

Raw Feeding 101 For Dogs New Client Handbook



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WELCOME TO EVERYTHING RAW

At *Everything Raw*, WE believe that all dogs and cats are the ultimate gurus of unconditional love, the perfect example that humans should thrive for. We believe that their mission in life is to love us unconditionally, to be our protectors when needed, to be our confidants and best friends, to be there for us through our trials and tribulations (the good times and the bad), to show us the finer points in life, including how to relax, how to not take life so seriously and how to enjoy every moment with each other. We believe that when our pets cross the Rainbow Bridge, pieces of our heart go with them as well. We believe that their devotion to us deserves only the best from us. As their guardians, we believe in providing our pets with the best species appropriate foods possible, so that they can have a life full of health, vitality and longevity.

Everything Raw's MISSION is to provide as many pet guardians as possible with the most healthiest, balanced and complete species appropriate raw food product for their furbabies, at the most affordable price possible. Because we believe that our furbabies are precious to all of us, we will not compromise quality for quantity, the personal touch for the bottom line, or our devotion to our clients, two legged and four.

At *Everything Raw*, WE are committed to assisting our clients every step of the way, ranging from clients new to raw, experienced clients looking to switch to or supplement their current products and breeders starting their puppies off on the right paws.

Everything Raw will only sell products that we ourselves provide to our own dogs and cats.

DISCLAIMER

We are not veterinarians or animals experts, or even breeders. We are simply pet owners who have seen the benefits of raw on our own dogs, past and present. The information we discuss with you and the information in this document are the result of research that we completed, and what we do as pet owners of raw fed dogs.

As pet owners, it is your responsibility to educate yourself on raw dog food diets, as well as other benefits available for your dog or cat. The information contained in this document is what we do for our own pets, and is provided to you for information purposes only. You are still encouraged to do your own research and come to your own conclusions on what is best for you and your dog(s) and cat(s).

We believe that pets should be provided with a varied diet, and therefore encourage you to provide different meat sources and products to your pet on a regular basis.

The products that we provide carry no guarantees, other than the ones noted below. While we make every attempt to advise our clients of the importance of providing healthy, complete and balanced meals to your pet, not all of our products, specifically the Meat and Bone products or the Premium Beef, meet the definition of complete and balanced meals. Pets must be provided with a specific amount of meats, bones, offal, veggies, vitamins and minerals, as well as supplements, on a regular basis. Use these products at your own discretion.

OUR PRODUCTS

All of our products, except the Small Dog formula and the Cat formula, come in 24 lb sausage formats, in 24 lbs boxes. Each sausage is encased in a sheathing that protects it from the freezer elements, and come in frozen raw format. All of our products are prepared using fresh lean human grade meats. The suppliers that we use are inspected by **Everything Raw** and are licensed by the organization within their region/province to produce raw dog and cat food.

PREMIUM BLENDS

Everything Raw sells both Premium blends and Meat and Bone blends, for a wide range of client expertise. Our Premium blends are healthy, balanced and complete meals, with the correct ratios of meat, bone, offal, interchangeable vegetables/fruits, vitamins, minerals, and supplements.

Premium Mix – Grain-fed chicken with finely ground meaty bones, beef, beef offal (liver, heart, kidney and spleen), interchangeable vegetables/fruits, unpasteurized apple cider vinegar, organic kelp, canola oil, alfalfa, ground flaxseed, Brewer's Yeast, Vitamin E and supplements (NATURVET Kelp Help)

Premium Chicken – Grain-fed chicken with finely ground meaty bones, chicken offal (liver, heart and giblets), interchangeable vegetables/fruits, unpasteurized apple cider vinegar, organic kelp, canola oil, alfalfa, ground flaxseed, Brewer's Yeast, Vitamin E and supplements (NATURVET Kelp Help)

Premium Turkey – Grain-fed turkey with finely ground meaty bones, turkey offal (liver, heart and gizzard), interchangeable vegetables/fruits, unpasteurized apple cider vinegar, organic kelp, canola oil, alfalfa, ground flaxseed, Brewer's Yeast, Vitamin E and supplements (NATURVET Kelp Help)

Premium Plus – Grain-fed chicken with finely ground meaty bones, beef, beef offal (liver, heart, kidney, spleen), interchangeable vegetables/fruits, unpasteurized apple cider vinegar, organic kelp, canola oil, alfalfa, ground flaxseed, turmeric, Brewer's Yeast, glucosamine HCL, Vitamin E and supplements (NATURVET Kelp Help) **Note:** This product is designed for small dogs and older/senior dogs.

Premium Beef – Beef, beef offal (liver, heart, kidney, spleen), interchangeable fruits/vegetables, unpasteurized apple cider vinegar, organic kelp, canola oil, alfalfa, ground flaxseed, Brewer's Yeast, vitamin E, vitamins, minerals and supplements (NATURVET Kelp Help). **Caution:** This product does not contain bone and is therefore NOT considered a complete and balanced meal.

