each day. Water soluble vitamins include biotin, vitamins C, B1, B2, B3, B5, B6 and B12.

**Fat soluble vitamins** are stored in your dog's liver and fatty tissues and include vitamins A, D, E and K. You want to be very careful when you are supplementing your dog's diet with fat soluble vitamins because you can give too much, resulting in health problems.

The most important vitamin to supplement your dog's diet with is vitamin C. Vitamin C boosts your dog's immune system and can really help to prevent and treat hip dysplasia. Vitamin C is a water soluble vitamin so you never need to be concerned about an overdose.

It's important to remember that vitamin C occurring naturally in food sources is destroyed when exposed to temperatures above 110\*, and like all water soluble vitamins, rendered useless when exposed to high heat during the cooking process.

Vitamin C is available at any health food store, and you want to be sure to purchase a buffered form of vitamin C like ester C or calcium ascorbate, as these are gentler on your dog's stomach.

# **KELP**

There are over 70 minerals and trace elements, growth hormones, vitamins, enzymes and proteins which include iodine, potassium, magnesium, calcium and iron found in kelp.

Iodine is especially important to you dog's health as it helps his or her thyroid function properly. Lately, a lot of dogs are being diagnosed incorrectly as aggressive, when they actually have a thyroid imbalance that can be easily treatable or prevented in the first place.



Kelp helps your dog's digestive system, can help prevent the growth of tumors and the high iodine content actually helps kelp act as a natural antibiotic.

Kelp powder is inexpensive and found at any local health food store. It is easily sprinkled on your dog's food, and is the single most powerful supplement. It is even referred to as the "miracle vitamin."

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# **MOLASSES**

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Molasses is especially good for older dogs that are starting to slow down and experiencing joint problems. It's an excellent source of calcium and helps regulate enzyme activity and cell membrane function.

Molasses is also a very good source of iron and magnesium, which can help with energy production and is necessary for healthy bones.

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# **APPLE CIDER VINEGAR**

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Raw, unfiltered Apple Cider Vinegar has been used for thousands of years as a food and medicine for humans and their dogs. Since 400BC Hippocrates, the father of modern medicine, used Apple Cider Vinegar for healing purposes and as an energizing tonic.

Apple Cider Vinegar is an all natural product. The juice from apples is fermented into hard apple cider followed by a second fermentation into apple cider vinegar. The finished product retains all the nutritional goodness of the apples. The Apple Cider Vinegar is also fortified with the extra acids and enzymes produced during the two step fermentation process. This is what gives Apple Cider Vinegar all of its amazing health benefits.

Apple Cider Vinegar can be used externally and internally on your dog (it's also great for you too).

## **Here is how Apple Cider Vinegar can improve your dog's well-being:**

The minerals, enzymes and acids in unpasteurized apple cider vinegar can supplement your dog's existing diet. It can be added directly to your dog's food. Besides being a good source of easily absorbable potassium, apple cider vinegar aids digestion, inhibits the growth of unfriendly bacteria and helps maintain the proper acid/alkaline balance of your dog's digestive tract.

Many holistic Vets recommend a daily dosage of:

1 tsp (5 ml) for small dogs (up to 14 lb)

2 tsp (10 ml) for medium dogs (15 to 34 lb)

1 tbsp (15 ml) for large dogs (35 to 84 lb)

## **Ear Care Product**

Unfortunately, a large number of dogs visit the veterinarian each year for ear problems. The good news is you can help reduce these visits by cleaning your dog's ears on a regular weekly basis.

**Here's how to do it:** dip a cotton ball into a solution of equal parts Apple Cider Vinegar and water, and use it to swab the inside of your dog's ears. For an infected ear, use 5 ml of the 50:50 vinegar water solution per 20 lbs of body weight, applying the solution with a syringe obtained from your local pharmacy. Gently rub in the solution then wipe the inside of the ear with a soft cotton ball. This should be done daily for 5 days.

The vinegar helps to control the growth of unfriendly bacteria and other microorganisms that are a common cause of ear infections, and as a result, this will help keep your dog from scratching his or her ears.

