



HOLISTIC PAWS NUTRITION

Real Nutrition for the Everyday Pet

Disclaimer: All owners are responsible for their pet's well-being. This is a diet guide and should be changed if the owner is seeing any negative changes. Not all dogs respond the same, so all owners must keep a close eye on their dog. The author of this diet is not a veterinarian or medical professional. If you have concerns about your pet's health, and before you start any recipe or nutritional program, you should consult your veterinarian or another healthcare professional. None of the authors statements have been evaluated or approved by the FDA. Nutrition facts presented on this document are there for your convenience, and decision making is solely up to the owner in following the diet. Under no circumstances will Abigail Kamalian or Sit Stay Dog Watching LLC / Holistic Paws Nutrition LLC be responsible for any loss or damage caused as a result of your reliance on nutritional information provided on this document.

Anna -

Focus Points: These are the issues we are dealing with the most right now - we will focus on healing and supporting the body to properly function.

- Kidney Disease & Damage
- Eating, needs to gain weight
- Energy Levels - Increase

Our Goal: To give Anna an easier and healthier senior stage of life. Aid in supporting her kidneys, putting normal weight back on her, and elevating her energy level.

Current Kibble Diet Brand: Primarily, Hill's KD Prescription (dry and canned) & some Royal Canin Renal Support (canned)

Ingredients Break Down, Hill's KD: Brown Rice, Brewers Rice, Pork Fat, Cracked Pearled Barley, Chicken, Egg Product, Dried Beet Pulp, Whole Grain Sorghum, Corn Gluten Meal, Chicken Liver Flavor, Soybean Oil, Fish Oil, Calcium Carbonate, Lactic Acid, L-Lysine, Pork Liver Flavor, Potassium Chloride, Potassium Citrate, DL-Methionine, vitamins (Vitamin E Supplement, L-Ascorbyl-2-Polyphosphate (source of Vitamin C), Niacin Supplement, Thiamine Mononitrate, Pyridoxine Hydrochloride, Calcium Pantothenate, Riboflavin Supplement, Vitamin A Supplement, Vitamin B12 Supplement, Biotin, Folic Acid, Vitamin D3 Supplement), L-Threonine, Choline Chloride, Iodized Salt, Taurine, Magnesium Oxide, minerals (Ferrous Sulfate, Zinc Oxide, Copper Sulfate, Manganous Oxide, Calcium Iodate, Sodium Selenite), L-Carnitine, L-Tryptophan, Mixed Tocopherols for freshness, Natural Flavors, Beta-Carotene.

Orange Terms: Carbohydrates, dogs do not need carbs to properly digest their food or for energy return. These carbs listed are hard to process and will cause stomach upset and binding. Carbs make up of three things - sugar, starch, and fiber. Dogs need none of these in their diets to live a healthy life. Dogs cannot process cellulose in fiber, and starches can decrease the absorption of calcium, magnesium, zinc, and iron. Both can cause your dog to become lethargic and can hinder protein digestion. Also, the finer the carb is ground (corn gluten meal) the higher the glycemic index increases (corn kernels = 53 vs corn meal = 69). The higher the index, the greater the risk of an unhealthy rise in blood sugar. Skip carbs unless fed in very small amounts and as wholesome as possible.

Oats and brown rice would be the only carbs I would recommend if needed.

Green Terms: Only items that have some real health benefits. Dogs thrive on a protein and fat diet. Balancing those are important.

Blue Terms: Sugars and additives -

Dried beet pulp = sugar

sorghum = thickener

Mixed Tocopherols for freshness = They can be a mixture of alpha-tocopherol, beta-tocopherol, gamma-tocopherol, and delta-tocopherol, which are all natural forms of Vitamin E. This in moderation is ok and is a lesser evil to other preservatives.

Dark Red Terms: Natural Flavoring & oils

Natural Flavors - The FDA defines the term natural flavor (or natural flavoring) as the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional.

Unfortunately, these natural flavors will combine with the sodium in the body and organically create MSG in our dogs. MSG - MSG is not safe for dogs to eat. Its toxicity can potentially damage various organs, including the liver, kidneys, and brain. Dogs that consume MSG over some time may experience MSG poisoning. In severe cases, seizures or even be fatal.

Soybean Oil - plant based oil, not an optimal option for our dogs, but it is cheap for manufacturers!

