Diet Transition

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Hi, I'm Dr. Jodi. This presentation is about making the switch making a switch to a different diet but in particular, to a more species appropriate, fresh, pre concept meat based diet.

There are definitely some tips and tricks for a smooth transition. My first experience with transitioning was with this little kitty named fluffy fee was my daughter's kitty. And so everything that we did with him over the course of his life was extremely important. I thought I was doing the right thing when I first gave fluffy as an Easter present to my daughter, when we put her on Science Diet, as that is what I was taught in veterinary school was one of the best diets manufactured by hills. But shortly within his first four years of life, fluffy developed calcium oxalate stones, so like a good new young veterinarian, I did as I was taught, and I put fluffy on a prescription diet called CDO, which was touted to be preventative for the recurrence of calcium oxalate stones. However, despite this special diet, fluffy indeed did have recurrences, and he had to have a PU surgery, which means perineal urethra ostomy basically has little opening was changed to be more like a female. So because of this enlarged opening, which would allow recurrent crystals or little stones to pass. This made him more susceptible to bladder infections or UTIs urinary tract infections. Sadly, when this happens, the infection can a sound and go up into the kidneys contributing to the development of kidney disease. So indeed, fluffy did develop kidney disease and have a significantly elevated B un and crabman in his blood work at 14 years of age. And that's when I had learned about feeding raw diet. So despite what I was taught in veterinary school about restricting protein in kidney disease cat, I went ahead and began feeding fluffy, a balanced commercial raw diet. Fluffy was very appreciative because he did not like the prescription que de diet at all. I also added in some other kidney supportive nutritional products standard process, renal support, standard process, renal food, and probiotics. And the combination of these things created what we call a nitrogen trap, which helped to remove the excessive protein and phosphorus and sent it out in his poo so that it didn't build up in the bloodstream and become extra burden to his kidneys. And so on this even high protein diet, fresh species appropriate prey concept, balanced raw meat diet, fluffy lived a quality life, and he passed when he was about 20 years old. So he was a first and long example of transitioning from a decade of dry kibble processed food to a fresh, wet species appropriate meat based diet, which was very different for him. And wasn't that easy to transition at the beginning. So we learned a lot from fluffy.

So why was it so important that we switch and why is it important that pet parents get their puppies and kittens off to a better start, so that they don't need to do this which most dog and cat foods are called dog and cat foods and they really aren't because they are kibble. They are a dry, crumbly, processed starchy, sugar laden carbohydrate food, put in a bag with preservatives so that it lasts and lasts and lasts on the shelves in the stores and can be transported all over the world by the manufacturers. But this is not I Do fresh food. And if we were thinking about common sense, this is not the kind of food that any of us should eat on a regular basis. Sugars are bad for the microbiome. And we hear so much about that nowadays and how important gut health is for overall immune health. Also, we know sugar, which comes from starch, which is in this kibble diet is bad for oral health, it's bad for the teeth, it of course contributes to weight gain. Also, these kinds of processed foods with grains in them often contain hidden GMO or genetically modified origin products. These products have hidden herbicides glyphosate round up in them, and this can contribute to cancer, as well as they can act as antibiotics in the gut and again, destroy the microbiome. When we ruin good bacteria, we allow pathogenic bacteria to proliferate. Also, many of these kibble diets contain corn, which is a source of mold or aflatoxins. And the these have also been shown to be carcinogenic. Grains, potatoes when cooked can produce something called Aquila minds, these are carcinogenic. They're also synthetic vitamins in these foods. Because when these meats and starches are cooked, a lot of nutrition is destroyed. And so these vitamins need to get added back into the food. So they are added back in in a synthetic format. This is inadequate and that synthetic vitamins and minerals do not grab on and release from cell receptors properly. And worse yet, if too many are dumped into the food, they are then potentially toxic. All of the sugar requires the body to release more insulin to handle it. And excessive insulin in our bloodstream can increase inflammation in the little capillaries. And this can be the underpinnings of many inflammatory disease disorders.

And then there are the canned foods that are commonly said to our dogs and cats. These are also cooked meats. cooked meats are better than not feeling meat at all. However, when we cook meats, we create a chemical called heterocyclic amines, and these have also been shown to be carcinogenic. You can Google this put in heterocyclic amines and add NIH or PubMed so that you can see the scientific articles that explain the relationship between cooked meat, the development of heterocyclic amines, and colon cancer, prostate cancer and even breast cancer. Canned foods also don't have any flavor. So a lot of salt is often added. natural flavors are added and oftentimes this is a hidden source of MSG. BPA is an endocrine disruptor This is another chemical that is often in the plastic lining of cans. There is an association between endocrine disruptors and the development of hyperthyroidism in our cats, which is a very common aging disorder that we see and many kitties. Also check your canned food labels for Carageenan Carageenan is added as a thickener, but it is also used in scientific studies to intentionally stimulate IBD. Can you even believe that? So we wonder why so many cats have chronic intermittent vomiting and diarrhea. And it's often because there is Carageenan in there canned food. And of course additionally, because these are processed foods in the can and all the nutrition has been cooked out of them. The synthetic vitamins once again are added back in. Typically these are often poor meat sources as well. And things like pentobarbital had been found in these kinds of foods. pentobarbital is used as a euthanasia agent for horses, dogs and cats. So if this should be enough reason here for you to definitely be thinking that you need to make a switch to a fresher diet. Variety is key. So we've discussed this in other presentations. This is the nutritional ladder. And we've talked about how to identify where your pet food fits on this ladder by analyzing the ingredient panel on the bag or on the cam so where Wherever your pet falls on this ladder, you can avoid the repetition of any excess or any deficiency by feeding a variety. So variety is key in the long run. But when you're making a switch to a new diet, it's important to start slowly and only start one item at a time, probably start a journal and observe what is happening as you're transitioning. Don't do too much variety right away. The goal is to identify a few different companies and a few different meat proteins from each company that all resonates with your pet. And then you can rotate those very quickly over time. And when I say rotate down the road, I actually mean one company's meet in the morning and a different company different meet in the evening, eating, providing food for pets much more like the way you eat really lots of variety. And this is how you will keep them interested in their food. Now a lot of people say that their pet started eating a fresh diet, enjoyed it at first and then got sick of it. And they're feeding the same thing over and over and over. This is like you enjoying a meal of Chinese or Mexican food but you don't want that meal after meal after meal. Now why did they keep eating their kibble diet though the same one, day after day, week after week, month after month, year after year? Why would that be? Because the carbohydrates are so addicting. It's kind of like enjoying potato chips day after day after day. And sadly, most of us could definitely do that. But that doesn't mean that it's good for us. So just because your pet is eating its kibble day after day. That doesn't mean that that is a good way to approach their lifetime nutrition.

