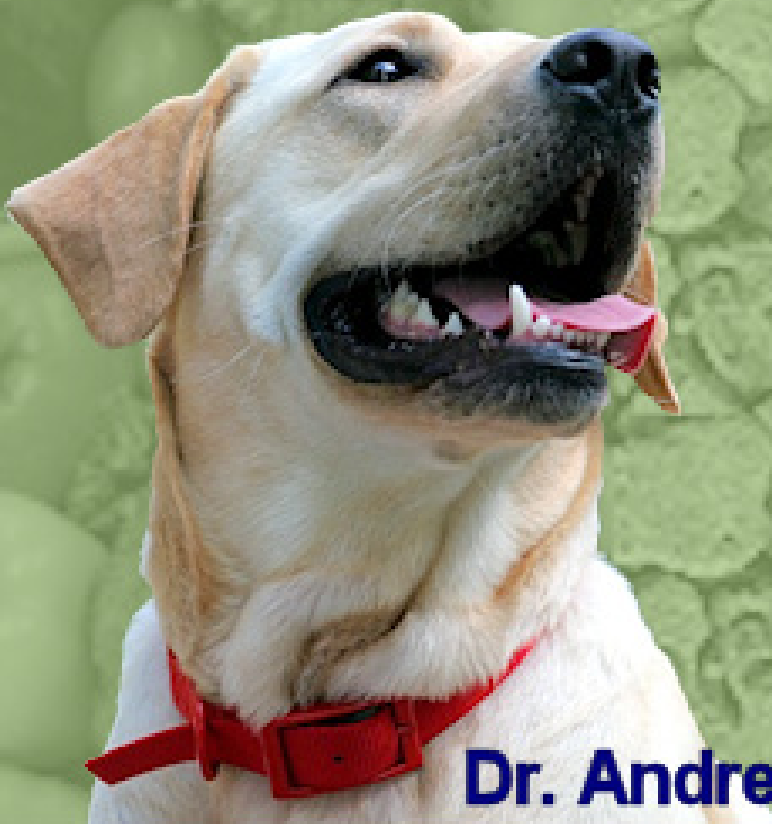


Special Report: Dog Food

Health : Commercial Foods : Home Diets
Regulation : Safety : Supplements



Dr. Andrew Jones, DVM

Special Report: Dog Food

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1. WHY DOG FOOD MATTERS

Hello and Welcome to my Special Report on Dog Food.

My name is Dr Andrew Jones.

I am the former owner of a Veterinary Practice in British Columbia, where I was a busy practicing Veterinarian, author of numerous books including Veterinary Secrets Revealed and Pet First Aid Secrets, creator of an online membership site, The Online Vet, publisher of a daily newsletter, Veterinary Secrets, PLUS the proud parent of my dog – Lewis.

I really started on the path of Alternative Veterinary Care with the death of my last dog “Hoochie”.

He was a beautiful mixed breed dog who brought joy and companionship to me and my family.

But as I am writing you today, my beloved Hoochie is no longer with us. He passed on at the young age of 8... from a deadly Spleen cancer that I now know could have been prevented.

I thought that Hoochie was incredibly healthy - as healthy as a dog could be.

Hoochie was a specimen of health, given a ton of attention, exercised three times a day, fed only "Veterinary Approved" food, given all of his vaccines...

Slowly, I began to notice something unusual about Hoochie. He just wasn't the same. He was reluctant to go for his morning walk, which was always the highlight of his day. I dismissed it as him feeling a bit off or maybe a touch of arthritis... but it didn't pass. In fact, it got worse.

I eventually did a blood test on him thinking he had a tooth infection. I quickly found out that he had a spleen tumor, and that very soon, he would die.

I performed surgery on my own dog, removing the spleen tumor. But, it had spread to the liver, and I knew that he only had a short while to live.

I came to question exactly how I was taking care of my pet - and the way I was telling other people to care for their animals.

I came to realize that I and most other Veterinarians are not "getting it" - that in the process of trying to keep our pets healthy, **we are actually making them sicker!**

Poor Hoochie was not alone. In fact, almost half of all dogs eventually come down with a painful (and often lethal) form of cancer.

I know, because I am asked to treat more and more of these poor creatures every day.

This is one of the *dirty little secrets* that the pet and veterinary industry is hiding from dog owners like you and me.

**Why Your Dog Is Far More Likely To Get Sick Today Than 10 Years Ago...
And What To Do About It.**

After my years of extensive research, I've discovered that there is one PRIMARY reason why serious illness and diseases in dogs have increased dramatically over the last decade...

In fact, this is the SINGLE most important reason why my dog Hoochie developed Spleen Cancer and died.



The BIG REASON: Poor Quality Food.

It seems as though the more fancy dog foods that come out, the more sickness and cancers us veterinarians are seeing every day. It's heartbreaking.

