

Recipes for Healthy Dogs

These recipes use raw meats but not to the extreme, if you like, extent of the BARF diet. Some nutritionists would say this is not ideal. On the other hand others do advise cooking. Other holistic vets would recommend cooking the meat content as well there is I'm afraid much controversy in the world. I think we all agree none processed foods are best. Use these as a guide as to what to feed along with the other information in the site, they need not be followed to the letter.

Canine Diet for Kidney Problems

4oz of minced beef
2 3/4 cups of cooked white rice (1 cup uncooked approx.)
1 egg
2 tablespoons of safflower, soy or corn oil
600mg of Calcium (use Calcium lactate or gluconate if possible or otherwise Calcium carbonate or eggshell powder 1/3 teaspoon. Not bonemeal or any Calcium phosphate as we need to reduce this for kidney patients)
1/8 th teaspoon of iodised salt
2 tablespoons of parsley finely grated carrot or other vegetable
1/2 -1 clove of garlic minced
Dog vitamins plus
5,000 i.u. of Vitamin A
1,000mg of Vitamin C

Mix together in large bowl and feed raw if you companion will eat it like this otherwise bake for 20 mins. or so in a moderate oven. If cooking add the vitamins after cooking. Add a little liver sometimes 2/3 teaspoons in place of part of the meat and some Ghee or unsalted butter in place of part of the vegetable oil. Encourage drinking by offering pure fresh water at all times and perhaps a broth of meat or fish once or twice a week.

Other things that may help:

Herbal Remedies:

Alfalfa (Medicago sativa)

2 drops of the tincture daily or alfalfa tablets 1 daily in food.

OR

Marsh Mallow (Althea officinalis)

Give 1/2 teaspoon of an infusion daily for the first few weeks then twice weekly.

Make the infusion by adding two tablespoons of the plant to a cup of boiling water.

Steep for 5 minutes

AND

Berberis (Berberis vulgaris)

2 drops of the mother tincture or 1x dilution in the water or broth daily for 2 weeks

Avoid all processed foods with additives, all flea sprays and other possible toxins the

liver and kidneys may have to deal with unless we advise otherwise. This can include environmental toxins such as smoke and fumes and plastic feed bowls

'Supplement' Powder

2 cups of nutritional yeast or brewers yeast

¼ cup of Kelp powder

1000 mg of Vitamin C (or ¼ teaspoon of Sodium ascorbate)

Mix together and refrigerate and use as in above recipes.

Alternatively use one of the following supplements we can supply:

Pet Plus, Udo's Pet Essentials or Missing Link. add some extra vitamin C (Ascorbic acid/Sodium ascorbate) 100mg per 10 kg twice daily ideally.