So there is lots of variety available, and the foods you select matter. So it's important to understand how each of these different foods is different. Your pets care about flavor, and they also care about texture. They also care about temperature. So we'll discuss how all of these can affect how well your pet may or may not be eating the food. Remember, if one raw diet doesn't work, then you should try another one. If you were feeding a dry kibble diet, and your pet didn't eat it, you would pick a different kibble diet, you wouldn't say Oh, this kibble doesn't work, I'm not going to feed this anymore. But sadly, sometimes that's what we hear. When a pet parent offers their pet raw food and they don't take to it immediately. Or they have an issue with that particular food, the pet parent gives up right away. So I would encourage you to try not to have that attitude. Rotation minimizes the repetition of any unknown excess or deficiency present in any diet. So even if you're feeding from the top of the ladder, it's important to still do variety. Keep in mind the format of the food. So we will discuss later a little bit more about what HPP is and what that means. And also fermentation and other formats of food for example, how it is packaged in the presence of freezer burn. All of these things can affect the palatability, palatability of the food and the way it tastes and the fact that your dog or cat may or may not enjoy the food, not because of it being rabid, or chicken or turkey, but actually because it has been high pressure pasteurized or it's fermented or there's freezer burn on it. So when you switch to a different company, and maybe even the same meat, because the way it is formatted, your pet might actually enjoy it even more. A common question is, well, how much do I feed because you're simply not used to these new kinds of diets. And certainly the meat protein is different and much more concentrated. And another big question is, well, how long is it going to take to do this transition, the safety of the food, the safety and the rapidity of the transition is all going to vary with your individual pet. Young pets often transition more quickly and more easily. An older pet may be more set in their ways and the transition may take a longer period of time. Sometimes the breed has an effect. For example, little Yorkies have a reputation for being very finicky or fussy. Sometimes it is that they are fustian Sometimes they have an underlying liver shunt, which, which causes them to have some persistent nausea associated with every meal. So then they will eat a food initially, but then they don't want to keep on eating it because they associate that nausea. Sometimes it's an attitude that they're set in their ways their taste buds are craving, the kind of food that they were used to, it can be much more difficult to transition a cat and a dog, for example. Also, their health status matters. If they already aren't feeling well, then a transition can be more difficult. Or it could be that they take to it very quickly and immediately, and maybe even eat too much too fast. So be observant, and keep all of that in mind. The way they transition can also be affected by what their current food is like, it may be easier to transition from a wet canned food to a raw food than directly from kibble. Also, how well they take to it and how much to feed is dependent on what that new food is. And every food has a guideline on it, of how much to feed based on the pets weight. And of course, you should actually look at how much you want that pet to weigh, especially if they are currently overweight. Or if they're underweight, then you can feed more than what the guidelines says. So baby steps may be necessary. As I mentioned, if you're feeding dry kibble, you might not be able to jump right to raw food, you might have to feed some canned food in between. And there are tips and tricks to this transition.

Patience and persistence may be necessary. You might be really excited about this change, but your pet might not be quite as excited. Addicts require 21 day is to lose their cravings. So I often say that you need to allow your pet three weeks for a transition. Their taste buds will miss sugar from their kibble diet, or salt if they were used to canned food. If they do love it immediately, you may need to take it slow on purpose so that you avoid a rabid clams. Many of us have been taught to never change diet, because if you change diet, your pet will get diarrhea. And indeed, when you do that, you find out that to be true. Actually, what we should have been taught is that this is a cleanse, and it's very necessary. Many people intentionally cleanse or detox for themselves or their pets totally on purpose. Realizing that it's a good thing for the body to do. When you change foods, even from a crappy food to a crappy food at the bottom of the rung of the ladder, you often get a cleanse because you're providing the body with some new nutrients. And the liver and the kidneys say oh, I've been waiting for this nutrient, so that I could cleanse this toxin out of my body. And so that's good, and that's okay. And that's necessary, but we need to realize that that can happen and that we need to take it slow. A rapid cleanse can be uncomfortable, but a very slow clams can be extremely helpful. So when we put in good like a species appropriate diet, we can help take out the bad the toxins. So urea is a breakdown product of protein. So even protein itself in the food in the meat can be toxic if the components of it are not removed from the body properly. So it takes a transition in food, new nutrients, lots of fresh water to help eliminate this waste properly. So a gradual transition is usually the safest. So on day one, I recommend that you start with a probiotic added to the old food. This starts getting the gut health prepared for transition. And then on day two, you can begin the transition. Usually you will be purchasing a bag of frozen food which needs to be thawed overnight. And then you can take about a quarter of that new food, mix it with three quarters of the old food and do that for a couple of days and observe what happens. If your pet stool seems to be okay, then do half the new food half the old food for another couple days. And again maybe you're keeping a journal during this time and you're noting which food you're feeding If everything is going well, maybe just slightly loose stool, then you can go three quarters new food one quarter old food for another couple of days. This helps to avoid a rapid cleanse. Most dogs will transition in less than a week. But some cats can take up to a month. And this is where patience and persistence definitely comes in. So again, how much do you feed? A commercial raw has packaged guidelines just like any other pet food, but you should also consider the size of your pet stomach and the natural prey size. For example of cat a balanced diet is usually a mouse per day. And this is pretty tiny. Especially keep in mind that in a mouse in again, in a prey, there's those four components that are very important to meet the flesh, the organs, the ground bone, or bone or Calcium in some kind of appropriate format. And then a little bit of warm churned vegetation like is in the stomach of the prey.