Fish Oil - when fish oil is labeled without knowing which type of fish it means it is a low quality fish oil, more than likely from a fish farm (high in metals). Also - fish oil is high in OMEGA-6's. We want to reduce inflammation in the body and OMEGA-6's cause inflammation.

Red Terms: The rest of the ingredients are synthetic vitamins and minerals. Dog's cannot process synthetic vitamins and minerals. These are only added to meet AAFCO standards. When cooking the kibble (extrusion) the food loses all nutrient value, so synthetic vitamins have to be added in to meet the minimum requirements to prevent disease (that is the standard).

Our dogs can get vitamins and minerals needed by eating a species appropriate diet! We'll get there next!

Hill's Canned K/D - Water, Pork Liver, Corn Starch, Chicken, Chicken Fat, **Dextrose**, Flaxseed, Dried Beet Pulp, Chicken Liver Flavor, Fish Oil, **Powdered Cellulose**, Calcium Carbonate, L-Lysine, Potassium Citrate, Potassium Chloride, DL-Methionine, minerals (Ferrous Sulfate, Zinc Oxide, Manganese Sulfate, Copper Sulfate, Calcium Iodate), vitamins (Vitamin E Supplement, Thiamine Mononitrate, L-Ascorbyl-2-Polyphosphate (source of Vitamin C), Ascorbic Acid (source of Vitamin C), Niacin Supplement, Calcium Pantothenate, Vitamin B12 Supplement, Pyridoxine Hydrochloride, Biotin, Riboflavin Supplement, Folic Acid, Vitamin D3 Supplement), Choline Chloride, Iodized Salt, Magnesium Oxide, L-Threonine, Taurine, L-Carnitine, L-Tryptophan, Beta-Carotene.

Just going to touch on a few items -

Powdered Cellulose - woodchips or sawdust, cheap filler for food to bind it

Dextrose - sugar additive, GMO corn sugar

This food is mostly synthetic vitamins, I would not feed either to any healthy dog and especially a dog suffering from an organ failure.

Royal Canin Renal Canned food - do not feed this, this is hard on the kidneys and overall digestive tract to process. Also, it contains Carrageenan (cancer causing additive).

Water Sufficient For Processing, Brewers Rice, Pork By-Products, Chicken By-Products, Chicken Liver, Corn Flour, Vegetable Oil, Natural Flavors, Powdered Cellulose, Fish Oil, Potassium Citrate, Carob Bean Gum, Calcium Carbonate, Guar Gum, Taurine, **Carrageenan**, Dried Plain Beet Pulp, Vitamins [DL-Alpha Tocopherol Acetate (Source Of Vitamin E), L-Ascorbyl-2-Polyphosphate (Source Of Vitamin C), Thiamine Mononitrate (Vitamin B1), Biotin, Niacin Supplement, D-Calcium Pantothenate, Riboflavin Supplement, Pyridoxine Hydrochloride (Vitamin B6), Vitamin B12 Supplement, Folic Acid, Vitamin D3 Supplement], Choline Chloride, Sodium Tripolyphosphate, Salt, Fructooligosaccharides, Magnesium Oxide, Sodium Silico Aluminate, Trace Minerals [Zinc Oxide, Ferrous Sulfate, Zinc Proteinate, Copper Sulfate, Manganous Oxide, Sodium Selenite, Calcium Iodate], Marigold Extract (Tagetes Erecta L.), Citric Acid.

Kidney Disease - Symptoms, types of kidney disease and causes, and testing.

Symptoms:

1. Weight Loss
2. Increase water consumption
3. More frequent urination
4. Vomiting and diarrhea
5. Anemia - light colored gums are a give away
6. Lethargy

Types of Kidney Disease: old age is not a cause of loss of kidney function. If your vet says your senior dog has renal disease, please ask for testing.

1. Acute Kidney Disease - usually caused by an external source and can be remedied or managed.
2. Chronic Kidney Disease - progressive or without a cure.

Some types of kidney problems:

- Glomerulonephritis - protein losing nephropathy
- Inherited or congenital kidney problems
- Urinary tract infections
- Diabetes insipidus
- fungal infections
- Blockage due to urine flow due to stones
- Medications
- Renal cancer
- Systemic lupus

Testing: bloodwork and urinalysis - if there is a problem then these tests will show the following results

- High BUN level
- High levels of creatinine, phosphorus, and protein
- Low red blood count
- High enzyme counts - specifically amylase and lipase
- Decreased levels of sodium and HCO₃
- Low specific gravity in the urinalysis

Keep an eye on BUN, creatinine, and phosphorus levels.