## **Fleas And Ticks**

Commercial flea and tick control products use very toxic chemicals. I prefer to take a more natural approach. According to Martin Goldstein, DVM, some of these commercial flea and tick products could also be harmful to your dog.

As an alternative, Roger DeHaan, DVM, suggests using a homemade shampoo and rinse that kills fleas and at the same time soothes irritated skin.

**Here's how to do it:** Add to an 8-ounce bottle of your favorite dog shampoo, 10 drops of tea tree oil and one tablespoon (15 ml) of aloe vera and shake well. Shampoo your pet as you would normally then wait for 6-10 minutes. Rinse with Apple Cider Vinegar diluted in water (1 tablespoon ACV to 1 pint of water).

For minor flea infestations, another recommendation involves washing your dog with a gentle shampoo, followed by a thorough rinse, then spraying on Apple Cider Vinegar diluted with an equal amount of warm water. Allow your dog to drip or shake dry. The fleas will drown in the soapy shampoo water and the vinegar rinse will acidify your dog's skin making it very unattractive to other fleas and ticks.

## **Relief For Skin Problems And Hot Spots**

Fill a spray bottle half way with distilled water. Fill the other half with Apple Cider Vinegar. Spray directly onto the infected area. You may have to shave the area for proper treatment. Spray daily until area clears up.

Apple Cider Vinegar is also great for dogs that have dry skin or dandruff. With your dog in the bathtub pour a 16 oz. bottle of Apple Cider Vinegar onto your dog. Work into his or her coat and let it sit for five minutes. After the five minutes rinse and shampoo you dog.

## Get The Right Kind Of Apple Cider Vinegar

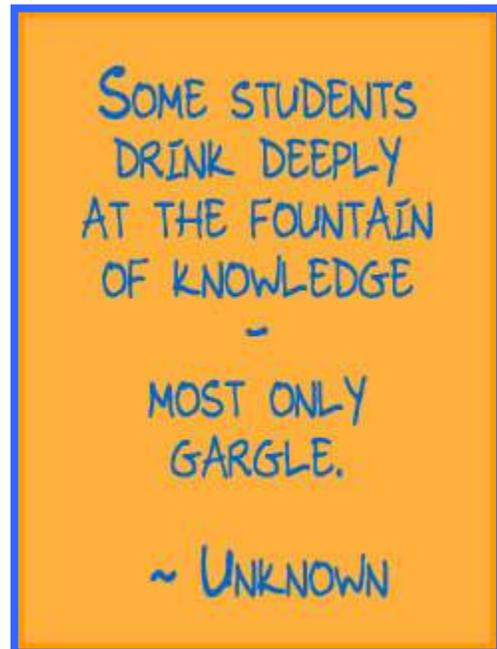
It may seem like all Apple Cider Vinegar is the same. It's not. To get all the great benefits discussed in this report, you want to make sure you get the right kind. A lot of Apple Cider Vinegar available on the market has been pasteurized, filtered, refined and distilled. All of these extra procedures render the Apple Cider Vinegar useless.

You want to use Apple Cider Vinegar that has been made from cold pressed, organically grown apples with no chemicals or preservatives added. The only brand that I use and recommend is Braggs.

Braggs Apple Cider Vinegar is made from the finest, healthy, organically grown apples. The Apple Cider Vinegar is aged in wood and the apples are USDA certified organic.

You can get Braggs Apple Cider Vinegar in most supermarkets and just about any health food store. You can also get it on-line at <http://Braggs.com>

The Braggs have also written a neat little book on Apple Cider Vinegar that I highly recommend. I read it years ago and have been using and recommending the stuff ever since. You can find a link to it in the recommended reading section.



# **HONEY**

Honey provides vitamins B1, B2, C, B6, B5 and B3 as well as copper, iodine, and zinc for your dog so it is a great supplement to add to your dog's diet.