One of the problems when transitioning for people who are home preparing, is they forget to do the bone or they forget to add appropriate calcium, and they might overdo the Oregon's perhaps a pet parent goes to a butcher or grocery store and buys a frozen container of liver thaws it out and starts to feed it. And before you know it definitely have diarrhea. Think about the tiny amount of liver that's in a mouse for your cat or the teeny tiny amount of liver that's a rabbit or a squirrel for your medium sized dog. So it's easy to overdo Oregon's you have a variety of Oregon's incorporated into the diet is very important. Thankfully, the commercial frozen thawed raw foods or the freeze dried, which we'll talk more about have this balance all taken care of for you. So it can be very easy. So how much to feed varies with the size of the pet their metabolism, are they already overweight or not or are they underweight and also the caloric density of the food. So more most commercial raw packages have a guideline. And it's usually something like one to two ounces in the morning and night for a pet less than 10 pounds, two or three ounces for a pet that's 10 to 20 pounds for five ounces for 20 to 40 pounds, a 40 to 60 pound pet six to seven ounces morning a night and over 60 pounds eight ounces or more morning and night. usually recommend that our furry little carnivores receive two meals per day. I think this keeps them satisfied. So don't forget these helpers because sometimes people are confused or frustrated at the beginning and unsure about what to do or afraid to even begin, but the packaging usually has excellent guidelines on it. And certainly the company websites are a wealth of information. manufacturers often have booklets or if you're following a book, review the author's recipes and the menu plans. Don't give up Be patient, it's worth the effort. Also don't mix recipes together. You can't have a recipe that says something like add nutritional yeast and you decide you're heard maybe that's not a good idea. And so you leave it out and then you mix in some stuff from another recipe. Typically each commercial commercial raw company or each author has some time proven recipes that they're sharing with you. So you can rotate. But but don't mix recipes together. Also, don't resist the temptation to add a significant amount of people meat to kibble. Okay, if you're feeding a dry kibble diet and you want to improve upon it, you can add some fresh veggies to it. Or you can add a balanced meat diet to it. Or you could feed kibble in the morning and a balanced meat diet in the evening. But if you're adding just the meat just the flesh, whether cooked or raw to a kibble diet, there is not enough calcium in the kibble diet to balance the high phosphorus that are adding to that that meal when you're adding the plain meat meat is very high in phosphorus. It needs to be balanced with an adequate amount of bone or Calcium. And the kibble has enough calcium in it to balance the phosphorus that's coming from the meat that is all already in that dry kibble, and this is also a common mistake.

So we talked about utilizing probiotics right away at the beginning, and there are a lot of options of how to do this. My least favorite is is utilizing yogurt because the majority of yogurt is pasteurized and pasteurization destroys all the good natural bacteria. But there are many other ways and products on the market, even including some of your own fresh organic sauerkraut juice, for example, there are a lot of good commercial products, what you'll need to pay attention to is, for example, is it a powder that is micro encapsulated so that it can survive the stomach acids? Is it an enteric coated capsule that can survive the stomach acids? Is it loaded with trillions of good bacteria like sauerkraut, so that there are so many that some of them will survive the stomach acids so that they can colonize in the gut, like seeding the garden and actually be effective without being destroyed on their way into the body. And these are all important things to take into consideration when you're choosing the probiotics. This is one of my current favorite products by Karna flora. It's called fluorophore. And this is made completely from Sprouted Seeds. So if you look at a package of this, you will see under ingredients all ingredients that you recognize as different kinds of Sprouted Seeds, sprouted lentils, sprouted flax. Under the analysis, you will see an unbelievable array of whole food, vitamins, minerals, probiotics, prebiotics, enzymes, and omegas. All simply coming from Sprouted Seeds, which really helps you understand a couple of things, why the health food freaks, eats routes, they know what they're doing, and why are free little carnivores, the minute they get outside, they want to go looking for little fresh grasses, because their body is craving different kinds of whole food nutrients that they can get from foraging and eating this kind of vegetation. So this is something that you can begin initially and mix with current food to help you with that transition. Another tip when you're transitioning, is to remember that prey is raw, but it's not cold. So repetitive cold actually damages stomach Yin. So this is a oriental Chinese food therapy philosophy, and indeed makes a lot of sense. So many pets will eat well initially, if you give them cold food. Some of them will even gobble up frozen chunks of a commercial raw diet. But then a week or two down the road, they completely turn off. And when a pet parent tells me that this happened, my first question is, where are you feeding the food cold. This is akin to us loving ice cream. But we don't want to eat ice cream for breakfast and dinner breakfast and dinner and breakfast and dinner. Our system will just turn off of that. We want to eat some warm food periodically. Remember that pray is raw but it's not cold. So we always want to take ourselves back to how would our little carnivore eat in nature. So let's mimic the warm pray by adding some hot water or hot veggie or even hot bone broth to that thawed meat to warm it up quickly. Because most of the commercial raw diets contain bone product, those meat products should not be heated if they shouldn't be nuked. You don't want to heat that bone because you can damage the molecular structure and make it difficult for that bone to be digested properly.