Chronic renal failure will have BUN level over 80 and creatinine level is over 3. If this happens, we need to decrease phosphorus and sodium levels. This can be a simple fix just in terms of changing the protein given, For example: exchange dark meat chicken for white meat chicken. Or reducing the amount of bone or canned fish given. The only time we should not feed a protein rich diet is at the end-of-life stage. If your dog is before that, then feeding a high-quality protein rich diet is beneficial.

Diet specific for Kidney Disease: We should be transitioning her to a fresh diet. Kidneys need moisture and dry kibble is not going to offer the nutrients and moisture needed. Canned food has additives and overall will make the body work harder to break down and categorize the foreign (unnatural) ingredients.

1. **Protein - many vets will suggest a low protein diet when seeing any signs of renal failure. This unfortunately can be harmful and can put a dog in risk of protein malnutrition. I will add Dr. Conor Brady's article on not lowering the protein amount below.**
2. **Fat - Proper fat offers calories for energy and weight gain. More fat in the meat means less protein, which means less phosphorus. We will look for meats that are higher in fat such as; lamb, beef, pork, canned fish, eggs, and raw or whole dairy products (limited amount).**
3. **Carbs - starchy carbs are not recommended for a dog with kidney problems. The only time carbs should be used is if your dog at the end-of-life stage (when phosphorus amounts in the diet need to drop and fiber needs to be added). If you fed carbs they must be thoroughly cooked.**

4. **Supplements - we need to check current supplements to make sure it is balanced.**
 1. **OMEGA-3 OIL, daily use**
 2. **COQ10 [Dog Greens includes COQ10]**
 3. **Vitamin A, B, and E [Dog Greens Supplement has all elements]**
 4. **Probiotic**
 5. **Digestion Blend - enzymes**
5. **AM & PM Diet - natural carbs in the AM and protein in the PM.**
 - a. **Diet designed to give the kidney's a rest between meals, Created by Dr. Volhard**
6. **Nitrogen Trap to Remove Excess Protein**

Because meat-based diets are high in protein, your dog needs a “nitrogen trap” to help remove excess protein from the body. The “nitrogen trap” helps divert the waste products of protein metabolism from the bloodstream into the colon, which reduces the burden on the kidneys.

If your dog has a high BUN (Blood Urea Nitrogen) value when lab tests are done, the nitrogen trap can help lower the nitrogen (contained in protein) and lower her BUN levels.

There are many ways to do this. ***The easiest one is to feed lots of dark leafy greens and add probiotics to your dog’s diet.***

Commercial Options to buy: these can be found online or instore

****Important note to make - we should be ONLY doing a fresh diet for the first 1-2 weeks, before adding any supplements. Be sure to take notes and log any changes in your dog****

Our Products - Diets - AM Porridge & PM Crumble - Volhard Dog Nutrition

- **Add veg mix (you can make or buy their mix), yogurt, and water to AM meal**
- **Add raw meat (beef, lamb, pork, turkey) and water to PM meal**



AM Porridge
\$62.99



PM Crumble
\$66.99

CHOOSE OPTIONS

CHOOSE OPTIONS

Feeding Guidelines Are Per Day



BREAKFAST

DINNER

WEIGHT OF ADULT DOG	AM PORRIDGE	YOGURT	VOLHARD VEGGIE PAK(PLAIN)	AM WATER	PM CRUMBLE	80/20 BEEF	PM WATER	kCal PER DAY	Approx days a 10lb bag of AM & 10lb bag of PM will last
UP TO 10lb	1.5 - 2.5 T	1.5 - 2.5 T	1/3 - 1/2 T	1.5 - 2.5 T	1.5 - 2.5 T	3 - 5 T	1.5 - 2.5 T	193 - 321	340 - 204
11 TO 25lb	2.5 T - 1/2 C	2.5 T - 1/2 C	1/2 - 1 T	2.5 T - 1/2 C	2.5 T - 1/2 C	5 T - 3/2 C	2.5 T - 1/2 C	321 - 684	204 - 97
26 TO 50lb	1/2 - 1/2 C	1/2 - 1/2 C	1 - 2 T	1/2 - 1/2 C	1/2 - 1/2 C	3/2 - 1 C	1/2 - 1/2 C	684 - 1037	97 - 64
51 TO 75lb	1/2 - 3/4 C	1/2 - 3/4 C	2 - 4 T	1/2 - 3/4 C	1/2 - 3/4 C	1 - 1 1/2 C	1/2 - 3/4 C	1037 - 1594	64 - 42
76 TO 100lb	3/4 - 1 C	3/4 - 1 C	4 - 6 T	3/4 - 1 C	3/4 - 1 C	1 1/2 - 2 C	3/4 - 1 C	1594 - 2113	42 - 32
100 TO 125lb	1 - 1 1/4 C	1 - 1 1/4 C	6 - 8 T	1 - 1 1/4 C	1 - 1 1/4 C	2 - 2 1/2 C	1 - 1 1/4 C	2113 - 2686	32 - 25