Hypoallergenic (Premium Duck) - Duck meat with ground meaty bones, offal (liver, heart, kidneys, spleen), interchangeable fruits/vegetables, unpasteurized apple cider vinegar, seaweed, alfalfa, vitamin D, vitamin E, folic acid, minerals, ALOE MELISSA 'S PET. ***This 100% natural meal was developed for dogs with food allergies and skin conditions.***

Premium Wild Meats – Rabbit, small game, boar, bison, finely ground bones, boar or rabbit offal (liver, heart, spleen and kidneys), interchangeable fruits/vegetables, organic kelp, olive oil, fine herbs, unpasteurized organic apple cider vinegar, ground flax seeds, Brewer's Yeast, vitamin E, glucosamine HCL, turmeric, and supplements (NATURVET Kelp Help).

Small Dog Formula (for dogs 25 lbs or less) - Organic chicken with finely ground chicken bones, beef, offal, interchangeable fruits and vegetables, organic kelp, spirulina, Brewer's Yeast, canola oil, sliced olives, ground flaxseed, minerals, amino acids and vitamin-rich supplements (NATURVET Kelp Help). *Note: This product is designed for dogs 25 pounds or less.*

Cat Formula – Organic chicken with finely ground chicken bones, beef, chicken hearts, beef or chicken liver, interchangeable fruits/vegetables, unpasteurized apple cider vinegar, organic kelp, Brewer's Yeast, riboflavin (vitamin B2), niacin (vitamin B3), salmon oil, sliced olive, cranberries, vitamin E, vitamins, minerals and supplements (NATURVET Kelp Help for cats).

MEAT AND BONE PRODUCTS

Our Meat and Bone products are not complete meals, and are designed for the more experienced raw feeder in mind. To make them a healthy, complete and balanced meal, you need to add offal, vegetables/fruits, and various supplements of your choice.

- Mixed Meat and Bone – Chicken, Turkey and Beef
- Mixed Meat and Bone with Offal
- Chicken and Bone
- Turkey and Bone
- Mixed Meat with Fish

We also have access to other various meat sources, for the pet guardians who want to provide additional variety to their pets, and to assist vets in determining food allergies in dogs and cats. These products are not complete meals, are subject to supplier availability and are also subject to price change without notice:

- Chicken, turkey, boar and bison
- Duck, boar and bison
- Rabbit, small game, boar and bison
- Beef
- Horse
- Rabbit and horse
- Kangaroo
- Rabbit and lamb
- Special order mixed recipes

THE BENEFITS OF RAW FOOD FOR DOGS

Dogs are carnivores. Their ancestry, while it may not look it in some dog species, is from the wolf. Wolves eat meat as their main food source, mostly large hoofed animals including deer, mountain goats, moose, elk and bison. They will also hunt hares, beavers, birds and fish. Wolves will also eat some fruits and vegetables, when available.

Wolves do not eat corn on the cob, wheat, grains or rice, nor do they have ovens to cook, barbecue or roast their fresh kills before they eat it. The closest they come to cooking their food is when they bury it for future consumption.

When a dog is provided with raw meat with bones (ground or whole), offal, some fruits/veggies and vitamins, minerals and supplements, your dog will thrive, not just survive. The benefits of a species appropriate raw diet include:

- (1) Meal enjoyment – a raw fed dog will look forward to meal times with excitement and in most cases, will remind you that it's their meal time;
- (2) Healthier dogs - health problems such as allergies, skin conditions, dull coats, arthritis and lack of energy are all improved and in some cases eliminated, including ear infections, skin irritations, yeast infections, etc...;
- (3) Less vet visits - raw feeding creates a stronger, healthier immune system so dogs are more resistant to disease and ill-health;
- (4) Beautiful healthy coat – once a dog has lost their dull, unhealthy coat when eating raw food, they will be left with a beautiful healthy and shiny coat;
- (5) Pearly white teeth with no plaque - dogs love ripping and chewing raw meaty bones, allowing them to develop the neck, jaw and shoulder muscles, flossing and cleaning their teeth, and providing mental stimulation;
- (6) Beautiful white healthy teeth, healthy gums and sweet breath – no tooth decay or periodontal disease, therefore no infection on the gums and no bacteria swallowed with every gulp of saliva, reducing the chances of heart, kidney and liver disease;
- (7) No doggie odor – a raw fed dog has sweet smelling skin (no doggie odor) and requires little to no baths;
- (8) No parasites – Raw fed dogs are less likely to get fleas or ticks, as fleas and ticks like unhealthy bodies of yeast smelling dogs, so no need for harmful neurotoxins for flea/tick control;
- (9) Less stools to pick up - they are smaller, less smelly and quickly disintegrate into the soil if left untouched for a few days;
- (10) More energy - raw fed dogs are more alert, energetic and all around healthier in mind, body and spirit;
- (11) Custom tailored diet - raw feeding provides the owner with the ability to custom tailor their dog's diet to maintain a healthy weight, by considering their activity level, age, health problems and specific nutritional requirements; and
- (12) Natural enzymes - providing naturally occurring nutrients and enzymes from raw meat, organs and bones.

WHY IS RAW DOG FOOD NOT WIDELY RECOMMENDED BY PET CARE PROFESSIONALS?

At *Everything Raw*, WE understand the misgivings that pet care professionals have with feeding raw food to your dog(s) and cat(s). The concept of feeding a species appropriate diet has been lost over the years, with the introduction of other food bases, such as dry morsels, freeze-dried morsels, high carbohydrate treats, etc.

Pet care professionals are often faced with the serious health consequences experienced by dogs and cats that are caused by providing incomplete, unhealthy and unbalanced homemade or commercial pet foods available on the market or made at home. Pet care professionals are also concerned about e-coli and salmonella poisoning.