There are many different kinds of broths and stocks on the market. The human versions often contain onions. There's also a difference between vegetable broth and bone broths so bone broth can be home prepared or you can purchase it there are many excellent pet versions of bone broth available on the market that you can get at your local natural pet retail store. And these are great because they're safe. They don't contain onions and they been prepared by basically cooking bones to death, along with apple cider vinegar. And it's the apple cider vinegar that brings the mineral out of the bone and this is one of the major components used when healing leaky gut. And that's a deep topic for another presentation. But bone broth is an example of something that can be quickly heated on your stove and then added to warm up that frozen thawed raw meat. It can also be used to rehydrate a freeze dried diet. Other tricks are top dressings or mixins. So there are dehydrated foods like the honest kitchen up on the left and that's the I actually a complete and balanced diet. My product of the center called Peace support I originally developed to help females who are spayed and urinary incontinence. But what I learned is that could be used as an enticement for pets were reluctant to eat their meals. So it's a general urinary tract support. It contains kidney, quadriceps, mushroom, and also pork uterus. And apparently the powder is very delicious. It's also strong smelling. So it's useful as a mixin to hide other kinds of things that you might be adding to the diet. Other things that could be added are different kinds of goat milk for example, those can be fed as a separate treat or they can be mixed into the meals. Sardines are excellent as top dressing mix in or as a whole food treat. If your pet is eating carbs, kibble starches, then ideally these sardines should just be packed in healthy Springwater. If your pet is not receiving any carbs and sugars, then you could use the sardines that are packed in olive oil. healthful non cooked fats are great and necessary and can be fed when your pet is receiving an inordinate amount of carbs or starches and the pancreas is overloaded by that. Then sometimes when you add to that, especially a cooked fat, or too much oil or fat of any kind or grease or cheese, that's what tipped the scale and often causes pancreatitis. Another trick is to add canned food or dehydrated products freeze dried foods that have real strong flavors like tripe, which is from our rumens ruminant stomach, which can be full of probiotic but definitely has a strong flavor and a strong odor. And this can be an enticement. If your pet enjoys the taste or the smell, which many of them do. I like the freeze dried version that's on your right it can be used as little tidbit treats. It can be used as a top dressing or mixin. You can even crumble it, you can rehydrate it swish it around a pill. So definitely research ask your natural pet retailer some questions about these kinds of products. They often have great tips as well on what they might carry in their store that can help you with the transition or treats in conjunction with your good quality new species appropriate diet. So again, freeze dried foods can be used as treats or there are freeze dried treats on the market. Try to choose things that are very functional. There can be different organs that have been freeze dried, and the more variety you can find that is not just liver but also heart, kidney, spleen, even brain. That kind of variety is what your pet really needs over time to really round out that fresh healthy species appropriate pre concept diet.

Again, we mentioned yogurt, this might be something that your pet is familiar with and enjoys. So although although this is not an ideal product long term and especially if it is pasteurized, this can be a great stepping stone top dressing or mix them of course always go with organic even baby food can be used it's syringe bubble, so that can be great for an ill Pat when you're trying to get supplements in or if you're trying to get them started on a new diet. It's creamy sometimes in Cook products like This the flavors are concentrated. And that's often why the pets liked them so much. But just remember this is ideally a temporary and it's just a top dressing and a mixin or something that is creamy and easily syringed into your pet especially a lot of sick kitties, you can jumpstart them and get them going when you use something like this. Recently, I have come to like the raus brand are a WC of canned food, which is a very creamy puree and works well for this purpose. These are a couple of options that are things like this that are on and off the market. Again, very strong flavors, their textures, creamy sticky, that help you with transitioning or getting different kinds of powders or capsules or tablets into your pet when necessary. I'm not a fan of a lot of salmon routinely, salmon are typically endangered or factory farmed. So when I choose a fish oil, I typically am recommending anchovy or sardine not salmon. But again, we do what we need to do. And so you know, be careful when you're on Facebook, and people are making suggestions. You know, don't be too judgmental about what people are trying to do. We definitely want to educate people to the pros and cons. And you want to know so that you're making the best informed decision with everything that you do. But sometimes we have to reach for what's available, and just do our best at the moment always thinking about stepping up the nutritional lab. So yay, so he's eating it. Now what? Well, you need to now monitor the appetite and stool production. So back to what I mentioned at the beginning about keeping your journal watching for problems. This is what normal stool looks like in a cat that's fed a variety of commercial raw diets and meat based treats. Many people think that if they feed their pet raw food that their pet is going to have mushy stool that's not pick up a bowl. That is not true. In fact, if if anything, I would say sometimes the stool is too firm, too hard to dry. This is normal stool from a dog that's fed a variety of commercial raw diets and meat based treats. Very firm, very pickable. Now remember, during the transition, when we're getting a cleanse, that may not be true. That is why this type of education is so important, so that you don't get turned off at the beginning and think that the new food is somehow bad or disagreeing with your pet, and that your pet is going to have loose stool long term, but is definitely not true.