I just finished reading Ann Martin's book called "Food Pets Die For: Shocking Facts About Pet

Food."

The book is shocking, well researched, and very disturbing.

Her two dogs became very sick after eating a dry dog food. The food was analyzed by two independent labs, as well as a Ministry of Agriculture lab.

The independent labs determined there was a toxic level of zinc in the dog food. After nine months of waiting for the government lab to finish its testing, the results indicated there were no toxic mineral levels. She took the pet food manufacturer to court to recover the costs of her veterinary bills and the testing, and subsequently lost the case.

This began her seven-year investigation of the pet food industry.

Here is an excerpt from her book:

"Television commercials and magazine advertisements for pet food would have us believe that the meats, grains, and fats used in these foods could grace our dining tables. Chicken, beef, lamb, whole grains, and quality fats are supposedly the composition of dog and cat food."

In my opinion, when we purchase these bags and cans of commercial food, we are in most cases purchasing garbage. Unequivocally, I cannot state that all pet food falls into this category, but I have yet to find one that I could, in all good conscience, feed my dog or cats.

Pet food labels can be deceiving. They only provide half the story. The other half of the story is hidden behind obscure ingredients listed on the labels. Bit by bit, over seven years, I have been able to unearth information about what is contained in most commercial pet food. At first I was shocked, but my shock turned to anger when I realized how little the consumer is told about the actual contents of the pet food."

The long and the short of it is that today's pet foods are made up of waste that is leftover from processing human food - blood, bone, ligaments, tails, etc.

Worse off, it's been proven that euthanized animals are making their way into pet food... dogs and cats from shelters, and other livestock that had to be put down.

Not good.

You may have heard of the big Pet Food Recall in 2007, in which tens of thousands of cans of food were recalled and pulled from the shelves.

Don't you think it's fair to say that there would not have been a recall if efforts were made to ensure the food was safe for consumption in the first place?

You may have also heard of the controversy around the pet food preservative called "Ethoxyquin"...

The FDA tested this preservative and found that it was unhealthy for canine consumption... so they of course banned companies from using it, right?

Wrong. The pet food manufacturers argued that it was too important to do away with, and instead of banning the substance outright, the FDA cut the amount that pet foods were allowed to contain in half.

My message to them is this:

WAKE UP. Half of a dose of poison is still poison!

(Side note: Make sure to NEVER give your dog food that contains Ethoxyquin, or its two equally dangerous companion chemicals - BHA and BHT).

2. THE HEALTH PROBLEMS OF PET FOOD

The BIG debate...

There is no question that food is KEY to health, yet most Veterinarians discount the link between the number of serious health diseases in our pets today and the pet's diet. If they do make the link, it is that "...if they spent a little extra money and bought our special VET Food (i.e. Science Diet), then they would be healthier...".

The bottom line is that diets composed primarily of low quality cereals and rendered meat meals are not as nutritious or safe as you should expect for your dog.

We really do have an epidemic of chronically ILL dogs - I am seeing this in my Veterinary practice, with younger and younger dogs being diagnosed with serious illness, such as Cancer.

Here are the words of some well respected Alternative Veterinary practitioners:

Michael Dym D.V.M. - *"Over the past 40 years and 17 generations of dogs and, cats we are seeing tremendous increases in chronic ill health in our pets that was rare back in the early 1960's. Most of these illnesses revolve around breakdown in our pets' immune systems, and include chronic skin/ear allergies, digestive upset, thyroid/adrenal/pancreatic disorders, seizures, gum/ teeth problems, degenerative arthritis, kidney/liver failure, and cancer across all ages and breeds. We are also seeing a record number of behavioral and emotional disorders including alarming and unexplained fears/aggression, as well as difficulty focusing/training and paying attention. The analogy of these compared with escalating immune/behavioral diseases in children*

is quite disturbing. The two biggest factors in our pets' population health decline over these generations has been the severe overuse of multiple vaccines and nutrient poor and toxin filled commercial pet foods. We have also failed to address the underlying cause of disease by only suppressing symptoms with antibiotics, cortisone and related drugs, so the disease progresses and goes deeper. Homeopathy offers a viable alternative in truly curing pets and making their bodies healthier."

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. 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."*

We have made fantastic advances in Veterinary care – yet our dogs are not living any longer than 30 years ago. The single biggest reason this has happened is due to poor quality dog food.

Dog and Cat Health Problems related to Pet Food Ingredients

Ingredients

- BHA is suspected to cause stomach cancer, behavioral changes, hyperactivity, liver damage and fetal abnormalities and metabolic stress.

- BHT is suspected to cause liver issues, thyroid and bladder cancer and metabolic stress
- Propylene glycol is suspected to cause the destruction of red blood cells. Some studies suggest that cats can become addicted to food that contains this
- Artificial Colors Red #2 and #40, Violet #1, Blue #2, Yellow No 5 and 6 are suspected to be linked to cancer, birth defects and skin lesions
- Ethoxyquin - You may have also heard of the controversy around this pet food preservative...