At *Everything Raw*, WE strive to provide our clients, or those just curious about raw, with the information and resources that they need to become informed pet guardians, allowing them to move forward with confidence and enthusiasm regarding feeding raw to their dogs and cats. We advise all of our clients to do their research from reliable sources and to connect with holistic vets, as much as possible.

WHAT IS A HEALTHY, COMPLETE AND BALANCED RAW FOOD DIET?

Dogs and cats need quality proteins, fats, and a small amount of vegetables and fruits. Vegetables and fruits provide antioxidants and fiber to animals that no longer hunt whole prey.

Dogs and cats need unadulterated, fresh, whole foods that are moisture dense. They don't need grains, fillers, artificial preservatives, colors, additives, chemicals, by-products, or processed foods. Although animals can eat some processed foods, they aren't designed to consume a lifetime of dry or canned diets.

For a cat, their diet should consist of approximately 95-100% of meat, bones and offal, with only 0-5% of vegetables. To put this into perspective, think of a mouse, a cat's favourite food; the meat to bone to organ ratio with the skin being the roughage.

For a dog, their diet should consist of approximately 60-75% meat, 10-15% bones, 5-10% offal, and 15-25% vegetables. To put this into perspective, think of a rabbit, a bountiful source of food for wolves; the meat to bone to organ ratio, with the skin and rabbit intestines being the roughage.

- **Meat and bones:** Dogs should be provided with approximately 60-75% meat and 10-15% bone in their diet. You can provide your dog with chicken meat (including a whole chicken, chicken backs, necks, thighs, wings, and even feet), turkey meat (including turkey backs, necks, thighs, wings and feet), duck, lamb, beef, rabbit, venison, and wild game such as pheasant or partridge. *Do not give your dog raw pork or raw boar as they may cause toxoplasmosis. Cooked pork or boar is fine.*

- **Fish:** You can provide whole fish of just about any kind, however ***do not provide raw salmon or other anadromous fish – fish that swim upstream to spawn, as it may cause salmon poisoning.*** Cooked or canned salmon packed in water with the skin and bones included are excellent choices. Canned sardines packed in water are another excellent choice.
- **Organ meats:** Also called offal, include liver, kidneys, spleen, lungs, ect., are excellent choices. Offal provide an excellent natural source of many nutrients your pet needs, and would naturally eat. Offal, however, are very rich and should be used sparingly, making only 5-10% of your dog's diet.
- **Fruits and Vegetables:** While a dog's digestive system can't absorb the nutrients from raw vegetables / fruits unless they are finely chopped or ground, there are tons of different fruits and vegetables that you can add to any raw dog food. Think of fruits and veggies as fiber that helps them excrete their stools. There are however some veggies/fruits that are actually dangerous, even toxic, to dogs. Don't give your dog garlic, onions or potatoes with the skin on, as these can cause stomach upset and even be toxic in large quantities. Cabbage and turnips can result in a lot of gas, while tomatoes, cucumbers, mushrooms and peppers can also cause stomach upset. For fruit, do not give grapes or raisins.
- **Green Tripe:** Green tripe is the 4th stomach of grazing cows, buffalo, bison, and lamb. These enzymes (good bacteria and amino acids that help animals digest grass) are equally beneficial for our dogs, giving a boost to their digestive system, which, in turn, improves a dog's immune system. But, the smell is shockingly bad. The benefits of green tripe far out way the smell: promotes healthy digestion, offers a boost to the immune system, spurs a dog's appetite, treats both diarrhea and constipation, soothes gastrointestinal upset and infections, great for dogs with irritable bowel syndrome, heals and prevents vaginal infections and is great for dogs with seasonal outdoor allergies. Green tripe can be fed as a supplement added to their meal a few days a week, and is a great way to hide the taste of medicine, supplements and can even tempt a dog who is being picky about their food. ***Do not provide your dog or cat with the white tripe that can be found in grocery stores.***
- **Vitamins / Minerals:** Supplements can be a very healthy addition to any diet, especially to the weak, sick and elder pets. In general, a balanced raw diet gives your pet all of the nutrients that he/she needs to maintain a healthy long life, but vitamins, minerals and supplements can give their immune system a great boost.

Extras: Other ingredients that can also be used to add variety and extra nutritional value to raw food can include: cottage cheese, plain yoghurt, raw free range eggs – including the shell (the shell of store bought eggs are not recommended), peanuts and almonds, sunflower seeds, wheatgrass, food grade bone meal and kelp.

HOW MUCH SHOULD I FEED?

Using the ideal adult body weight of your dog, the sex of your dog, the activity level of your dog and the age of your dog, you can determine the amount of dog food you need to feed him/her.

(1) **the age of your dog:** If you have a puppy, less than 4 weeks, you do not feed raw yet. Let the mother's milk be its only nutrition as she is not only providing your pup excellent nutrition but also providing him/her with the antibodies that your pup needs to start life out right. A pup between 4 weeks and 1 year should be provided with between 3% to 4% of your dog's ideal adult body weight. Yes, it's a lot of food, but they need it for their growing bodies. However, keep in mind that smaller dogs grow faster than larger dogs, so a large dog could take up to 1 ½ years if not more to reach its full adult body weight.