BREAKFAST = AM, YOGURT, VEG, AM WATER **DINNER**

DINNER = PM, BEEF, PM WATER

*C is equivalent to CUP *T is equivalent to TABLESPOON

Intelligent Design KS Kidney Support Formula for Canines | Darwin's Natural Pet Products | Darwin's Pet Food (darwinspet.com)



Intelligent Design KS Kidney Support Formula for Canines

Intelligent Design™ Veterinary Formulas for Canines are specialized meals designed to provide extra support to dogs facing certain health issues. These highly palatable and nutritious meals use only hormone-free (no added hormones), antibiotic-free, and pesticide-free meats and organic vegetables, with no grains, added fillers or chemical preservatives. 1 package = 2 lbs.

\$18.16 / package

[FAQs](#)

Ingredients

Beef Meat, Sweet Potatoes, Beets, Beef Livers, Beef Hearts, Egg Whites, Cabbage, Yellow Squash, Beef Kidneys, Celery, Fish Oil, (Source of DHA), Parsley, Gelatin, Sunflower Seed Oil, Calcium Carbonate, Cod Liver Oil, Inulin, Spirulina, Dandelion Root Powder, Corn Silk, Turmeric, Cinnamon, Vitamin E, Cranberry Powder, Chitosan, Magnesium Proteinate, Thiamine Mononitrate, Zinc Proteinate, Aloe Vera Powder, Vitamin B12, Manganese Proteinate, Vitamin B2, Vitamin B6, Iodine

Best Diet For Kidney Problems | Dr. Harvey's (drharveys.com)

- Add warm water, meat, oil, and let sit for 8 minutes before feeding



"He now cleans his dish with Dr. Harvey's"

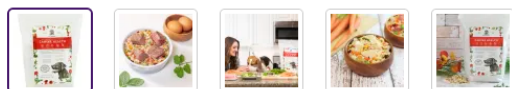
Advanced Nutrition for Canine Kidney Health

- ✓ Strengthen your dog's kidney function
- ✓ Boost hydration & reduce toxins
- ✓ Low protein, low in phosphorus
- ✓ Pet parents call it the "Miracle Dog Food"
- ✓ Just add meat for a balanced meal in minutes – you control the protein
- ✓ Dogs love the taste. Even dogs that have stopped eating prescription diets
- ✓ Made with 100% real whole food ingredients

Dr. Harvey's Canine Health has helped thousands of dogs strengthen their kidney function, restoring health, wellness and energy. See how our fresh, natural food puts the wag back in your pup's tail.

Read Ingredients

Organic Rolled Oats, Sweet Potatoes, Carrots, Organic Barley, Organic Triticale, Organic Spelt, Organic Brown Rice, Organic Kamut, Potatoes, Celery, Green Beans, Beets, Broccoli, Crushed Eggshell, Peas, Parsley, Zinc Proteinates, Iron Proteinates, Taurine, Selenium Yeast, Vitamin E Supplement, Copper Proteinates, Nicotinic Acid, Manganese Proteinates, L-Carnitine, Vitamin A Acetate, d-Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin Supplement, Vitamin B12 Supplement, Biotin, Calcium Iodate, Vitamin D3 Supplement, Folic Acid, Yeast, Alfalfa, Dried Kelp, Lecithin, Ground Flaxseed, Dried Ground Fenugreek, Dried Ground Fennel, Dried Ground Ginger, Dried Ground Peppermint



Dr. Harvey's takes the guesswork out of prep-work

We've made it easy to prepare fresh pet food. It takes just minutes a day to make a healthy change in your dog's life.

- **Step 1** Add hot water to Canine Health.
- **Step 2** Let sit for 8 minutes.
- **Step 3** Add your choice of raw or cooked protein. (beef, poultry, fish, eggs etc.)
- **Step 4** Add your choice of oil. (flax, borage, olive, hemp, sesame oil, Dr. Harvey's Health and Shine, etc.)