The FDA tested this preservative and found that it was unhealthy for pet consumption. So they of course banned companies from using it, right?

Wrong. The pet food manufacturers argued that it was too important to do away with, and instead of banning the substance outright, the FDA cut the amount that pet foods were allowed to contain in half.

My message to them is this: WAKE UP - Half of a dose of poison is still poison!

Make sure to never give your dog or cat food that contains Ethoxyquin, or its two equally dangerous companion chemicals - BHA and BHT. Ethoxyquin is suspected to cause cancer, kidney related problems and numerous other health issues

Common Health Problems

- Allergies. The most common proven allergens for dogs are beef, chicken, milk, eggs, corn, wheat, and soy; for cats, fish and milk products.
- Arthritis is often a result of joint wear and tear – but, diet is key. If the appropriate diet is fed, your pet is less likely to be overweight, and have

arthritis. Many of the Premium diets have additional anti-oxidants, Glucosamine and EFA's which will aid in treating and preventing arthritis.

- Dental Disease is often a result of dogs and cats not having adequate abrasive food materials to regularly chew on. In the wild, dogs and cats would both regularly crunch bones. I am seeing dog guardians who feed raw food to have very health dogs with exceptionally clean teeth.
- Kidney Failure. Inadequate and improper protein sources and low moisture content (of dry foods) are the two major kidney stressors I believe occur in commercial foods. The kidneys also take a hard hit from many toxins to which the body is exposed.
- Urinary Infections and Crystals. This is often caused by consumption of a dry, high carbohydrate diet. The classic example is the corn based dry cat food that produces a high urinary ph and concentrated urine. These are the two biggest risk factors for FLUTD (Feline Lower Urinary Tract Disease).
- Hyperthyroidism. This is defined as enlarged thyroid glands and high levels of thyroid hormone in the blood. The increase of this had been attributed to chemicals in Cat Food.
- Chronic Vomiting and Diarrhea. In addition, the proteins in grains are less digestible than animal proteins.
- Immune Disorders. The immune system becomes irritated and weakened by the invasion of foreign, non-nutritive protein and carbohydrate particles. Allergies and other chronic immune problems may develop. In severe cases this can lead to Auto Immune Hemolytic Anemia.
- Diabetes and Pancreatitis. The pet's pancreas will do its best to keep up with the demand for amylase. But over time the Pancreas loses its ability to respond

leading inflammation, and severe vomiting/diarrhea. In other cases the Pancreas is no longer able to produce insulin, resulting in Diabetes.

- Seizures. Preservatives such as ethoxyquin, BHT, and BHA should be avoided as they can cause seizures. Many "supermarket" foods are loaded with chemical dyes and preservatives. Buy a high quality kibble made from "human grade" ingredients – or better yet, cook for your pet.
- Liver Disease. There are various causes of Liver disease – but in cats, diet is the culprit in both causing – and treating it. The single biggest risk factor is to have an overweight cat, which suddenly stops eating for a period of time, mobilizes his fat stores, and causes a condition called Hepatic Lipidosis (Fatty Liver). The important point here is to avoid obesity by feeding a diet high in animal protein – and AVOIDING the cheap carbohydrate based dry cat foods.
- CANCER. There are many dietary risk factors that are contributing to Cancer. Here are just a few:

Smoke flavor. Indicates flavor which can potentially become carcinogenic, retards bacteria on rancid meat.

Ethoxyquin (a preservative). Found in 2% of pet food products analyzed. The most carcinogenic preservative, most in industry have stopped using it except very cheap, poor quality foods.

“Red 40”. Artificial color, carcinogenic.

Sodium nitrite (for color retention). Potentially highly carcinogenic.

Sodium hexametaphosphate. Cheap source of phosphorus can become deadly to dogs. Emulsifier, texturizer.

Propylene glycol. . Adds sweetness to food, used in antifreeze. Some preservative action, possible carcinogenic.

L-alanine. Non-essential amino acid used as supplement in heavy grain-based foods but causes cancer in lab mice.

Natural and artificial flavors. Poor quality of flavor additive, artificial flavors can be carcinogenic.

Poultry fat (preserved with BHA). Non-descript fat, possible carcinogenic preservative.

Poultry by-products. Ground up carcasses, can include dead, diseased fowl, all internal parts void of healthy meat, includes feet and beaks.

BHA (a preservative). Chemical. Highly carcinogenic preservative.

Corn oil (preserved with TBHQ). TBHQ contains petroleum-derived butane, can be carcinogenic.

Artificial flavor. Can become carcinogenic. Produces allergies.