(2) **the sex of the dog:** When you have a pup and you are trying to determine its ideal adult body weight, remember that female dogs tend to be smaller than male dogs. This usually applies to all breeds. Remember that if you have a pregnant or lactating female, you need to provide between 4% and 8% of her ideal adult body weight. Remember she is eating for 2 or 3 or 4 or more.

(3) **the activity level of your dog:** Do you have a couch potato, a very active or hyperactive dog, or an older dog? Three dogs from the same breed could be fed different amounts of food depending on the activity level. A couch potato would be provided with much less food than an active dog, even from the same breed.

(4) **his/her ideal adult body weight:** In order to determine your dog's ideal weight, you should go to the Canadian Kennel Club website, if you own a purebred. The site will provide guidelines only. Another good source would be your vet or the breeder.

For non-purebred dogs or dogs that don't follow the CKC guidelines, check his/her weight by (a) for a dog with short hair, and if possible, standing over your dog and look down to see if you can see his/her tucked in waist but the hipbones are not producing too much; or (b) for a longer haired and/or fluffier dog, feeling the rib cage, making sure that you can feel the ribs and a small amount of fat on them. Contrary to popular belief, a chubby puppy is not a healthy puppy nor does a dog retain his/her "puppy fat".

In the case of a puppy where the ideal adult body weight cannot be determined, you can use 10% of the dog's current weight, assuming the puppy is not fat, until you can find the puppy's comfort eating level, then adjust according to how much he/she eats per meal and his/her activity level. You will need to monitor his/her weight on a constant and/or regular basis.

(5) **the breed of your dog:** Some breeds are notorious couch potatoes, like a Great Dane or Bernese Mountain Dogs, whereas a Jack Russell Terrier is super active. There have been some studies in Labrador Retrievers that has actually determined that they possess additional genes that make them constantly hungry. You no sooner feed them, and they are looking for more, even counter surfing if necessary. While a Great Dane may be twice the size of a lab, they eat about the same amount of food. Trial and error is required in these cases.

RAW DOG FOOD CALCULATOR

The following “feeding chart” will fluctuate depending on your dog’s progress throughout its life. For example, a puppy at 3-4% will be reduced to 2.0 - 2.5% when it reaches its full adult body weight and depending on its activity level, while an older dog may be moved from 2.5% to 2.0%, either due to weight issues or inactivity. Lastly, when a dog has gained too much weight, and is now what we consider a “chunky monkey”, he/she will be moved from their current percentage to as low as 1.5% depending on the percentage they were at to begin with.

The feeding percentages are as follow:

Feeding Percentages

- 1.5% Weight Loss
- 2.0% Non-Active
- 2.5% Maintain Weight
- 3.0% Slight Weight Gain
- 3.5% Significant Weight Gain
- 3.0-4.0% Kittens/Puppies (8 weeks - 1 year)
- 4.0-8.0% Kittens/Puppies (4 - 8 weeks)
- 4.0-8.0% Pregnant/Lactating Females

Here is an example to assist you:

Charlie is a 3-year-old male, golden retriever. He weighs 70 lbs (his weight is just right) and is active for his age and breed. Therefore, 70 lbs X 2.5% equals 1.75 lbs of food per day. Divide that number by the number of meals he is fed per day.

WHAT TO EXPECT WHEN YOU TRANSITION YOUR DOG TO RAW!

When a dog is transitioned to a raw fed diet, oftentimes, after one to three months, they will usually go through a detoxification process. The level of detoxification will depend on the current health of your dog, particularly how many toxins your dog has been exposed to, and this in particular includes the number of vaccines, heartworm medications, flea and tick preventions, ect... they have been given which all have chemicals in them that are difficult for the dog to expel from their body. ***The detoxification process is totally normal*** and is actually something to celebrate.

The detoxification for your pet will occur through the bowels and skin, and sometimes through their ears and eyes. During the detoxification process, your pet will act completely normal. These symptoms of detoxification will pass on their own. These are all signs that your dog’s body is cleaning itself naturally and **no oral steroid or injections, antibiotics or topical treatments are needed**, and in fact, if used, have been known to suppress the detoxification process.

Here is a list of some or all of the things what you can expect:

- **Smaller stools** – Raw food diets usually produce small, hard balls of poop that are easily passed and turn white after a few days, will crumble and simply blow away in a day or so if you forgot to pick them up. The days of multiple huge piles of stinky poop are now a thing of the past.
- **Mucus stools** – Some pets will pass blobs of mucus in their stools. No need to worry, your dog's body is getting rid of the toxins it has in its system.
- **Hair loss** - You might find that your dog is shedding a tremendous amount of hair. Pets shed out their old, dead, dull hair, and begin growing a healthier, shiny, soft coat.
- **Itchy Ear (with or without discharge)** – You might see your dog scratching at his/her ears, or you might also see a lot of earwax or debris being produced from the ears. Simply gently clean it out. This is your dog's body expressing excessive yeast from their ears.
- **Runny eyes** – This is another way for the body to expel the toxins found in your dog. Just clean with a tissue until the runny eyes have stopped.
- **Constipation** – The majority of commercially available raw food diets do not usually contain any fillers, extra fiber, and certainly no animal hair, which would be normally found on any prey animal that wild dogs and cats consume. This lack of hair can also mean a lack of roughage or fiber. Therefore, some pets can get constipated. It is for this reason that vegetables are added to raw meals, a form of fiber. If you suspect your dog is constipated, provide a little bit of canned pumpkin (not pumpkin pie mix) to their food until your dog has a normal bowel movement.
- **Diarrhea** – Some dogs will have diarrhea when transitioning. In this case, provide a little bit of canned pumpkin (not pumpkin pie mix) to their food until it stops. Some dogs don't transition as well on raw as others.
- **Drinking less water** – It's only natural for your dog's water consumption to diminish as the raw food provides lots of moisture. Dogs and cats that are fed a diet high in carbohydrates are always thirsty because they are eating a dry food on a regular basis and the dry food needs water to expand in their stomach.