How long will a bag last?

My dog weighs pounds.

[Calculate](#)



10 lb. Bag

Will Last For About 76 Days



5 lb. Bag

Will Last For About 38 Days

You can make homemade (see below on how-to)

Picking the diet or utilizing both - you can make meals homemade if you would like. You have to follow the % amounts listed below for each diet type.

There are two type of feeding models for a raw diet - BARF or PMR - these are for currently healthy dogs, we will be following the Kidney % diet.

Biologically Appropriate Raw Food - BARF consists of (also known as HVM - healthy variety mix)

- 70% uncooked muscle meat.
- 10% raw, edible bone.
- 5% liver.
- 5% other organs, try to pick 2 other organs (I like kidneys, heart, gizzards, and other offal)
- 10% vegetables, fruits, and seeds.

PREY MODEL RAW - PRM consists of

- 80% muscle.
- 10% bone content.
- 5% liver.
- 5% other organs, try to pick 2 other organs (I like kidneys, heart, gizzards, and other offal)

Kidney Diet - lower phosphorus levels

- **12-15% meaty bone - can be bone powder (recommend seaweed calcium for added benefits)**
 - **10-30% organ meat**
 - **30-50% muscle meat**
 - **5% fish (1-2 times per week only)**
-

Calculations: Anna, female, fixed, 5lbs (wanting to gain within 6.5 - 7lb range), we will be using IDEAL weight for calculations

Small dog - RER = $70 \times (\text{body weight in kg})^{.75}$

DER = 1.6 (maintain) X RER

Weight in kg = $7\text{lb} / 2.2 = 3.18$

RER = $70 \times (3.18)^{.75}$

RER = 166.69 Resting Energy Requirement

DER = $166.69 \times 1.6 = 266.70$

Daily Energy Requirement - 266.70 calories per day

To meet body composition requirements, we have to feed our dogs between 2%-3% of their 'ideal weight'.

2% = weight loss

2.5% = maintain weight

3% = weight gain or for a working dog

I like to pick a percentage range to feed - 2.0% - 2.5% for Anna

$7 \times .020 = .14\text{lbs}$ or 2.24oz of food per day

$7 \times .025 = .18\text{lbs}$ or 2.8oz of food per day

This can be a range of .14 - .18 lbs of total food each day.

I will use the higher end of .18lb or 2.8oz per day - you can feed less when prepping meals

EASY WAY OF DOING CALCULATIONS FOR SHOPPING: this is for DIY food

- 12-15% meaty bone - can be bone powder (recommend seaweed calcium for added benefits)
- 10-30% organ meat
- 30-50% muscle meat
- 5% fish (1-2 times per week only)
- We will be adding green leafy vegetables to this to create a Nitrogen trap

Bone: 12% - 15% - highly recommended doing a calcium supplement over bone

$.12 \times .18 = .0216\text{ lbs}$ or .3456 oz

$.15 \times .18 = .027\text{ lbs}$ or .432 oz

Organ Meat 10%-30% - liver (low amount), brains, hearts, kidneys (3-5% needed!), gizzards

$.10 \times .18 = .018\text{ lbs}$ or .288 oz (Kidney amount 3% = $.03 \times .288 = .009\text{ oz}$) or (at 5% = .0144 oz)

$.30 \times .18 = .054\text{ lbs}$ or .864 oz (Kidney amount 3% = $.03 \times .864 = .03\text{ oz}$) or at 5% = .0432 oz)

Make sure there is kidney in any diet you choose or add a small amount of raw kidney to the meals

Muscle meat 30%-50% - lamb, pork, beef, turkey, chicken white meat

$.30 \times .18 = .054\text{ lbs}$ or .864 oz

$.50 \times .18 = .09\text{ lbs}$ or 1.44 oz

Fish 5% - sardines, shrimp, if canned only 1-2 times per week

$.05 \times .18 = .009\text{ lbs}$ or .144 oz

Green Leafy Veg - Kale, spinach, cucumbers, red and yellow peppers, chard, and collard greens, yams, cabbage. *Pick 1-3, lightly cook (wilt) any kale, spinach, chard, collard greens, and cabbage before feeding.*

***Always add dandelion OR parsley (change it up) to each meal, lightly cooked or just blended with water* these are kidney cleansing herbs**

- Dandelion, parsley and urva-ursiall support the kidneys. Add some fresh chopped herbs to your dog's food, giving a pinch per 10 lbs, up to 1 Tbsp for a dog 100 lbs or larger. If you buy dried herbs, capsules or tincture, assume the dose on the label is for a 150 lb human and adjust the recommended dose for your dog's weight.