Note about Grains

Why have grains become so prevalent? The high carbohydrate content provides CHEAP calories. In addition, grains assist in binding ingredients.

What are the negative effects?

I believe that dogs cannot maintain long term production of the quantity of amylase enzyme necessary to properly digest and utilize the carbohydrates.

3. THE PET FOOD RECALL

Menu Foods Pet Food Recall

It has been a little over a year since the massive Menu Foods pet food recall occurred. Over 150 brands of pet food, including over 60 million containers of food, were involved in this recall.

Ultimately, melamine and cyanuric acid, two chemical additives, were determined to be the cause of the renal failure that caused the deaths of at least 1,950 cats and 2,200 dogs in the US alone, and the illness of tens of thousands more. These chemicals are high in nitrogen, and are added to lower grade foods in order to 'cheat' the tests for protein content in foods. This allows companies to market cheaper, lower grade protein-deficient foods as 'protein rich'.

In the US, the Federal pet food safety legislation has been passed and an industry commission has made recommendations to improve the safety and quality standards for pet food. Unfortunately, the legislation relies on voluntary recalls by manufacturers and does not grant the FDA mandatory recall authority.

Samples of the food, specifically the wheat gluten, were tested and found to contain aminopterin, a chemical that was formerly used in cancer treatments, is used as a rodenticide in some countries. However, in the United States it is not legal for use as a rat poison, and only used in cancer research. Officials are still unclear how it entered the pet food and testing is ongoing.

Further testing by the US Federal Department of Agriculture (FDA) has also found melamine, a chemical used in the manufacturing of plastics in samples of food being tested. Melamine is used in the manufacture of fertilizers, plastic kitchen ware, counter tops and flame retardants and is also used as one of the components in fertilizer in Asia.

The FDA has now begun to test several types of imported protein supplements used in both human and pet food for the presence of contaminants. Products to be tested include wheat gluten, rice protein concentrate, corn gluten, corn meal, soy protein and rice bran. Other products may be added to the list later. These ingredients are widely used in human foods, such as breads, pastas, cereals, pizza dough, energy bars and protein shakes.

A brief list of some of the companies involved in the Recall:

Menu Foods, Del Monte Foods, Hills Pet Nutrition, Nestlé Purina PetCare Products, Natural Balance, American Nutrition, Blue Buffalo, Diamond Pet Foods, Chenango Valley Pet Foods, Wilbur-Ellis, Royal Canin, Sunshine Mills.

Important Legal Information for those who may have been involved in the Recall

There is a proposed settlement of the class action lawsuits known as In Re: Pet Food Products Liability Litigation. If you purchased food affected by the Recall, please go to this website: <http://www.petfoodsettlement.com/>

Safety

The entire recall further goes to show just how potentially unhealthy feeding commercial Dog Food can be.

Even "QUALITY" Dog Food companies were affected by the recall - and thousands of dogs died as a result.

What I learned is to be somewhat skeptical of ALL of the companies.

- QUESTION their claims.
- DON'T just feed 1 type of commercial Dog Food.
- Make some of your Dog's Food at home – you know the ingredients.

4. DOG FOOD REGULATION (LACK THEREOF)

The sad truth is that the pet food industry is largely self-regulated. Yes, they try to test the food to see if it causes diseases, but they are more interested in the answer to the question, "Can we get sued for this?" than, "Is it actually HEALTHY?"

There is very little regulation of Dog Food in North America—the ONLY authority that certifies Dog Food is AAFCO – the American Association of Feed Control Officials.



Well, one thing that you should know about me is that I am not especially fond of so-called “authorities”.

My first rule is to question them and look into their claims.

This is what can be found on many labels: "Our pet foods are made following AAFCO guidelines and must pass stringent testing."

This sounds good, until we take a close look at the AAFCO test guidelines.

"The Testing Protocols For Providing An Unqualified Representation of Nutritional Adequacy For A Dog Food" are as follows:

- 8 dogs older than 1 yr. must start the test

- At start all dogs must be normal weight & health
- A blood test is to be taken from each dog at the start and finish of the test
- For 6 months, the dogs used must only eat the food being tested
- The dogs finishing the test must not lose more than 15% of their body weight
- During the test, none of the dogs used are to die or be removed because of nutritional causes
- 6 of the 8 dogs starting must finish the test

And amazingly, that's all there is to it.

Buyer beware!

You may be buying a pet food advertised as being a nutritionally adequate diet for all dogs because it passed "stringent" AAFCO testing, when in reality only six to eight dogs have actually eaten the food for a period of 6 months, and survived with no more than an "acceptable" 15% loss of body weight.

Ask your veterinarian about AAFCO certification, and they likely won't know what it means.

But to claim it is "nutritionally adequate" with only 6 dogs eating the food (and just surviving) is pathetic.

I doubt many of you are feeding your pet food based on AAFCO claims.

