

How to create a Raw food diet

Welcome to this evening's talk My name is Graham Hines, a vet with over 30 year's experience.

I have realised that feeding a natural raw pet food diet is the best way to keep your pets healthy. This is the way I have been feeding my dogs and cats for many years and have been selling it in my veterinary practice for about 10 years and have seen massive benefits for my patients that I would like to pass on.

I will tell you some of these and describe how easy it is to feed Raw BARF diets (what is BARF)

I would like to make this an interactive session were we can learn from each others experiences and there will be plenty of time for questions either at the end or fire away while we go along.

Before we start can I have a show of hands
How many of you are already feeding BARF diets
and how many are interested in feeding it to cats?

Intro 2

Why feed raw or at least home prepared diets? Is it just some airy fairly hippie idea.

Let me tell you how I got into feeding raw

after 10 or so years in practice I was a little disillusioned with some aspects of vet med I went to study Holistic medicine and it opened a whole world of new ideas to me. The vets and docs on that course all used nat feeding for their pets and to a lesser extent on themselves - none of us are as good with ourselves as we are with our patients. But if you go to your doctor - doctors will always recommend a natural non processed diet for you and in particular children

Processed kibble veterinary diets was fairly new then starting with Hills - vast amounts of marketing was spent on selling this stuff to vets. The pet

food industry have us all brainwashed making us think the only way to get a balanced diet for our pets is out of a bag, tin or pouch.

This is rubbish and contrary to logic. It is much harder to get a balanced nutritious diet using processed foods because when you cook the food and destroy half the micro nutrients in it.

How is kibble made

The heating destroys so many enzymes and other nutrients they have to be sprayed back in after cooking. If you know what you are feeding and you do not cook it you have a much better chance of getting it right

But feeding a dog is no more complicated than feeding a child - a sensible mix of protein, fruit & vegetables - fibre and enzymes- and maybe carbs for energy

Cats are a little more troublesome but I will come back to that. as in many ways cats can benefit even more than dogs if you get them off kibble.

Even astronauts and armies are not fed processed food all the time

I started trying patients with the 'new diet' in particularly those with the problems that are more likely to occur with poor diet -

These are

itchy greasy skins,

anal gland problems and loose stools and poor teeth.

In many dogs I saw with my own eyes a vast improvement in their conditions and promoted it more.

See the difference dental quote.

It is amazing how often we see dogs started on a raw food diet come back a month later and already their teeth are noticeably whiter their gums noticeably less red inflamed and sore

Skin and ears less itchy fresher breath and even seem happier their behaviour can be better Some hyper dogs are less so and apathetic lazy ones more vital.

Some aggressive dogs become less so
why endorphins, chewing better nutrition

It just seems so logical to me

Think about how a dog or cat would eat in the wild and see what we can learn from this. It is certainly a good place to start

Dogs and cats are essentially hunters. They catch and kill [herbivores](#) ranging from mice, rats and birds to rabbits, goats and sheep, depending on their size.

Dogs are also very successful scavengers, having the adaptability to survive on carcasses, herbivore faeces - droppings (well digested grass!), vegetation, fallen fruit and soft fruit they actually pick fresh from the bush and food scavenged from humans like wild foxes now do.

They eat their prey's gut contents as well which is truly ground up partly digested grass and other plant-stuff. This beautifully nutritious grass soup contains thousands of nutrients and micronutrients our carnivorous pets need.

However they thrive on a diet of raw meat and bone with some vegetation mixed in. This replicates the consumption of a whole herbivore.

They do not have the sort of teeth we omnivores or herbivores have that grind up foodstuffs before swallowing it which is why I recommend feeding the fruit and veg components: minced, juiced or liquidised. Tania will show you a demonstration of how she does this later on

So let's look at how a whole wild raw rabbit fits into this.

Rabbits would naturally be a major source of food from dogs and cats. Rabbits spend about 15 hours a day eating grass. They have teeth specially adapted to chewing this very fibrous, highly nutritious vegetable into a pulp which they then swallow and digest.

So their guts are full of well chewed, partially digested grass, a rich source of enzymes, probiotics, prebiotics, antioxidants, vitamins, minerals, essential fatty acids and numerous other micronutrients essential for health. The carnivore catches the rabbit and effectively capitalizes on all that work the rabbit has done. Carnivores hardly chew their food at all. A few good crunches and it's gone! Carnivores' teeth are designed to cut the food into small enough pieces to swallow. Their digestive system does the rest, so any vegetation they eat passes through largely unchanged, unless someone has chewed it first! The rabbit supplies the carnivore with meat, bone and chewed up, partly digested vegetation (containing all those nutrients just mentioned) as well as plenty of roughage in the form of fur, toenails and the rest!

How can we provide the best, health promoting diet for our dogs and cats in a modern world

The aim of the BARF diet for our carnivorous pets is to supply raw meaty bones and well chewed greens.

To do this, I recommend starting off on minced meat and bone, like Prize Choice, Natural Instinct or Honeys Real Dog Food. We have information about these brands and products here. NI is the largest and you can find a limited range in many pet store even P @ Home

Mix with that some liquidized or pulverized greens, like grass, a few dandelions, nettles, spinach, sweet potato, corgette, broccoli, cucumber, celery, parsley for example you can mix Pet Plus or Missing Link in with all of that to provide the numerous micronutrients found in the gut contents of the rabbit as well as some extra digestive enzymes to make the digestive process easier and more successful for your pets.

When your dog or cat gets used to the joy of having BARF every day, you could introduce some raw chicken wings or poultry necks about 3 times a week. You can also use other raw meats depending on what is available, spare ribs of lamb or pork and 'chunks' of meat.