So what might occur and why? Well, when you change food, your pets attitude might change. Typically, that's one of the first things I hear is that they have increased energy and that their coat improves. The code changes are usually seen in about two weeks, and the attitude and the energy can seem to change or improve overnight. Now you may see a change in appetite. And that could be better or worse. If they're just not taking to it immediately. Then some pet parents are concerned about that. And I would say power through that. Use some of the tips that we've covered and just be patient persistent. Stick with it. If there's any vomiting note, is this vomiting once or is it repetitive? The vomiting can be for so many different reasons. It could be too much to call too fast. We're going to cover that in just a minute. Is there diarrhea or is there just a little loose stool? Is there constipation? Not all streaming is constipation. Pets, especially male cats can strain if they have a urinary tract obstruction. Sometimes dogs or cats, you'll witness some straining, and it's because their GI tract is actually empty that maybe they have passed loose stool that actually they had diarrhea and now they're emptied out but they have that sensation that they need to go and they're straining and they actually are not constipated at all. Is their weight loss is a good weight loss. Did you want your pet to lose weight? Do you need to feed more food? Typically there will be weight loss when you remove the carbohydrates from the diet is the weight gain Are you overfeeding? Sometimes we're not used to the tiny amount I assume that you can feed when you start feeding this concentrated diet that does not have all kinds of fillers and waste in it. So it's easy, especially with a little cat or a little dog to overfeed and actually cause your pet to gain weight. And typically, there is a change for the better in health status. So what do you do when there's some of these changes occur? Should you Google phone a friend call that? Well? Actually, it depends. Some people might think I'm going to say call the vet, but not necessarily. What right diet pitfalls could cause vomiting. Sometimes when you change diet, and especially to raw food, and you call the veterinarian or you visit the veterinarian, and you say that your pet is vomiting, and they say, Well, what are you feeding and you say, raw food, the raw foods going to get poisoned. And indeed, maybe it is the new raw food. And maybe there's nothing wrong with the raw food, but it's how you're presenting it to them. Or maybe it's coincidental, and it's completely different reason. And so the downside of the veterinarian blaming that raw food is they could actually miss an important different diagnosis. So think about first is your pet eating too rapidly if they really liked the food, and they're simply gobbling it up too fast. That could be why they're vomiting. And in this case, oftentimes, especially dogs, they will vomit up the food, and then they want to read it. And when you learn about nature, that's actually very natural. So it might be a little gross to us. But it's actually very normal for them to do that. So if that's the case, that typically means there's nothing wrong with the pet and there's nothing wrong with the food. It could also be that they're eating too much. So remember, there's a guideline on the bag, but it's only a guideline, think about how small they are and how smaller stomach gives is the food cold. Remember what we said about not feeding cold food? Are they eating cooked fat or too much marrow, if you give them a bone to chew on, and they get loose stool or they vomit, it could be due to too much marrow, you simply need to thaw the bone, remove some of the marrow and throw it away, but leave something in the center. So they have something to work for. If you are home preparing a diet, and you are giving them cooked fats that could contribute to pancreatitis and that certainly can cause vomiting, and it could be a real concern. We talked about adding some hot water or hot bone broth to the food in order to warm it quickly and easily. However, if you add too much water to the food that can dilute the stomach acids, stomach acids are very important, the very first important step towards uncoiling the proteins in the food, an important digestive step. If the stomach acids are too diluted, then this there can be trouble with this occurring. And that could also lead to indigestion and vomiting. So you don't want the food to be too soupy. It can be a little mushy, but not too soupy. This is why I often use hot veggies instead of hot water. But I'm in a hurry just like most of you. And so sometimes we just do what's fast and we might make a mistake one day with that. It's also very easy to heat up pre prepared blended veggies, there's actually a lot of commercial products on the market. There's a topper by primal there's one by Korean do do, which is very easy to heat up quickly and blend with the foods so that doesn't get too watery. It also helps add fibrous veggie helps things move through. And another very inexpensive, easy option to have on hand is some good organic canned pumpkin, you can purchase that almost anywhere and then heat up a spoonful of that and then add that to the qualified food to warm it quickly.