5. SELECTING A COMMERCIAL DOG FOOD

After reading about the problems of commercial pet food, it makes you really think about what you are feeding your dog or cat.

How do you decide what's best for your companions?

If you are to use a commercial food, here are some tips to check for quality:

1. Ingredients are listed in descending order. The first ingredient should be an animal based protein.
2. When selecting a commercial food for your animal companion, at the very least make sure the label has an "AAFCO guarantee," preferably one that references "feeding tests" or "feeding protocols" rather than Nutrient Profiles. As I've written in the previous section, accept this with caution, only as a minimum requirement (it will not indicate quality to any significant degree).
3. Avoid foods that list by-products. (AVOID Meat, Bone, Fish and Chicken Meal) These rendered products are the most inexpensive sources of animal protein. They are not a reliable source of nutrition for your animal.
4. Avoid those that list the food fractions – i.e. wheat middlings or corn gluten instead of the whole grain. These ingredients are leftovers from the human food processing and don't provide the best nutrition.
5. Avoid generic or store brands. These may be repackaged rejects from the big manufacturers, and generally contain cheaper and poorer quality ingredients.

6. Check the expiration date to ensure freshness. When you open a bag of dry food, give it a sniff; if it smells rancid, return it immediately.
7. Look for natural preservatives. These include Vitamin C (ascorbic acid) Vitamin E and mixed tocopherols. Avoid ethoxyquin, BHA, BHT and propylene glycol.
8. Avoid foods with artificial flavor enhancers, such as phosphoric acid.
9. Avoid artificial colors. These include azo, azo dyes, and sodium nitrite.
10. Essential fatty acids must be included - of utmost importance for allergies, arthritis and cancer prevention.
11. Additional antioxidants, such as Vitamin E, Vitamin C and flavonoids.
12. Select Natural brands. These are usually better than most. Several brands are now preserved with Vitamins C and E instead of chemical preservatives (such as BHA, BHT, ethoxyquin and propyl gallate). While synthetic preservatives may still be present, the amounts will be less.

Select Advised Dog Food List

Here are my criteria:

Must be HOLISTIC Pet Food.

MUST NOT use Menu Pet Foods for any food product.

MUST NOT use Wheat, Corn or Rice Gluten.

(in alphabetical order)

Artemis - Holistic Pet Food

Azmira Holistic Animal Care Products

Back to Basics

Blue Buffalo (Brands include BLUE for dogs, and Spa Select for Cats)

Bravo Raw Diet (Bravo is their only brand)

Canidae (Brands include Canidae and Felidae)

Champion Petfoods, Ltd. (Brands include Orogen and Acana)

FirstMate Pet Foods

Flint River Ranch

Halo

Holistic Blend

(The) Honest Kitchen

Kumpi

Life's Abundance by Healthy Pet Net

mORIGINS

Natura Pet Products (Brands include Innova, Evo, California Natural, Healthwise, Mother Nature, Karma Organic)

Nature's Logic

Nature's Variety (Brands include Nature's Variety, Nature's Variety Prairie, and Nature's Variety Instinct.)

Neura

Old Mother Hubbard

Paw Naturaw

Petcurean Pet Nutrition (Brands include Go! Natural, Foundations, Summit)

PHD Products

Primal Pet Foods

Rudy Green's Doggy Cuisine

Solid Gold Health Food for Pets

Stella and Chewy's

Steve's Real Food, Inc.

TimberWolf Organics

Wellness - See Old Mother Hubbard

Wysong

6. MAKING DOG FOOD AT HOME: RECIPES

The best foods for your pet are those that you make at home, yourself. Why? Simply because you know the ingredients, and you know what you are feeding is fresh.

You can pre-make large batches, freeze it, and then add vitamin/mineral supplements when it's time to feed. In this section, I am assuming that the animal protein is cooked.

The vitamin/mineral supplement should be a good quality, human-type supplement. Some of the cheaper human supplements, particularly those with a heavy coating, are not well digested by people and will not be by pets.

I prefer that you use a quality pet designed supplement from your local pet supply store. There are a variety of brands.

If you are using human supplements, keep in mind that the average human supplement is designed for a 150-pound adult. A cat should get about 1/6 to 1/10 of a human supplement. A dog dosage can be calculated from the weight of the dog compared to 150 pounds. Do not overdose! Some vitamins and many minerals are toxic at high doses.

Bone meal must be an edible, human grade. Do not use bone meal intended for gardening or plants.

Home Diets For Dogs

The Basic Dog Diet – healthy pets over 6 months old

1 pound fresh boneless skinless chicken breast

2 and 2/3 cup cooked white rice

1 Tablespoon safflower oil

Preparation Instructions:

- Sauté chopped chicken breast in oil until thoroughly cooked.
- Add rice.
- Add supplement to cooled mixture.
- Store in refrigerator. Larger batches may be prepared in advance and stored in the freezer. **Do not** add the supplement if you intend to freeze – add the supplement in at mealtime.