Dark leafy greens are loaded with vitamins A and C, calcium. You can skip or back off of supplements that are also rich in these vitamins. It's best to watch your dog and make informative decisions based on symptoms of a healthy dog.

Healthy Dog Symptoms:

- No bad breath
- Healthy, small, hard/soft poops
- More energy
- Cleaner teeth
- Fur coat smooth and soft
- Less whining and less agitated
- Less scratching
- Bright eyes
- No smell to dog coat or poops

If DIY making meals - this portion is for you, make sure you are feeding a variety of proteins.

If your dog is on a specialty diet, make sure you are feeding according to their meal plan.

Rotate Proteins - feed 3-4 proteins on a regular basis, this is once your dog is fully transitioned from kibble to raw.

From Kibble to raw - use normal proteins like beef, bison, chicken, turkey while adjusting the dog over to a full raw diet.

You should be feeding 2-3% of your dog's body weight.

SEE ABOVE FOR % TO FEED

Phosphorus Content in Meat

Food item	Phosphorus (MG Per Ounce)	Food item	Phosphorus (MG Per Ounce)
Sardines w/bone	140	Beef heart	60
Liver	131	Rabbit	60
Beef Liver	108	Duck (domesticated)	57
Turkey (giblets)	89	Ground Beef (80/20)	55

Chicken Liver	83	Lamb (leg)	54
Salmon (fresh)	78	Bison (ground)	54
Beef Kidney	73	Chicken (dark meat)	52
Beef (bottom round)	72	Turkey (white meat)	52
Haddock	68	Turkey (dark meat)	52
Pork (loin)	67	Chicken (ground)	50
Veal	67	Chicken heart	49
Cod	67	Duck (wild)	47
Rabbit (wild)	63	Quinoa	43
Scallops	62	Chicken gizzard	41
Chicken (white meat)	60	Shrimp	39

Anna's Supplement Options: some are necessary, and some are optional. Remember, it may seem expensive at first to buy all the products, but they do last months with only one dog.

If choosing a premade diet (commercial) ask what supplements are needed in addition to the food. We do not want to over supplement! All supplements can be added to a DIY diet.

Necessary Items: these items are needed with a raw diet to keep it balanced and to maintain a healthy gut - **OMEGA-3 OIL, COQ10, Vitamin A, B, and E. Probiotic, Digestion Blend**

- **Omega-3 Oil - look for an omega-3 rich oil (high in DHA, ALA, EPA)**
 - Nordic Naturals is a good option, we put it in a pump bottle
 - Amazon.com : Nordic Naturals Omega-3 Pet, Unflavored - 16 oz - 1518 mg Omega-3 Per Teaspoon - Fish Oil for Large to Very Large Dogs with EPA & DHA - Promotes Heart, Skin, Coat, Joint, & Immune Health : Pet Fish Oil Nutritional Supplements : Pet Supplies
 - Give at each meal, 1tsp per day
- **Dog Greens- Organic and Wild Harvested Vitamin and Mineral Supplement – Dr. Judy Morgan's Naturally Healthy Pets (drjudymorgan.com)**
 - Contains balanced vitamin A, E, B, COQ10
 - Can be purchase on Amazon
 - DOSAGE FOR AILING DOGS: 1/2 tsp per 10lb, 2x daily
 - IF YOUR DOG HAS NEVER HAD THIS TYPE OF SUPERFOOD BEFORE, PLEASE START OFF SLOWLY WITH 1/4 OF THE RECOMMENDED DOSE GRADUALLY BUILDING UP TO FULL RECOMMENDED DOSE OVER 5-7 DAYS.
- **Probiotic (best to be used seasonal and/or while coming off of kibble)**
 - **Spring and Summer - Adored Beast Apothecary Fido's Flora Species Appropriate Probiotic – Dr. Judy Morgan's Naturally Healthy Pets (drjudymorgan.com)**
 - **Fall and Winter - Sym-Biota K9™ – Dr. Judy Morgan's Naturally Healthy Pets (drjudymorgan.com)**