Honey is great to help alleviate allergies and is also good for your dog's skin and coat. To use it as a conditioner, mix the honey with olive oil. Be sure to rinse your dog thoroughly after applying.

If your dog has been diagnosed with kennel cough, you can give your dog a mixture of vitamin C and honey. Often times this will cure the kennel cough without the need for antibiotics.

Honey has powerful antimicrobial properties, which can soothe the raw tissue in your dog's throat from coughing.

Due to honey's natural anti-inflammatory effect, it will help to heal wounds more quickly. It also has different phytochemicals - chemicals found in plants and different foods that kill viruses, bacteria and fungus, making it a good substitute for wound dressings.

Because honey is a natural antiseptic, it is great to apply it to cuts or scratches. By applying honey to your dog's wounds, you can prevent infections. Honey contains antimicrobial agents, which prevent infection by killing the bacteria in and around the wound. Many types of bacteria can't survive in honey, so wounds heal, swelling eases and tissue can grow back.

Another big advantage to treating minor wounds with honey is that it not only prevents infections from occurring, it actually accelerates skin healing.

# COD LIVER OIL

Cod liver oil is another great supplement to add to your dog's diet because it is one of the most reliable and concentrated food sources of four nutrients that are essential to your dog's health. These nutrients are DHA, EPA, vitamin A, and vitamin D and are necessary for a healthy skin and coat, strong bones and teeth, healthy joints, a healthy cardiovascular system, a healthy nervous system and a healthy digestive tract.

**DHA** is a fatty acid that is essential to the health of your dog's nervous system and eyes.

**EPA** is a fatty acid that promotes a healthy cardiovascular system and decreases inflammation throughout your dog's body. Its anti-inflammatory properties make EPA especially helpful to dogs who suffer from arthritis and joint pain.

**Vitamin A** is necessary for proper vision, a healthy skin and coat, and strong mucosal linings, including the lining of your dog's digestive tract. Many skin and digestive disorders cannot fully heal without a reliable supply of vitamin A.

**Vitamin D** is essential to maintaining strong bones and teeth in your dog. It enhances the strength and efficiency of your dog's immune system, which decreases his or her risk of developing autoimmune conditions which seem to be becoming more and more prevalent in dogs today.

# **TEA TREE OIL**

Tea Tree Oil is a natural antibacterial disinfectant that has tremendous medicinal benefits for your dog. It cures all three types of infectious organisms: fungus, bacteria and viruses. Even more importantly, especially with the amount of antibiotics being prescribed today, it is known to effectively fight a number of bacterial strains that are antibiotic resistant.

Here are some ways you can use Tea Tree Oil to improve your dog's health.

## **Skin Infections**

Tea Tree Oil can be used as a general disinfectant by mixing it into your dog's bath water. Simply mix 10 to 12 drops of the oil into the bath water and soak your dog in it for about 30 minutes twice a week. This same oil bath can also be used to relax muscles after a strenuous hike or exercise session.

## **Dandruff and Dry Skin**

Shampoos made with 5% Tea Tree Oil can cure your dog's dandruff and help put moisture back into his or her coat.

When you are using Tea Tree Oil, you want to follow a few simple precautions because undiluted Tea Tree Oil can cause itchiness, irritation and redness on sensitive skin. When applying directly to your dog's skin, to help heal a wound for instance, you want to always dilute the oil in another base oil such as olive oil. You also want to only use Tea Tree Oil externally on your dog. It should never be given internally.

# **GRAPEFRUIT SEED EXTRACT**

Grapefruit seed extract successfully fights many types of internal and external infections caused from parasites, viruses, bacteria, fungus and more in your dog. It has been proven effective even if the causes of the infections are unknown or misdiagnosed because grapefruit seed extract naturally detoxifies, enhances and supports your dog's immune system.

Grapefruit seed extract contains high levels of vitamin C, vitamin E and bioflavonoids which are antioxidants that neutralize free radicals that damage your dog's cells and cause a number of illnesses.

Grapefruit seed extract also helps to alkalize your dog's body fluids. This is important because fungi, bacteria, viruses and cancer cannot survive in an alkaline environment.