75 Lb Dog Fish And Sweet Potato Homemade Food Recipe

Baked Sweet potato - 4 cups

Cooked Fish, trout, rainbow – 1 1/2 cups

Salad or cooking Oil, vegetable, corn – 5 teaspoons

(See preparation instructions below.)

75 Lb Dog Chicken And Rice Homemade Food Recipe

White, long grain Rice, cooked – 5 cups

Vegetable oil – 6 teaspoons

Cooked chicken breast – 2 cups

Preparation Instructions for the above 2 recipes:

Cook Protein, Carbohydrate and Vegetables.

This recipe represents the amount to be fed per day and can be fed in multiple meals. More than one day's worth of the food can be prepared ahead of time and refrigerated for up to 3 days or frozen for up to 2 weeks.

Add "Dr Jones Ultimate Canine Health Formula" in at mealtime.

Diets For Specific Health Concerns

Home Allergy Diet for a 50 lb Dog

Boiled white fish or canned tuna 1 cup
Boiled potatoes or Cooked rice 4 cups
Corn Oil 1 tablespoon

Mix all ingredients together and divide into equal portions, feeding 2 ½ cups in the morning and 2 ½ cups in the evening. Add supplement portion at each mealtime.

Whatever food you choose, it must be fed for 12 weeks. If after 12 weeks your pet it still scratching, then she probably doesn't have a food allergy.

Homemade Cancer Diet for Dogs

Lean ground beef, fat drained	454 grams (1 pound)
Rice, cooked	227 grams (1 1/3 cups)
Liver, beef	138 grams (1/3 pound)
Vegetable oil	63 grams (4 1/2 Tbsp)

Cook the rice. Cook the ground beef and drain the fat. Cook the liver and dice or finely chop into small pieces. Mix well, cover and refrigerate.

Feed approximately one-quarter of this mixture each day to a 10 pound dog or cat. Palatability will be increased if the daily portion is heated to approximately body temperature (Caution: when using microwave, avoid "hot spots," which can burn the mouth).

Add supplement at mealtime.

Simpler Cancer Diet (if your pet is unwilling to eat the above recipe):

- 50% chicken/fish
- 50% mixed vegetables
- 1/2 tsp of olive oil per 10 lbs
- Salt and garlic to taste.

For All Recipes

Prior to serving each meal and after warming, add the appropriate amount of supplement to the food. Mix thoroughly.

DO NOT HEAT THE SUPPLEMENT!

Heating supplements that contain vitamins can destroy their effectiveness.

7. FOODS HAZARDOUS TO YOUR DOG

There are a number of common 'human' foods that can be toxic for your dog. The important thing is to know exactly what to avoid.

Included is a complete list.

Alcoholic beverages

It is often sweet, attracting dogs, but can cause serious and fatal intoxication. Do not ever offer this to your dog.

Here are some of the signs and side effects:

- Incoordination/ataxia
- Excitement
- Depression
- Excessive urination
- Breathing rate is slowed
- Cardiac arrest and death

Avocado

Avocado leaves, fruit, seeds and bark contain a toxic principle known as Persin. The Guatemalan variety is most toxic – but all have toxic potential.

They cause vomiting / diarrhea - primarily gastro intestinal distress.

Chocolate (all forms)

Chocolate contains theobromine, a compound that is a cardiac stimulant and a diuretic.

Signs:

- Initial excitation
- Increased drinking and urinating
- Vomiting and Diarrhea
- Theobromine causes an increased heart rate and arrhythmia
- Seizures can then be seen
- Death is then possible

Coffee (all forms)

Coffee contains dangerous components called xanthines, which cause nervous system or urinary system damage and heart muscle stimulation.

Fatty foods

The primary concern here is severe Gastrointestinal upset - and in some cases Pancreatitis.

This can be fatal in some dogs, and it is almost always triggered by a High Fat Meal- such as gravy or bacon.

Macadamia nuts

Macadamia nuts contain an unknown toxin, which can affect the digestive and nervous systems and muscles of dogs.

This has lead to paralysis.

A small number of nuts, and even the butter can cause this.

Moldy or spoiled foods

Many molds contain a type of toxin called an Aflatoxin. This is thought to be a common cause of "compost toxicity". Signs include GI (Vomiting/Diarrhea), muscle tremors, in coordination, elevated temperature, excessive salivation, and liver damage.

Avoid feeding ANYTHING moldy to your dog.

Onions, onion powder

Onions contain the toxic ingredient thiosulphate.

Dogs affected by onion toxicity will develop anemia.

1 Onion can cause this. Fortunately ALL dogs recover once they are stopped from ingesting onions.

Raisins and grapes

As few as 6 grapes and raisins have caused acute kidney failure in some dogs.