- **Digestion Blend - Adored Beast Apothecary Healthy Gut Digestive Enzyme – Dr. Judy Morgan's Naturally Healthy Pets (drjudymorgan.com)**
 - *follow container dosage*
 - **Seaweed calcium - for raw DIY diet only**
 - **Amazon.com : Dog Greens Seaweed Calcium for Pets, Vet Recommended, Tested for Purity, 14 Ounces, Formerly Nature's Best Seaweed Calcium, 1 Pack : Pet Supplies**
 - *follow container dosage*
 - **AminAvast Kidney Support for Dogs, 60 count – Dr. Judy Morgan's Naturally Healthy Pets (drjudymorgan.com)**
 - *Continue current supplement - amino acid supplement - may need less when feeding meat (meat has all the needed amino acids)*
 - **If you want to continue the Glandex please convert to the powder form, no additives or fillers.**
 - *Glandex – Dr. Judy Morgan's Naturally Healthy Pets (drjudymorgan.com)*
-

Optional or future supplements: *these items can be added in at any time and are specifically recommended for bumps and joints. *Protocol on how to use at the bottom of this section**

- **Clarity mushroom blend - for senior dogs**
 - Clarity was designed to support your dog's cognitive disorder, nervous system, mental and emotional health.
 - MYCODog | Clarity - Mushroom Extract & Adaptogen Tincture – Dr. Judy Morgan's Naturally Healthy Pets (drjudymorgan.com)
 - *Follow the container instructions on any of these products, should be mixed with food once or twice a day.*
- **Ease - Full Spectrum CBD**
 - EASE is a proprietary, full-spectrum CBD for dog pain, joint pain, back pain, inflammation, and allergies. EASE is a natural anti-inflammatory for dogs, formulated with frankincense and turmeric, to target inflammation, balance the immune system and soothe your dog's aches and pains.
 - EASE: CBD for Dog Pain, Arthritis, Allergies - CBD Dog Health
 - *Follow the container instructions on any of these products, should be mixed with food once or twice a day.*
- **Topical Treatment**
 - REMEDY: Tumors, Cysts and Infections for Dogs - CBD Dog Health
- **Dissolve Formula - Chines blend that breaks up fatty tumors**
 - Amazon.com : PawHealer® Dissolve Herbal Formula - 100 Grams Powder - Remedy for Fatty Lumps & Bumps in Dogs & Pets ... : Pet Supplies
 - *Follow the container instructions on any of these products, should be mixed with food once or twice a day.*
- **Dental Health - two options - both can be added to everyday drinking water**
 - Dr. Judy Morgan's Dental Health Formula – Dr. Judy Morgan's Naturally Healthy Pets (drjudymorgan.com)
 - TEEF for Life - Prebiotic Pet Dental Care – TEEF! Drinkable dental health (teefhealth.com)
 - *Follow the container instructions on any of these products, should be mixed with water once or twice a day.*
- **Sample Gussys Gut Daily**

- Rehmannia is a Chinese herb that nourishes the kidneys. There are other Chinese formulas that include this herb as well. You'll need help from a Traditional Chinese Veterinary Medicine (TCVM) practitioner (find one at ahvma.org) to tell you which combination and dosage is best for your individual dog.

Use tracker sheet to keep things organized!

Only add after 6+ months of doing a fresh diet.

If this is not possible, I recommend feeding raw at least 50%-60% of each meal.

Not all kibbles are alike!

When shopping for kibble look for: **GRAIN FREE (if it has grains - brown rice and oats are ok but not ideal), LITTLE TO NO SYNTHETIC VITAMINS, GRASS-FED IS ALWAYS BETTER, AS LITTLE INGREDIENTS AS POSSIBLE - OR INGREDIENTS YOU KNOW**

Avoid: **SYNTHETIC VITAMINS, WHITE POTATOES, LENTILS, GRAINS OF ANY KIND, VEGETABLE OIL, CANOLA OIL, GMO, MSG, MEAT MEALS, MEAT BY-PRODUCTS, ANIMAL FATS, UNKNOWN INGREDIENTS, BHA (butylated hydroxyanisole), Ethoxyquin, Nitrates/Nitrites, Propyl Gallate, Carrageenan, Sodium Hexametaphosphate, FOOD COLORING, CORN SYRUP, FARMED SALMON, MELAMINE, SOY, CELLULOSE, BREWERS RICE, CORN, FLAVORINGS, PEA PROTEIN, GUMS (binders)**

These are the only kibbles I recommend when raw feeding 100% is not possible - these options are chosen based on ingredients and how/where they source their meats.