So what raw diet pitfalls could cause diarrhea. We already talked about too rapid of a transition, like cleansing effect. And it's important that you realize that and recognize that overfeeding can cause diarrhea. A lack of balance I mentioned earlier about too much Oregon's or too much veggie or too much marrow. A fiber imbalance. It can also cause constipation. So if I had one complaint it would be that many of the commercial raw diets They contain a lot of bone which is necessary but not enough fiber. Actually, if we think about nature and eating a prey, the main thing missing from these commercial raw diets is the firm feathers. And that's simply because we don't want to see fur and feathers on the label. But indeed in nature, our furry little carnivores are eating fur and feathers and sticks and leaves and dirt, and all sorts of roughage things outside that actually help all this ground and chewed up bone move through them properly. So adding that spoonful of pumpkin or that one that veggie is very important for keeping a stool regular and helping things move through properly. And certainly inappropriate food handling, letting these meats sit out too long on the countertop. Salmonella is ubiquitous, it is in everything we've learned over the years, it's in peanut butter and romaine lettuce. It's in our bathrooms, it's in our kitchens, it's everywhere. The majority of pets and humans have good immune systems that we don't need to worry about salmonella. That's everywhere. There have been as many or more very much more recalls for salmonella in dry kibble diets than there have been in raw diets. So in that regard, raw food is no more of a health concern for pathogenic bacteria than is kibble so any concerns in that regard are totally unfounded. However, having been said that all food needs to be handled properly, and the natural kibble diets should be kept in their original bags. The frozen raw diets should be purchased kept in the freezer, and then thought a day or two before they're going to be fed. The bowls should ideally be ceramic or stainless steel, not plastic, and they should be sanitized after every feeding. So certainly, you can purchase food that's contaminated already, or pathogenic bacteria can grow if the food is handled improperly, but that is not the first go to reason that you should be thinking about if you are feeding a fresh diet and your pet develops diarrhea. So commercial raw options make the preparations easy, and they are very safe. And they make providing variety easy. So when we talk about fresh species appropriate balance pre concept raw diet, that does not mean necessarily home preparing home preparing is definitely an option. And I can help you with that we can discuss that further in another presentation. But commercial raw is something that you can jump into fairly quickly. And the transition can be pretty easy. There are again many different formats and it helps to see and handle some of those to learn which format you prefer which format your your pet prefers. So there are bags that have different kinds of nuggets, sliders, medallions in them. Typically these are three or four pound bags like the one in the center. The little sliders or the medallions inside that bag look like those in that stainless steel bowl up there on the left. And when you open up that bag, sometimes there's ice on them. Sometimes they appear a little gray in freezer burn that's actually safe and healthy for your pet to eat. But that causes a loss of palatability. So when that meat is packaged, and sealed in a chub format, or a container like the one on the right, which was my brand and is no longer available. Sadly, however, it was extremely palatable because there isn't the surface area on it. So there isn't as much surface area to get freezer burn. So that doesn't mean one is better than the other. It's just to recognize the difference and why your pet may prefer one thing over the other or why you meet may need to do different manipulations in order to make a given brand work in your household.

There are so many choices that it can be confusing. So on the bottom left in the front row is an example of what we commonly call a chub and this is the balanced species appropriate prey concept diet that is all sealed in one big chub in the center is another company that chooses to put their food in a tub, the way I used to with my brand, and the right is Stellan CHEWIES, which is a freeze dried version. In the back is simply a package of duck necks sealed in a bag. And then to the left of that are some patties. And to the left of that is a different company a bag that has the medallions in them. Some of these are high pressure pasteurize. Some of these actually contain synthetic vitamins and minerals. Others of these contain a large volume of vegetation, and others contain very little veggie at all. And so it's important for you to sort that out as you're working through your choices. I use food as medicine. And so all of these different foods have a place in my practice and in your home for manipulating your dog or cats long term health. Okay, so what about those bad pathogenic bacteria? We talked a little bit about how those concerns are quite unfounded. And indeed, this topic is very political. And oftentimes the FDA will decide okay, this week, we're going to go and swab so and so's food. And then they need to do a so called voluntary recall. And what I want you to realize is that the next time you see that read the first paragraph where it says, No animals have become sick. This is a voluntary recall, simply because the FDA went in and swapped the food. If they had picked a different food that week, that one would have had salmonella in it as well. And then that would be the company that was getting picked on. So just take this all a little with a grain of salt when you're trying to sort out and whether or not you need to be concerned about salmonella in your pets. Parasites are present in all meat. When meat is cooked for humans, the parasites are killed when the meat is frozen, and then fed thawed and fed raw to pets, the parasites are cooked when that meats been frozen. So if you intend to be a home prepare, it's important that the meat be frozen for a minimum of two weeks to kill parasites before you feed it to your pet raw. When you purchase a commercial raw diet. Of course, that's already again been done for you. Freezing does not kill bacteria however. So if bacteria might be a concern, if a pet is immune suppressed, like on chemotherapy, or steroids, prednisone or perhaps a cat with feline leukemia, and certainly people that might be immune suppressed. And there are some things that we can consider and recognize with the different diets that are available on the market in order to counter this concern. Also, we may need to be concerned during a transition about an overweight pet, especially overweight cat developing hepatic lipidosis, or fatty liver disease. So when we talked about the fact that it could take three weeks 21 Day addiction program to transition your kitty to a commercial raw meat diet. during that transition, it is vitally important that your kitty consume a minimum of a half a cup of food per day. So whether that half cup is full of some dry kibble, some canned food or some raw food in order for that kitty to maintain enough calories so that he or she does not lose fat too quickly and have it plug up the liver causing hepatic lipid dosis is very important and that can sometimes be difficult in a multi cat household. So you will need to monitor again and journal and make sure that your kitty or your dog is consuming enough calories every day during that transition time.