The toxic ingredient is not yet known.

There is no treatment.

Avoid feeding ANY grapes or raisins to your dogs.

Yeast dough

The yeast dough/uncooked bread dough will rise in your dog's stomach causing severe gastrointestinal distress (vomiting/diarrhea), bloating, and signs of alcohol toxicity.

Xylitol

Xylitol is a artificial sweetener found in "SUGAR FREE" Products, such as gum, candy etc.

Signs relate to a sudden drop in glucose (blood sugar); incoordination, collapse and seizures.

Apples, Apricots, Cherries, Peaches and Plums

Ingestion of large amounts of stems, seeds and leaves of these fruits can be toxic.

They contain a cyanide type compound and signs of toxicity include apprehension, dilated pupils, difficulty breathing, hyperventilation and shock.

Potato peelings and green looking potatoes

Potatoes and other Solanum species, including the tomato, are members of the nightshade family of plants.

These plants contain solanine and other toxic alkaloids which, if eaten in large enough amounts, can produce drooling, severe gastrointestinal upset, including vomiting and diarrhea, loss of appetite, drowsiness, central nervous system depression, confusion, behavioral changes, weakness, dilated pupils and slowed heart rate.

Nutmeg

High levels of nutmeg can be toxic, even fatal.

The toxic component is unknown.

Signs of toxicity include tremors, seizures, nervous system abnormalities or death.

Tomato leaves & stems (green parts)

The green parts of the tomato plant are considered toxic because they contain solanine, which has the potential to produce significant gastrointestinal and central nervous system effects.

8. DOG SUPPLEMENTS

After reading about all of the problems with dog food - from the lack of nutrition, the variety of common dog food carcinogens, and the lack of regulation, I really feel that you should be regularly supplementing your dog's food with a quality supplement.

It really is the KEY to keeping your dog healthy and extending their life.

It's no secret that those who eat right and get all of their recommended daily allowances look better, live longer, and are far less likely to suffer from disease.

Now... we humans can get away with "straying" a little bit - I'm sure you've missed a few veggie or protein servings in your day, as have I.

Unfortunately, dogs don't have it so easy.

With all of the factors stacked against your dog these days, it's crucial that you as a loving owner provide your dog with the full amount of ALL of the essentials he or she needs.

Not just those that meet the industry's so-called "recommendations".

What will happen if you don't?

Unfortunately, it's likely to be the same thing that happened to my dog.

What supplement is BEST for your dog or cat?

Good question!

There are a range of companies and options. The number of components in a supplement is huge.

It can be VERY confusing.

The pet supplement market has erupted into a billion-dollar industry.

There is a 'voluntary' governing body, called "The National Animal Supplement Council", or NASC. But the problem is that this is a voluntary industry-run organization - similar to the AAFCO which supposedly governs Dog Food in the United States.

As a consumer it really is difficult to know who to TRUST- never mind deciding exactly which ingredients are most important for your dog.

What follows is what I think that you should look for in a quality supplement.

The Four Most Important Supplements to Give

1. Omega 3 Fatty Acids. In my studies and experience, these help more diseases than ANY other supplement. These are beneficial to the immune system, the nervous system, the heart, and help stop inflammation, such as in arthritis and allergies. They are critically important in Cancer. This is probably the most important supplement to give, no matter what you feed. Sources are found in fish body oil, and not in other animal oil. They are also found in flax seed and flax oil. Recommended amount is 1000 mg fish oil (containing 300 mg combined DHA/EPA) per 30 pounds (14 kg) of body weight. Maximum dosage for dogs with

health problems would be 1000 mg per 10 pounds (4.5 kg) of body weight. The ground Flax seed dose is 1 teaspoon per cup of dog food daily.

2. **Vitamins and Minerals:** Commercial foods lose most of their vitamin and mineral content in processing. The anti-oxidant Vitamins are most important: Vitamin E, Vitamin C and the Water Soluble B Vitamins. The most important minerals to supplement include Calcium, Zinc, Selenium, Iron and Phosphorus. The vitamins and minerals play key roles in ALL cells in the body – from the B vitamins necessary for brain function, to Selenium, a vital antioxidant that protects your dogs organs from damage. Every quality dog supplement should have a multivitamin/mineral component.
3. **Immune Supportive Products:** Every common dog disease - be it from allergies, to infections, to cancer, ALL have one common denominator- the immune system. Anything that you can do to boost and normalize your dog's immune system will help them AVOID and FIGHT these common dog diseases. Some of the more beneficial immune support ingredients include colostrum, certain amino acids (Lysine), some of the immune stimulant herbs (i.e. Echinacea, Ginseng, Astragalus), and Immune boosting mushrooms.
4. **Probiotics:** These are the beneficial bacteria that live in the intestines and help control yeast and harmful bacteria, as well as helping with digestion and intestinal health. These friendly bacteria are destroyed whenever antibiotics are given, and can also be flushed out of the system if your dog has diarrhea. Probiotics that have proven to be very beneficial include Lactobacillus and Enterococcus. Any dog that has diarrhea or is on antibiotics should ALSO be on a quality probiotic.