A little goes a long way because grapefruit seed extract is effective at a very low dose. Just a few drops is sufficient and is a natural alternative to strong antibiotics without the harsh side effects and high cost.

Unlike Tea Tree Oil, grapefruit seed extract can be used both internally and externally on your dog.

Grapefruit seed extract can be used internally to help treat digestive upsets, gastrointestinal disorders, diarrhea and food poisoning, infections from parasites, bacterial infections, viral infections, fungal infections, and Candida yeast infections. Just add a few drops to your dog's food.

Grapefruit seed extract can be used externally to help treat nail fungus infections, skin infections caused by fungus, bacteria, parasites, viruses, and ringworm, cuts and wounds, rashes, dandruff and much more.

Just mix grapefruit seed extract into your dog's shampoo to remove fleas and mites. It can also be used as a mouth-spray against fungal disease of the mouth.

Grapefruit seed extract can also be directly applied to many types of external skin infections and conditions caused from fleas, mites, parasites, fungus, bacteria and viruses. For external injuries, mix a teaspoon or so of grapefruit seed extract with a cup of water and place it in a clean spray bottle and spray liberally over the affected area. A deep wound would require a more dilute mixture to avoid irritation. For severe wounds or burns, of course see your veterinarian.

For ear mites and ear infections, clean your dog's ears with a solution of a few drops of grapefruit seed extract with 1/8 of a cup of water or vegetable glycerin. Do this twice a day until the problem is cleared up, then on a monthly basis.

Grapefruit seed extract will also help eliminate "doggy smell." Mix a few drops of grapefruit seed extract in a quart of water and place the solution in a clean spray bottle. Spray your dog's entire body, making sure to avoid his or her eyes.

Grapefruit seed extract is very safe for your dog because it has no inherent toxicity and exhibits only minimal impact on beneficial intestinal bacteria, unlike prescribed antibiotics. There are no known side effects, however it is possible that grapefruit seed extract could interact with medications that warn against consuming grapefruit while using their medications.

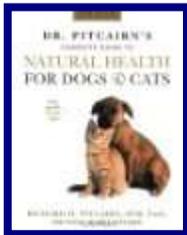
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# RECOMMENDED READING

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The following books are some of my favorites and a must have for your dog library. Click on the titles or pictures of the books to learn more about them.

## **Dr. Pitcairn's New Complete Guide to Natural Health for Dogs and Cats by Richard H. Pitcairn and Susan Hubble Pitcairn**



The book that is the definitive guide to a natural lifestyle for dogs and cats is now completely updated and revised--for the first time in 9 years.

Writing with the warmth and compassion that have won them a national following, veterinarian Richard H. Pitcairn and his wife Susan Hubble Pitcairn, noted specialists in chemical-free nutrition and natural healing for pets, show dog and cat owners how to provide the very best in companionship and lifelong care.

They now cover environmental matters, including pollutants both inside the home and out, as well as recent hot-button topics, such as Mad Cow disease, Lyme disease, and the West Nile virus. They've updated dozens of recipes for delicious and healthful pet food and treats.

With a guide to handling emergencies and an in-depth "Quick Reference" section, they give specific instructions for preventing, diagnosing and treating a wide range of animal diseases and disorders - with special attention to homeopathic, herbal and nutritional remedies.

**Click on the following link for more information:**

**<http://tinyurl.com/dr-pitcairn>**

## **The Nature of Animal Healing: The Definitive Holistic Medicine Guide to Caring for Your Dog and Cat by Martin Goldstein**



As an accomplished doctor of veterinary medicine, Martin Goldstein is well respected for his 25 years worth of experience in the field -- experience he effectively utilizes in conjunction with his expertise in holistic medicine in his new book, ***The Nature of Animal Healing: The Path to Your Pet's Health, Happiness, and Longevity.***

Goldstein begins with a broad explanation of the origins of diseases in pets, then moves on to taking action against those diseases, not only offering thorough discussions of specific ailments - including cancer, allergies and arthritis - and the holistic medicines available to help in the healing process, but also speaking to the "dubious legacy of vaccines" as well as the questionable quality of pet food.