And so what about pancreatitis and these kinds of diets? So there was a study done where veterinarians and human researchers went around the country and picked up from shelters 1000s of shelter dogs that had cancer. They took them all to a sanctuary in Texas where they called it keto pet st Sherry, and they were going to study whether or not the keto diet could help manage treat cure a variety of different kinds of cancers in these dogs. And the major characteristic of the keto diet is that similar to a raw food diet, there would be it would be fresh, it will be raw and species appropriate. There would be no carbohydrates, no sugars in the diet, because cancer is fueled by glucose by sugar. And so by feeding a diet that is devoid of sugar or glucose, you can starve the cancer cells. So the keto diet in particular, however, is a little bit different than a basic raw meat diet. The basic raw meat diet is no carbs, moderate fat and high protein and some vegetation to mimic what's in the stomach of the prey and also to mimic what a carnivore would obtain one Forge. The keto diet is moderate protein, high fat, very high fat, and again, zero carbs and definitely some vegetation, especially in a cancer protocol, you might have a lot of ingredients for the antioxidant property. But the the biggest difference and potential concern here is that a keto diet needs to be high fat, and this is because you're transitioning healthy cells to burn fat as their fuel. So in the veterinary world, we are often taught to not feed fats. Definitely not inordinate amount of fat, avoid cheese, those kinds of things in our carnivore patients because it can cause pancreatitis. Well, what happened in this keto pet seat, keto pet sanctuary study, is that the diets were so high in fat that some some of the animals started turning off and not wanting to eat them. So they actually had to get creative with the fat and even put in a lot of avocado, olive oil, mayonnaise, and really vary the fats to keep the pets eating a very high fat diet. Now one dog in the entire study, got pancreatitis, and that was very surprising to many veterinarians. And the reason behind this, in my opinion, is that they were receiving no carbs, no starch, no sugar, they were not on any kind of dry kibble diet. So the pancreas was not already overwhelmed, the pancreas could handle the fat after all, the pancreas is not just for handling fat. The pancreas produces lipase, which handles lipid, which is fat, but it also produces amylase, which is to handle starch. So if the pancreas is already overwhelmed eating dry kibble and then you start adding some fats. I think that is why so many of our pets get pancreatitis, when they're tipped over the edge with a piece of cheese or getting some in particular some kind of a cooked fat. All the fats were raw fats in the Keto pet sanctuary study. So again, when you're warned off of these fresh species appropriate diets by conventional veterinarians, that don't no different. Now you know how to answer back as far as any concerns about pancreatitis. So I have taken many pancreatitis prone patients and converted them to a raw data yet. So we touched on some of these different formats. And definitely an awareness of these differences will allow you to make informed choices. So again, on the left, I like showing this is no longer on the market, but I like showing this package because it's clear package and it clearly shows you the individual patties that are inside the bag and how they can become a little freezer burn. And again, that's still okay but it loses palatability and then on the right is an example of the food that is packed, the meat is packaged in a big chunk called a chub or some companies will put in a put it in a small tub or even some kind of a four or five pound bucket. And that can be very helpful and more economical if you have a household with a large number of pets, lots of kitties or a few large dogs.

So there is frozen raw food like that on the left. And any of those same companies make a freeze dried version and there's some freeze dried versions on the right. The difference is they're both considered raw. The difference is all they did is they took the food on the left. They froze it and put it through a process Split dries it. Note with no heat involved, it's frozen, freeze dried, and then when you purchase it, it's dry, it's very convenient. It lasts for a long time on the shelf very shelf stable, you can travel with it, you can use that if a family member or a pet sitter or someone doesn't want to deal with the frozen raw food and find it freeze dried, it's very easy to use, you can also use freeze dried as a treat, for example, it can actually be an economical way to feed a meat based treat to MultiPad household or a large dog. And then there is HPP, high pressure pasteurization or non HPP. And in order to know if this food is this format or not, you probably will need to go to the manufacturers website to find that out or perhaps you'll be able to read it in the fine print. Why would a company put their foods through this process? It's because it kills pathogenic bacteria and as a way to show the FDA that you are trying to provide a safe product. So this can stand for hydrostatic high pressure, high pressure pasteurization or high pressure processing. There are many human products that go through this. You may have seen orange juice in plastic bags or avocado dip and plastic bags. Those commonly have been high pressure pasteurize. It's a way to preserve without adding any kind of heat or any kind of synthetic vitamin, synthetic preservatives to the food so it can be useful can make it safe can also make it very safe for households where there is a concern for the pets or the humans being immune suppressed. So it's good to know that these brands exist. And then you don't have to believe what the veterinarian might be telling you that that a food is not safe. This is as safe probably more safe than kibble diets. The reason so many dry kibble diets have salmonella in them is due to recontamination. They choose meats often poultry chicken is overused. Chickens are very stressed in our country factory farmed. This releases a lot of salmonella from them. And so it comes into a manufacturing plant with all the salmonella it gets all over in the plant. Then the chicken is cooked. This destroys the salmonella that's in the product, but it doesn't remove the salmonella that's all over in the air and on all the surfaces. So then, after it's cooked and made into kibble it touches all these surfaces gets in this air again it gets re contaminated with the salmonella and gets put in the bag. So if this food is swabbed it comes up positive for salmonella.