WHAT TO DO IF YOUR DOG REFUSES TO EAT THE RAW DOG FOOD?

While it may seem unusual that a dog will not take to raw food right away, for some dogs, doing the switch to raw isn't always easy. You've done all of the research, and you are so excited to get your dog on raw, you proudly present him/her with their new healthy meal choice. For some dogs, they gladly gobble it up, lick their plates/bowls totally clean and look at you for more.

But in other cases, however, your dog takes a couple of sniffs, may even take a taste or a lick, then might sit on his/her hunches, look up at you, confused, not sure what to do, and thinking, really... what is this in my plate???

No worries. There are things in their previous meal that made their food very appealing, like interesting smells, flavours, and textures!!! Raw food on the other hand is very different. Chicken has very little smell or taste, and this can make the food very foreign to them, with some dogs wondering if what is in their plate/bowl is even food at all.

And then... you have the picky eaters, those dogs who won't eat anything unless they choose to eat what is being presented to them. It's very difficult to explain to the owner of a picky eater that the dog is really wearing the pants in the house... it's the dog who has cemented themselves as the alpha leader. It's very interesting what owners of picky eaters will do to get their dog to eat the food, and unfortunately, choosing in some cases to go back to their former food.

The following protocol, even for those picky eaters, will help you in your dog's transition to raw food. For the owners of picky eaters, resolve is required in this case.

First, don't get upset with your dog, even though your raw food bubble may have been deflated a bit. What is required in this case, is retraining, (1) that what is being present to them is really food, and/or (2) you are now the alpha of the pack.

Because kibble and raw are processed different in the digestive system, there must be a minimum of 12 hours from the last kibble meal to the raw meal, so as not to cause an upset stomach. Some advocates will recommend a 24 hour fast. That choice is up to you.

Everything Raw always advocates serving the food completely thawed. Some dogs however do prefer the food partially thawed and in some rare cases, completely frozen. When first introducing the raw food, always serve completely thawed. Once the food has been introduced, during hot days, you can serve the food partially thawed, allowing your dog to cool down while he/she eats. Serving the food partially frozen or completely frozen to a dog that swallows his/her food whole is not recommended. Remember that if you serve the food frozen, imagine you swallowing an ice cube whole.

The following protocol is for dogs that are healthy. If your dog has problems with blood sugar levels or has some serious pre-existing health conditions/issues, you will need to work with your holistic vet to help your dog transition to the new food. Your regular vet may not help as most vets are against providing your dog with raw dog food.

So... Let's get started... Put the food in a bowl or plate in front of your dog. Once the food is down, give your dog 15 minutes to eat it. If, after 15 minutes, your dog has not eaten the food, take the food away and don't provide it again until their next meal. Get ready though... Your dog will give you sad puppy dog eyes, facial expressions and maybe even some pouting. They could even bark, whine and try to convince you that they are starving. Don't let your dog fool you. They have made the choice to not eat their food. This behaviour can go on for 1 to 3 days, but your dog can go without food for that long, even longer, especially for the more stubborn ones. Your dog will not intentionally starve itself. How quickly they adapt to the new food is entirely up to them. If your dog refused to eat the new food, **DO NOT RETURN TO KIBBLE**, do not provide cookies, dog treats, training treats, table scraps, rawhides or pizzles. **NOTHING**. And **NEVER** mix kibble with raw dog food.

If that doesn't work, you can add low sodium chicken broth to the new raw dog food, or you can sprinkle or add one of the following: a little bit of garlic powder on top, 1-2 tsp of molasses, a raw egg, baked beans, 1-2 tbsp. of plain Greek yoghurt, cottage cheese, green tripe or even grated parmesan cheese. You can also put some canned sardines or salmon packed in water that has the skin and bones included. These extras are eventually taken away as well. However, if your dog starts to pick out the add-ins and spit out the raw dog food, got to love those picky eaters, do not provide any add-ins at all.

For the really picky eaters and in some cases for senior dogs who have been on kibble for so long, if they still insist on not eating the food after 2-3 days, you can slightly fry or sear the raw dog food, so it is partially cooked, gradually cooking it less and less each day until your dog eats the food completely raw. Do not cook the food too much as the raw food has ground bone in it.

If, at some point during the transition, your dog ends up with diarrhea or becomes constipated, add some pureed pumpkin, pureed sweet potato, pureed squash or green tripe to your dog's next meal as this will help bind and prevent loose stools for dogs with diarrhea and regulates the stools for dogs who are constipated.

WHAT CAN I ADD TO THE RAW FOOD?

The Premium products that we provide are complete and balanced meal. But, contrary to some beliefs, dogs need variety. Imagine eating the same food over and over again, meal after meal, day after day. For some dogs, this isn't an issue, like your labs, but for other dogs, variety is their spice of life.