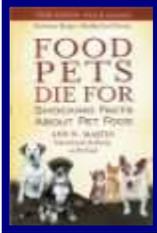
Finally, Goldstein turns his attention to the spiritual realm, addressing both the bonds that we have with our pets - and how those bonds aid in preventing and fighting our pets' health problems - as well as dealing with the death of a beloved pet.

Goldstein's expert advice, inclusion of inspiring real-life cases, and thorough resource "compendium of holistic books, newsletters, Web sites, veterinarians and associations," make this book a valuable addition to any pet owner's library.

***--Julia King Amazon.com Editorial Review***

**Click on the following link for more information:**  
<http://tinyurl.com/dr-goldstein>

## **Food Pets Die For: Shocking Facts About Pet Food by Ann Martin**



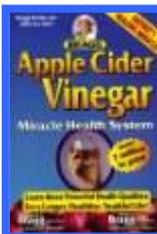
The commercial pet food industry has a secret to hide — and Ann Martin wants to make sure you know it. Her research reveals some startling facts: that the pet food industry conducts animal testing in order to improve their product, and includes euthanized cats and dogs in the mix to heighten protein content.

In this revised and updated edition, Martin continues to explore the shocking processes by which commercial pet foods are produced. She offers alternative recipes for feeding pets, nutritional advice and an exploration of "Pet Peeves," in which she explores several scams aimed at pet owners. This groundbreaking book gives us a glimpse into exactly what we are doing when we buy pet food.

Click on the following link for more information:

<http://tinyurl.com/food-pets-die-for>

## **Apple Cider Vinegar, 56th Edition: Miracle Health System (Bragg Apple Cider Vinegar Miracle Health System: With the Bragg Healthy Lifestyle) by Patricia Bragg**

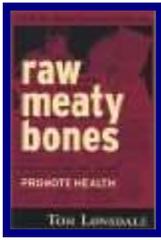


Explores the miracle health benefits of organic, raw apple cider vinegar, a natural detox, antibiotic and antiseptic that fights germs and bacteria.

Click on the following link for more information:

<http://tinyurl.com/apple-cider-vinegar>

## **Raw Meaty Bones Promote Health by Tom Lonsdale**



Tom Lonsdale is a graduate of the Royal Veterinary College in London, Dr. Lonsdale has spent the last ten years campaigning to get the good-health message across to veterinarians and pet owners. In his new book, *Raw Meaty Bones*, he explains the advantages of feeding pets a more natural diet.

When puppies and kittens under his care grew to be adults suffering degenerative disease and showing signs of premature aging, Tom started to take notice. 'At first I couldn't understand it,' says Tom. 'These animals were getting a modern diet and what I believed was the highest possible standards of care and yet were still developing 'dog-breath' accompanied by sore and bleeding gums and rotting teeth.' He began to suspect that he, and most other vets, were probably treating the symptoms rather than tackling the underlying problem.

In fact, more than 75% of domestic pets over the age of three years suffer from periodontal disease (rotten teeth and gums). This can lead to other debilitating, even life-threatening diseases affecting the heart, kidneys and immune system. Irritating skin diseases and behavioral problems – reasons many owners consult their vet – are often due to the canned and dry pet foods.

For the price of a 15 minute consultation with your vet *Raw Meaty Bones: Promote Health* provides hours of reading pleasure. In 391 easy-to-read pages you can discover masses of information not available in whole libraries of veterinary textbooks. If you are a pet owner this book will likely be one of the best investments that you have ever made. Big savings in vet bills and feed bills are likely to be measurable benefits.

But how can you measure the benefits of pain-free happy pets? How can you measure your feelings? - knowing that you have done the best for the pets in your care. You can't. But you and your pets can experience those feelings - because *Raw Meaty Bones: Promote Health*.

**Click on the link below for more information:**

**<http://tinyurl.com/raw-meaty-bones>**