

As We See It... Fresh Food Pet Diets

As we last spoke, we established that our pet's health is the result of the foods we feed them. Last year's pet food recall and the death and injury to thousands of pets shed some light on the pet food industry.

We are now seeing real growth in feeding our beloved companions "real foods." From Oprah to Rachael Ray, we are being exposed to recipes and foods that differ from what we have been hearing from the pet food industry and our local vets. You will find that most veterinarians lack any formal training in the nutritional sciences, relying solely on the literature and reps from the major pet food companies. However, ask yourself this, how can over processed grain-based foods be better for your carnivorous companion?

Dogs and cats NEED the bioavailability of nutrients that are available only in meat and fish. They digest these foods very quickly, converting these nutrients into the metabolic energy they need to make them active, healthy, and full of life. This energy keeps their

immune system strong to fight the challenges from diseases of the heart, liver and kidney, skin and coat, joints, including hip and knee problems. Allergies, including scratching and itching, paw licking and chewing, ear problems, runny eyes, anal glands, and even most dental problems are related to the low bioavailability of many ingredients in processed foods.

We all know friends and family that have suffered with many of the medical challenges we face today like diabetes, cancer, MS and more. Our pets are now suffering from these as well. Much research has found that the causes of these challenges is linked to highly processed foods and the overuse of drugs.

Most people experiencing these challenges start their healing with major changes to their diets. No more fast food, processed meals, or junk food! From now on, it must be fresh, antibiotic and hormone free, and organic if possible. The reason for this is that the body, both ours and our pets, has the nutrients from fresh foods in



the bioavailable form to allow the body to build the immune system to fight these challenges.

These fresh foods make natural essential nutrients such as enzymes, fatty and amino acids, vitamins and minerals available. Processing these foods for packaging, shelf life and convenience destroys much of this. Processed pet foods balance their diets with un-natural, chemically produced synthetic nutrient packs that have little or no benefit to your companion.

As my parents taught me, so many years ago, fresh food not only tastes so much better, it will

keep you healthier and happier.

As always, ask yourself, "does your pet prefer your freshly prepared dinner or his stale, dry kibble?"

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