

FIESTA PET DELI



As We See It... the conclusion of "Balancing Your Pet's Diet"

Balancing our pets' diet is no more difficult than our own with one exception, our pets cannot easily tell us which menu items they need. They don't read the menu, they don't do the shopping, and they don't normally do the preparation. That is left to us, their caregiver.

With our kids, friends or family, we need only ask what they want for dinner and we get an array of suggestions and ideas. The family dog only barks and the cat may meow. This may seem to make it difficult but if we use the principles we discussed in our last article about biologically appropriate diets, the clouds of uncertainty will lift.

You see, just as our diet needs to vary day to day and even seasonally, so does your pets. In the case of our carnivorous pets, this means rotating different meats daily. Our own pets get chicken, beef, pork, turkey, lamb, buffalo, duck, salmon, tuna, and much more on a rotating basis. The purpose of rotating these meats is that each brings different vitamins, minerals, enzymes, and even toxins to the table.

This may seem contrary to what we are told by the pet food companies who want

you to use their food exclusively.

Let's look at the way the body functions. The body is dynamic, meaning it's constantly in a state of change. Activity levels, injuries, stress, as well as toxins, disease, parasites require different levels of body energy, immune response, and nutrients. Since no one food is ever perfect, the body must search for those that will satisfy this need.

Also, all foods bring both good and bad to the body. The good is utilized as energy. The bad accumulates in the body. The build up of the bad can cause a number of problems for your pet including allergies.

So how does rotation of foods keep our pet healthy?

The body is a magnificent machine, designed to heal itself. When we give it different foods, the body can pick and choose the exact nutrients it needs at that time. That is why animals crave certain foods at specific times. For example, red meats are used to build muscle, bones to strengthen and grow bones and teeth, fats, in the form of fatty acids build skin and shiny coats, and even certain herbs to detoxify the body.

It also cleanses itself every

time we change diets, which is why we see loose stool and diarrhea on changes of long term diets. When we change them every day, the amount of toxins, chemicals, and other bad things is in small amounts, which are more easily removed without the diarrhea symptom.

While this information is rather simplified to fit within this short format, the lesson we need to take is that the body, both ours and our pets benefit greatly from a varied, fresh, whole food, appropriate diets. From fewer or no allergies, longer lives, disease free living, the healthy animal will thrive!

And that's the way we see this path to better health!

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