Bixbi - RAWBBLE line of food, protein many need to vary

RAWBBLE® Dry Dog Food (Turkey) | BixbiPet.com



Open Farm - RawMix is a decent option, protein many need to vary

Raw Mix Dog Food - Open Farm (openfarmpet.com)





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- **Additional items to consider**
 - **Eggs - great substitute for a mineral powder**
 - **Tripe - great substitute for a probiotic**
 - Whole or raw yogurt
 - Single ingredient treats
 - **goat milk - a great probiotic substitute**

Items to avoid: FAKE CHEESES, HIGH SUGAR TREATS, PROCESSED FOODS OR HUMAN FOODS, LUNCH MEATS, GLUTEN, BREADS, SPOILED FOODS - if you have a question about a food text Abby to ask!

Abby - (937) 750-4543 text

If you have any questions or need help getting started please let me know!

Now what?

Make a choice on how you plan to feed. *Tell Abby and we can perfect your plan (make charts and get organized)*

2. Make an order for the supplements and the food you choose.
 3. Get organized! Prep for when the food and supplements come - it's good to have a drawer or cabinet spot ready. Make sure you make a spot in the freezer too!
 4. Thaw your meat, leave it in the sink for a day to thaw, run warm water over it if needed.
 5. Place meat into another container to use throughout the week.
 6. Eyeball or weigh out how much food your dog needs, add supplements - and feed!
 7. Clean bowls and area after feeding - make sure to use an anti-bacterial spray or vinegar.
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Material to read:

Kidney disease in dogs: Easily managed by avoiding the top causes and feeding fresh food - Part 1 (dogsfirst.ie)

Kidney failure in dogs - Could dry food be fuelling this disease? Part 2 (dogsfirst.ie)

Kidney Disease in Dogs Part 3 - Why Low Protein Dog Food is Not Always The Answer (dogsfirst.ie)

The Best Diet for Dogs with Kidney Disease - Go Fresh, Go Natural! Part 4 (dogsfirst.ie)

Step 1: Pure drinking water, be it through carbon filter, reverse osmosis, distilled etc. Clean filtered water is essential. Tap water is full of poisons. Why make your dog's kidneys work harder having to filter more poisons from their blood. Distilled water also aids in flushing toxins from the system.

Step 2: Plant based vitamins and minerals from grasses, sea vegetables and seaweeds known as superfoods. In the right combinations, these superfoods contain every possible nutrient, amino acid, vitamin, mineral, etc. This will

ensure your pet's body is getting all the nutrients it will need to support the healing process and fight against disease. Synthetic vitamins and minerals don't cut it, they are made from dirt, stones, clam shells and even chemicals. They are poorly absorbable and can be toxic. Synthetic substances will put unnecessary strain on your pet's system. If you can obtain a nutrient from a natural source that should be your first choice. We were given plants to convert inorganic non-absorbable earth minerals into highly absorbable organic nutrients that animals can digest.

Step 3: Specific herbs to not only help stimulate and support the kidneys but to cleanse your dog's system, strengthening his immune system while cleansing and supporting the liver. The liver and kidneys are your dog's filtration system, when one is diseased or not working properly it puts more strain on the other organ which may lead to it becoming compromised as well, recirculating toxins within the body causing disease.

Step 4: Hydrotherapy, this therapy utilizes alternating hot and cold water on the affected area, which promotes rapid healing. This therapy has been used for centuries in Europe to heal every kind of disease. Recently in America body builders and athletes have found hydrotherapy beneficial in repairing torn and injured muscles more quickly by bringing more blood, oxygen and nutrients to the affected area. We have seen hydrotherapy alone heal a dog from chronic sinus infection, repair torn ligaments, rebuild heart muscle and remove lumps and bumps.

Step 5: Exercise, this is something many neglect when their animal is sick. Often exercise is only seen as something necessary for keeping fit or to lose weight. Many don't realize that exercise not only stimulates circulation and strengthens muscles it also strengthens your dog's organs, intestines and stomach and creates wonderful healing chemicals within the body. Of course common sense must be used if your dog is extremely sick and you should always start off slowly with short walks and build up day by day.

The Canine Kidney Health program uses an array of therapies, herbs and whole foods to restore your loved one to good health. No one therapy is more important than another. This program is a life change for your dog and will offer his best chance at recovery.