There are a few things that you can do to spice up their food.

- (1) While ***Everything Raw*** would love to be your exclusive raw food supplier, there are products on the market that, while they may not be complete and balanced meals, can provide different meat sources or blends that we don't currently sell. For example, dogs love rabbit and lamb, some will take to fish while others will turn their nose at it, and some prefer the more exotic meats like bison, elk, etc.... Don't be afraid to let your dog try new and exciting meal choices. Some of these choices can be expensive, but think of it as providing your dog a T-bone steak once in a while, just like you would.
- (2) You can add things additional items to the food, but when adding the following items, you must take into consideration the weight when measuring out the amount of raw food you are providing. This means that if you provide any of the following items, you must provide less of the raw food, so that the two foods together equal the regular amount they normally receive per meal:
 - a. **Can of sardines**, packed in water only: You can provide 1-2 sardines per meal, juice included. The skin and the bones are very beneficial, so make sure you include that as well.
 - b. **Can of salmon**, packed in water, with skin and bones included: Divide the can in 3 or 4 portions, depending on the size of your dog. Again, include the juice, the skin and the bones.
 - c. **Edible bones**, such as chicken feet, chicken wings, chicken backs, chicken necks (small dogs), and turkey necks (large dogs). These bones **MUST BE RAW**. It isn't unusual for a raw fed dog to only be provided with a bowl of raw meaty bones, as a meal, from time to time. Just be aware that a large amount of bone may cause a dog to become constipated. So do this sparingly.
 - d. **Eggs**, with or without the shell (crushed): Free range chicken (or other poultry type) eggs are recommended, as store bought eggs may have been treated with a chemical to ensure a longer shelf life.
 - e. **Green tripe**: Not always easy to find, but tooted for its many benefits, including

providing your dog with additional enzymes, good bacteria and amino acids that will help him/her boost their digestive system, which in turn, can improve your dog's immune system.

- (3) You can also add these additional items to the food, however, you don't need to adjust the amount of food you provide per meal in these cases:
- a. **Yoghurt:** depending on the size of your dog, 1-2 tablespoons of plain Greek yoghurt, on top of their food, once or twice a week, to promote good gut bacteria.
 - b. **Pureed pumpkin** (including sweet potato or squash): depending on the size of your dog, 1-2 tablespoons per meal, to help your dog with diarrhea or constipation. Provide this until your dog has a normal bowel movement, then one additional serving at their next meal, for good measure. Do not provide the pumpkin pie mix.

WHAT ABOUT SUPPLEMENTS?

The Premium products that we provide already contain the essential vitamins, minerals and amino acids that your dog needs. All premium blends contain a product called NaturVet Kelp Help®, therefore providing your dog with the benefits of natural omega 3, 6 and 9 fatty acids combined with essential trace minerals and vitamins for healthy skin and a glossy coat.

However, there are some dogs, especially the older furbabies, who require additional immune system boosters. For these dogs, you can provide the following to their food:

- (1) **Glucosamine/Chondroitin (Extra Strength):** This product is available at Costco for human consumption. Simply open the required number of capsules and sprinkle it on their food. Consult with your vet regarding the correct amount.
- (2) **Spirugreen Superfood for Pets:** This product can be purchased through healthypets.mercola.ca (Dr. Karen Becker) and is considered a superfood, containing both astaxanthin and spirulina.
- (3) **Turmeric (curcumin):** While turmeric has wonderful health benefits, it is usually provided to dogs for its pain relieving, healing and anti-inflammatory properties. According to Dr. Becker, she recommends "you look for a high-quality, organic turmeric product and consider giving cats about 100 milligrams twice a day, small to medium-sized dogs can be given 250 milligrams twice a day, and large to giant breeds should get 500 milligrams two to three times a day." (125 mg equals ¼ tsp).

However, be prepared that turmeric is yellow and can cause stools to be a little on the yellowish side, and may cause staining on a dog's muzzle or on your clothes if any gets on it.

WHAT TREATS CAN I PROVIDE TO MY RAW FED DOG?

While a small amount of carb-based products are not harmful to a raw fed dog, raw feed dogs should be provided with meat based or raw based treats only. Examples include, but not limited to:

- Sweet potato chips – dehydrated with no preservatives, store bought or home made
- Dehydrated Pigs Ears – homemade or store bought.
- Dehydrated Lamb Lung treats – use sparingly as this is an offal
- Dehydrated Liver Treats – use sparingly as this is an offal
- Pizzles – dehydrated and expensive – but dogs love them
- Commercial “meat products only” treats such as Freeze-Dried lung pieces, dehydrated chicken breasts, dehydrated beef strips, etc
- Others – any meat based products that are freeze dried or dehydrated, either store bought or homemade. Ensure that there are no grains, rice, corn or animal by-products in the ingredients.

WHAT IS THE DIFFERENCE BETWEEN RAW MEATY BONES AND RECREATIONAL BONES?

There are two types of raw meaty bones, edible bones and recreational bones.

NEVER, EVER PROVIDE YOUR DOG WITH COOKED BONES.