Are they SAFE?

In light of the Pet Food Recall and additional contaminated dog foods in North America, this question is more important than ever.

As a consumer it is difficult to know.

As I mentioned, there is a 'voluntary' governing body, The NASC, but there is no independent regulator.

So here are my suggestions.

1. Research the company... visit their website.
2. Can you phone them?
3. Do they do independent 3rd party testing? (This means the manufacturer gets the product tested prior to leaving the plant.)
4. Is there a guarantee that what is written on the label is in the bottle?
5. Are they manufacturing to Human Grade standards? You should expect this in every quality dog supplement.
6. Outsourcing: Ensure that ALL of the ingredients in the supplement come from reputable, top quality suppliers, locally if possible – not from 'shady' sources.
7. Testimonials - look for references from other dog guardians who have used the product and had good results.

Natural Ingredients?

As a concerned dog owner, you should be avoiding as many 'un-natural' ingredients as possible.

Here is what you should be looking for in a Quality, natural supplement:

1. In choosing a natural supplement, ensure that NONE of the following are on the label. You DO NOT WANT: Wheat, Soy, Dairy, Sugar, Artificial Ingredients, Additives and fillers. Avoid any supplement that includes these.
2. The ingredients should be derived from Natural Sources - if you can't pronounce them, then they probably are NOT natural. Some of the more common Natural ingredients include Vitamins, Minerals, Flax, Fish Oil, Amino Acids - plus both naturally derived animal and plant related components. This includes ingredients such as Herbs, Mushrooms, Colostrum, Glucosamine, and Digestive enzymes.
3. Ensure that the supplement is NATURALLY preserved. Vitamin E and being 'air tight' is the preservative of choice. AVOID BHA, BHT and Ethoxyquin.
4. Natural flavor and color - if the supplement is chemically flavored or colored DO NOT use it.

Are they REALLY necessary?

Is it really necessary for your dog to be on a dog supplement if you already feed premium quality dog food?

For basic survival, no. But if you want to give your dog the best chance for better health and a long life, YES.

Your dog's health is under constant attack. Here are the common attackers...

1. Environmental Toxins – such as herbicides and pesticides.
2. Vaccines - they do affect your dog's immune system, with side effects such as auto-immune disease.
3. Commercial Kibble- even the 'BEST' commercial kibble is a long way from a nutritious, fresh meat, vegetable and carbohydrate home cooked diet. Vital nutrients are destroyed in the creation of the kibble – especially essential vitamins and minerals. ALL nutrition can NOT come in a bag, regardless of the claims of the company, or just how pretty their glossy brochures are...
4. The Number 1 killer of dogs today: Cancer. Over ½ of the dogs in North America will die of Cancer. Anything that you can do to aid in boosting your dog's health, and potentially preventing cancer, is vital.

As a practicing Veterinarian, I am seeing more and more serious chronic dog health disorders - from allergies, to arthritis, to cancer. BUT I am also seeing some pretty remarkable results in treating these diseases with nutritional supplements.

And what is the BEST treatment?

PREVENTION. It's far better to prevent these diseases than to ever have to treat them.

And the single best way to prevent these diseases affecting your dog?

NUTRITION. In the form of a quality holistic diet, including supplements.

Conclusion

I hope that you have enjoyed my Special Report on Dog Food, ranging from the problems with dog food, to the pet food recall and the lack of dog food regulation, to my list of solutions:

- Home Diets
- Advised and SAFE commercial dog food list
- Foods to AVOID
- Supplements that you should be feeding now

Thank You for taking the time to read my report.

To stay in touch with me, and receive even more valuable dog health information, sign up for my daily newsletter, 'Veterinary Secrets', at

<http://www.veterinarysecretsrevealed.com>.

Remember: your pet's health is up to you.

Best wishes,

Dr. Andrew Jones, DVM

About Dr. Andrew Jones

Dr. Andrew Jones is a Veterinarian in Nelson BC, Canada. He has developed a special interest in natural and alternative ways to heal pets, and has written and produced several books, videos and countless articles on at-home pet health care. He has also developed a unique home study course on pet healing titled the "Veterinary Secrets Revealed Complete Home Study Multimedia Course". Although no longer in practice, Dr. Jones' goal is to empower pet owners to take a much more active role in caring for their pet's health.

<http://www.veterinarysecretsrevealed.com>

<http://www.theonlinevet.com>

<http://www.thedogsupplement.com>

<http://www.petfirstaidsecrets.com>

<http://www.thecatssupplement.com>

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