You could for instance give your cats and dogs raw chicken carcasses from a couple of times a week and minced meat and bone and vegetation 4 times a week. Sometimes I feed a mixture of both daily, so a little of the

minced meat and bone with the pulverized greens and Pet Plus followed by a raw carcass. They love it!

What is Pet Plus

Pet Plus is an excellent whole food based nutritional supplement containing all the micronutrients our dogs and cats would get in the wild. It's a powder to mix with their food, whether you choose to feed raw food or processed tinned or dried food. It provides a huge variety of antioxidants, enzymes, prebiotics, probiotics, essential fatty acids, vitamins and minerals, with nothing artificial or isolated! It contains taurine in the version for cats as this is an essential amino acid destroyed when cooking etc.

It is generally best to feed a variety of meats and offals to reduce the likelihood of any deficiencies

Really that is all there is to feeding a BARF diet.

You can also add small quantities of sensible left overs from your table. Avoid too much fatty foods as you would for your self.

The general principles are that

Dogs should have at least 50% of their diet from meat based sources. Cats at least 80% They just cannot cope with carbohydrates at all well. We see obesity in the majority of our feline patients because of this.

Feed a variety of different meats, fish and OFFALS over a period of time. So you might base your diet on minced chicken an number of times a week feed lamb or beef or whatever is available.

Offals are liver heart lungs and tripe Liver is low fat, high in proteins and many vitamins - too high to feed all the time. Feed these 3-4 times a week.

Dogs and cats need calcium for healthy bones and teeth. It should be from a balanced source - what is the ideal source of this - Bone of course. This is why the minces we sell for dogs contain minced bone. They are produced by simply chucking the whole chicken in a mincer bone and all. Unfortunately the other parts which our pets will eat gut feathers heads are

missing cos it is all fit for Humans and theses are removed in the slaughter house.

If you use human grade mince this is not the case and you should add a calcium supplement.

If you also give RMB to chew on the with not be needed of course.

What bones are suitable.

Again almost any. But they must not be cooked. Cooking not only kills the enzymes is makes them brittle and more like to cause problems.

But use whatever you can get hold of

Good things are

Chicken wings

Poultry necks

Whole or parts of chicken car cases If you but legs

Lamb breasts/ribs

The worst are the large knuckle bones which are actually what most people think of bones for dogs The softer more crunch up able the better.

Best Perhaps to avoid chop bones.

Bones do contain a fair amount of fat and so if you have a pet prone to piling on the pounds remember that when judging how much to feed.

Before you start to feed bones let you vet/nurse check the teeth

Studies show 85% pets have dental decay crap teeth can break with hard bones etc

If teeth are poor

1.S/P

2.2 feed raw without bones and then introduce smaller ones first

Which Fruit and Veg are suitable?

Almost any

Avoid Onions, grapes rasins and garlic in large amounts Odd bit fine

Monica Segal recommend to use sweet potato and or courgette frequently as they have good levels of potassium but always vary -

Tania will show you how they can be prepared to mimic the rabbits gut content we mentions before as many dogs and cats do not chew and grind like rabbits but again it is not a strict rule a carrot whole some dogs will chew and enjoy.

Supplements

Are they necessary?? Not in most cases if you choose a good balance sensible diet you do not need supplements and indeed some can be dangerous if you give too much

Not in most cases but supplements which may be useful are

Pet Plus - this contains antioxidants, vitamins, minerals, enzymes, probiotics, prebiotics, phytonutrients, fatty acids (omega 3, 6 and 9) and many other vital factors

Flax Seed, yeasts and plant materials

Pet Plus was formulated by Suzi Mac Juice Plus - explain

Fish Oils k9 omega is my favourite Cod is now hard to get hold of and Salmon is mainly farmed and can have pesticide residues

Calcium As I said before most pets if you feed pet mince or RBM with have enough. If not add some calcium - there are many forms in the market place but one of the best is ground egg shells.

1-2 per week is great for most medium sized dogs. Dry in a cool oven for a few minutes - care they burn easy and crush up in a pestle and mortar. Feed the eggs to your pets they are full of protein and good nutrients

You can if you are worried include a multi vitamin mineral (human) tablet every few days but I have not yet had any patient having a problem with a deficiency

Not all vets would think this was necessary any more than it is with ourselves.

Fasting is it necessary to fast 1 day per week? No explain ingestion

Now Cats

Cats love raw food.

Many remember their wildness much more than dogs. Cats are designed to eat mice etc

Not dehydrated pellets. Cats eat little and often 12- 16 times daily.

Taurine cooked food

cats are fussy - if weaned on to dry can be a problem and vice versa. It may take a year

Cats obligate carnivore glucose from meat protein and to some extent fats but not carbohydrates.

One vet in Ireland treats diabetes with raw food and nearly 100% response with this alone.

Obesity and dental problems are also dramatically improved with this diet

Thyroid problems is much more common East coast vs West in the US more processed foods fed here NYC

PUPPIES

Puppies/Kittens can be weaned onto minced raw foods from 4-5 weeks

Breeder once converted do not go back

Safety of food

Risks of processed food 80% dental disease GA etc.

Bacteria there are bugs in raw food lick feet bums etc more used to it

Anal Glands

More than once a year

loose stool better stool fibre and bone - cigar torpedo shaped stool less problems

Worms

Worm egg counts - recommend no more seen in BRM animals

Sensitive stomach

Allergic reactions

Allergies Poor stool itchy skin

What do we do change to selected protein in raw foods

Ear problems one or both - low level food intolerance

These can be to specific ingredients in the food and here we get into more complex selections of food types

Behaviour Issues

Chewing calms serotonin etc

Omega 3/6 FA calms

Input = output crap in crap out

Feeding raw food will not make your pet aggressive