Edible bones are the hollow, non-weight bearing bones of birds (typically chicken wings, chicken necks, chicken backs and chicken feet for small dogs and turkey necks, turkey backs and chicken/turkey feet for larger dogs). They are soft and pliable, do not contain marrow and can be easily crushed in a meat grinder. Dogs need to be supervised to make sure that they don't swallow the wings, necks or feet whole, and to ensure that they take their time with them to exercise their jaw muscles.

Recreational bones are the big chunks of beef or bison femur or hip bones filled with marrow that don't supply significant dietary nutrition (only meant to be gnawed on) but do provide mental stimulation and are great for oral health. When chewing on a raw recreational bone, especially the meaty ones with cartilage and soft tissue still attached, it's like brushing and flossing their teeth. Dogs get to have beautiful teeth and healthy gums and no bad breath.

Everything Raw does not endorse the use of recreational bones because dogs can break their teeth on them, or could choke on some of the pieces that could/might break off. If providing recreational bones, please ensure that the recreational bones match or exceed the size of your dog's head so that your dog doesn't swallow them.

As a last resort, a fully digestible, high quality dog dental bone, that is 100 percent natural and contains absolutely no corn, soy, gluten, extra fat, sugar or animal by-products, can be used as a substitute.

So, what about rawhides?

Rawhides are made from the inner layer of cow or horse hides. The hides are then cleaned and cut or ground, pressed into chewable dog treats of different shapes and sizes. They even come with beef, chicken or liver flavorings. Dr. Becker does not recommend rawhides for dogs, however, if you chose to provide them to your dog, always supervised when eating them to ensure that they are not swallowed whole.

THE DO'S AND DON'TS OF FEEDING YOUR DOG RAW DOG FOOD

Do:

- ...refrigerate all thawed raw foods and feed within 4 days of being thawed
- ...wash surfaces and hands as you would after handling your own meats in the kitchen
- ...monitor your pet's stools, urine, thirst, appetite and energy level before, during and after the switch to raw
- ...allow a minimum of 12 hours when switching from "kibble" to raw.
- ...check your dog's weight on a regular basis.
- ...adjust the food depending on your dog's activity level, providing more when he/she is active that day, and less on a relaxed day.
- ...(always) weigh the food to ensure that the proper amount is being provided.
- ...remove any bones when your (aggressive chewing) dog has broken off large pieces of bone or shards of bone (remove product immediately)
- ...make sure that your dog has fresh water every day.
- ..., from time to time, give your dog veggies, like carrots, and fruits, like apples (without the seeds), for your dog to chew on. Make sure you research which veggies and fruits are OK for your dog. Remember that dogs are unable to digest fruits and veggies, it's more for a natural chew toy.

Don't:

- ...feed foul-smelling meat to your pet and do discard in a garbage can that is not accessible to your pet
- ...leave raw food out for your pets to "nibble" on. If your dog has not eaten all of the food, remove it after 15 minutes and refrigerate the unused portion. If this repeats, you might need to readjust the amount provided. It is normal for a "kibble fed" puppy to not eat all of the raw food provided, but this will correct itself within a couple of days (do not readjust in this case)
- ...mix raw food with kibble
- ...overfeed your dog
- ...leave your dog unattended when eating bones (recreational, edible, rawhides, etc)
- ...feed your dog raw salmon (sashimi salmon is fine) or raw pork. Both must be frozen at a certain temperature for a certain length of time. It's not worth the risk.
- ...worry if your dog drinks less, it's normal (there is a lot of liquid in raw dog food)
- ...give your dogs any rice, grains, pastas, breads, or carbs of any kind.
- ...give your dogs any sugars, like chocolate, candies, etc.

and remember... **NEVER, EVER GIVE YOUR DOG COOKED BONES.**

VACCINATIONS AND PARASITIC PREVENTION?

What constitutes a healthy dog? A regular vet will tell you that a healthy dog is a dog that received annual vaccinations, and is provided with flea and tick preventions, as well as heartworm and lime disease preventions on a regular basis.

A holistic vet will tell you that a healthy dog is a dog that is immunized, and is not provided with flea and tick preventions, or heartworm and lime disease preventions on a regular basis, but where and/or when warranted, and, if needed are provided with holistic or natural alternatives for prevention/protection.

What is the difference between vaccination and immunization? Vaccination is the process of providing a vaccine to a dog or cat. Immunization is when a dog is already protected/vaccinated. Research is now showing that when a dog is vaccinated from Parvo and Distemper as a puppy, he/she is immunized for up to 5-7 years if not the life of the dog. Yes, you read that correctly. Read up on research completed by Dr. Jean Dodds and Dr. Shultz for additional information, and make inquiries into titer testing BEFORE you consider vaccinations.

Everything Raw does not endorse or recommend the use of flea and tick preventions (collars, spray, tablets, etc), nor do we encourage the use of heartworm or Lime disease preventions or non-core vaccines.

We do however encourage you to do your research on these subjects, and make an informed decision before considering these “treatments”. We also encourage you to find a holistic vet that is willing to work with you, as much as possible. You can find additional information on all of these pesticides at www.dogsnaturallymagazine.com. This website is a fantastic resource comprising of various holistic vets who are all willing to go against mainstream thinking, for the health and wellbeing of your dog and cat.

RECOMMENDED RESOURCES

Everything Raw continues to research the benefits of raw dog food, and other issues that may affect the health and welfare of our dog(s) and cat(s).

The following are pet care professionals and/or websites that contain a wealth of information that can assist pet guardians in their search for raw feeding.

Holistic Pet Care Professionals Online:

(1) **Dr. Karen Becker**, is a holistic vet in Chicago, Illinois, who is a big advocate of raw dog food, why vaccinating your dog/cat on an annual basis is not recommended and potentially dangerous and why spaying or neutering your dog may be causing health issues later on in their lives. She is also the author of Real Food for Healthy Dogs and Cats.

Source: healthypets.mercola.com

(2) **Dr. Peter Dobias**, is a holistic vet based in Vancouver, British Columbia. While Dr. Dobias' site is not as extensive as Dr. Becker's, the information he provides is recommended reading on raw feeding and the myths about vaccinations. His website also sells products that are available for consideration for your pet.

Source: peterdobias.com

(3) **Dr. Marty Goldstein**, is considered by many experts to be America's foremost Integrative veterinarian, combining conventional and integrative medicine. He is also the author of *The Nature of Animal Healing*, covering such topics as why you shouldn't feed dogs or cats commercially pet food and why vaccines can actually do more harm than good.

Source: www.drmarty.com

(4) **Dr. Jean Dodds**, is a world-renowned veterinarian deemed the pet vaccination expert, and is based in California. She lectures worldwide on clinical pathology and hematology, blood banking, immunology, endocrinology, nutrition and holistic medicine.

Source: <http://drjeandodds.pethealthresource.tumblr.com/>

(5) **Dr. Ron Schultz**, is a veterinary immunologist dedicated to vaccine research and has spent much of his career studying animal vaccines. Dr. Schultz is a professor and the chair of the Department of Pathobiological Sciences at the University of Wisconsin-Madison School of Veterinary Medicine, and has more than 40 years' experience in the field of immunology.

Source : <http://news.wisc.edu/schultz-dog-vaccines-may-not-be-necessary/>

Interesting Sites:

(1) www.dogsnaturallymagazine.com – The website has several articles with several sources from holistic and integrative veterinarians.

(2) [Myths About Raw Feeding \(rawfed.com/myths/\)](http://rawfed.com/myths/) – This website dispels the myths about feeding raw to dogs.

FREQUENTLY ASKED QUESTIONS

Do I need to add anything to the food?

The Premium Blends, with the exception of Premium Beef, are all complete and balanced meals and contain all that your dog requires. While there is no need to add things to these products, some of our clients will add additional supplements, such as: canned sardines packed in water, canned salmon packed in water, with skin and bone, edible bones, eggs with/without shells, green tripe, yoghurt, pureed pumpkin, Glucosamine/Chondroitin, Spirugreen Superfood, turmeric (curcumin), etc.

How long will the sausages last in my freezer?

The frozen sausages, because they are individually sealed and frozen immediately, are good in your freezer for up to 1 year.

How long will the sausages last in my fridge?

Once thawed, the sausages can remain in your fridge for up to 4 days.

Can I use Premium Mixes for my small dog?

While the Premium Mixes are good for all dogs, dogs under 25 pounds should be provided with the Small Dog Formula instead of the Premium Mixes, due to the amount of bone that is in the other Premium blends, which could cause the smaller dogs to become constipated. As a substitute, you can purchase the Premium Plus formula, which is the base for the Small Dog or Cat formulas.

How often should I feed my dog?

Some clients have reported that they feed their larger dogs once a day. Most of our clients will feed their dogs twice a day, and some up to three times a day. If you have a puppy or a pregnant/nursing dog, it is recommended that they be fed up to four times per day.

My dog is throwing up the food? Why? What do I do?

If, during the introduction of the raw food, your dog throws up their new raw food, say 2-3 meals, and if there is no underlying medical condition, it could mean that your dog's stomach is having a difficult time adjusting to the new food. While most dogs can handle the change, dogs that have been on kibble for a long time, or dogs with sensitive stomach, may not fare as well. Try feeding smaller amounts, more often, while they adjust. If you suspect a food allergy or your dog continues to throw up, you are encouraged to work with your holistic vet, in this case.

I suspect that my dog has a food allergy? Now what?

If you suspect an allergy, either food or environmental, there is an alternative allergy test that can be performed on your dog, that is relatively inexpensive to complete. No vet is required for this procedure. Please visit Glacier Peak Holistics (www.glacierpeakholistics.com) and query "Pet Wellness Life Stress Scan". Apart from identifying food and environmental allergies, the test will also identify imbalances and disturbances within your dog's entire body. The cost for the test is approximately \$85 US, and includes a phone consultation to discuss the results of the test and to make sure that all of your questions are answered. Make sure that you read everything provided with the kit, complete the paperwork and send it all with the test. You should receive the results within 7 to 14 days.

If you suspect a meat source allergy, we have products with single meat sources, including chicken and bone and turkey and bone, and well as access to other more exotic products. While these are not complete meals, our objective at this point is to determine if your dog is really allergic to a specific meat source. If your dog does not have an allergic reaction to any of these meat sources, we then recommend the Premium blends, introducing one meat source at a time.

Other Questions or Concerns

If you have any other questions, concerns or wish to discuss further, please don't hesitate to contact ***Everything Raw***. We will be very pleased to help you out.

Website: www.everythingraw.ca

Facebook: Everything Raw

Location: Ottawa, Ontario

Phone: 613-867-6054 (Lynn) or 613-558-4618 (Luc)

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