Fresh Food typically contains plenty of whole food source fresh vitamins and minerals. But in order to achieve having labeling on your product that says suitable for all life stages. According to F KCO. Pet Food manufacturers must show f CO or the FDA in the labeling process that their food either contains a synthetic vitamin mineral premix, or that they have done extensive analysis of all their food or an expensive feeding trial with the university to show that their food is adequate over a period of time. This is still a woefully inadequate study but it appeases Africa so that you can put that statement on your product and many consumers have been trained to look for that statement. However, the addition of synthetics is not necessarily a good thing. So if you are well informed and you prefer a food that does not contain synthetics, then you need to know what to look for in the ingredient label. You cannot assume that just because of food is a commercial frozen raw food or a freeze dried food you cannot assume that it does not contain synthetics because indeed some of these companies do. So the one on the left left, we'll see things on the front like nature and natural and that kind of thing. But in small print, it says, with added vitamins and minerals, that means synthetics, the company on the right nature's logic, which makes a dry Kibble, a canned food, frozen and freeze dried varieties and their packaging has changed over time, is well known for not using any kind of synthetic vitamins or minerals in their food. The company on the left attains their so called balanced status with the synthetic vitamins and minerals, they do not add any veggies, the company on the right adds a lot of vegetation to their foods, so much so that when you open the product, it's very green. So a pet might be a little bit more prone to getting loose stool initially. But this could be a great choice for a dog or cat that has kidney disease or liver disease and needs what we call the nitrogen trap, where lots of green vegetation and probiotic mix together can grab the waste protein. The urea, which we mentioned at the beginning of this presentation, grabs that and takes it out in the PU instead of it going into the bloodstream where it's filtered through the kidneys, the liver becomes a burden. So again, read your labels. Think about what your pet's needs are, so that you have an awareness of the differences among these foods and what you're trying to do. So choose a commercial, raw or raw recipe that is best suited to prevent and manage the health concerns of your pet.

Another topic for a presentation in the future which can be very detailed, but I would like to just touch up here when you're trying to choose from the myriad of options out there in the marketplace is to use food energetics as a guiding principle for which meat to pick. Should you choose chicken or lamb or venison or beef or bison or turkey or rabbit or pork or duck or fish and which fish should you choose salmon. How do you decide? Well, one thing we can do is recognize the energetics of our own individual pet. Some pets are heatseekers they just love wine in the sun. Most cats are heatseekers. Others are cool seekers. They just want to be outside in the snow all the time. foods have an energetic property as well. When you touch cinnamon, it doesn't feel hot. But when you eat cinnamon, energetically, it warms you. So we know that chicken, lamb and venison are hot meats. We also know that there are reads like the Shiva on the right, that are very fiery hot personalities and cool seekers. So to eat a hot food all the time. Chicken, which is processed is energetically hotter than chicken that is raw. And chicken is energetically hotter than beef or bison, which are more neutral. And duck is actually cooling. So when we're trying to choose from the myriad of options out there, we might want to keep that in mind and not feed a fire constitution pet, a processed chicken diet over and over and over. Yeah, that is exactly what we usually do when we're feeding a processed kibble diet that is full of corn, which is used to warm livestock and fatten them up and then also contains cooked chicken. And then we wonder why our pets start developing heat conditions such as red eyes, red ears, hot spots, red hot paws that the licking all the time that are inflamed, or even blood in the stool, blood in the urine, all the different kinds of hot inflammatory disorders. So examining their tongue, and if you've never really looked at tongues, you might think they all look The same but this is a good example of how different tongues can look. So the little dog on the right definitely has a red tongue, which is an example of fiery hot constitution or a heat condition. And these things all can play into your food choices, especially when you're using food as therapy. So once you've made a great food selection, and you've done a successful transition, don't mess that up by giving bad treats and feeding the treats that you get when you're driving through the coffee shop window and they want to hand you a treat that's green or pink or something that has dye in it, or falling back into your old habits of feeding the dry starch, starchy kinds of bone type shaped treats that have too much starch and then GMOs hidden in them and all those kinds of things. Also, keep in mind that cat treats that are in the pouches are the worst, anything that is kind of chewy off enhance propylene glycol in it, which is a cousin ethylene glycol, which can definitely cause some problems over time in your pets. So remember to read the ingredient labels in the treats that you purchase as well. So we touched on this earlier that freeze dried meats and Oregon's can make great functional treats.

And don't forget about raw bones. Raw bones can be very safe. If you choose the right size bone for the right size pet. They are great for recreation, they're great for emotional stimulation. They're great for jaw health, and definitely for oral care. So you want to choose bones that are fresh, frozen, raw, not smoked, boiled, cooked. Doing that to a bone does not make it safer, it actually makes it brittle and makes it dangerous. The stomach acids cannot break down and digest properly, bone that has been changed in that way. Up in the upper right there is quail, which is tiny little bone size that actually is appropriate for most cats and little tiny dogs like your keys, so long as they actually have all their teeth. And sadly, many of these little dogs lose a lot of teeth when they're very young. And then sometimes feeding whole bone is no longer an option for them. But chewing if you purchase some of these raw diets that have little bits of bone in that you can feel when you're running your fingers through the through the raw meat diet. That's not a bad thing, though. So those are little bits of bones that are actually good for them. And what about transitioning multiple pets? Well, I've done it. And this this some your, from years ago was my countertop with all the little bowls for all my dogs and cats. Thankfully, now I'm down to only two dogs and two cats, but it can be done. And it is just amazing how they will all learn their place. So you can put one bowl in the kitchen, one in the bathroom, one on the stairway all over the place, and they will learn where their bowl will be. And it'll take a little time it might be a little frustrating at the beginning. But they're smart, and they will learn where they're places to eat. And they will typically gobble up their food very quickly. Sometimes the first pet's dumb eating before you even serve the food to the last pet. So when you're confused by all this, and I understand this as a lot just go back to nature and do the best that you can to mimic the way your furry little carnivore would eat in nature if allowed to. And I dedicate this presentation to the memory of some raw eaters so many of these commercial raw diet companies began with pet parents who had a pet with problem and found out that when they stopped feeding processed food, and they transition their pet to a fresh, balanced raw species appropriate diet, that they saved their pets life that their pet blossom that they saw their coats improve they saw improvement in their energy, their mobility, and then their friends noticed and other neighbors noticed and Marie moody who started Stellan CHEWIES many years ago out of her apartment in New York, started driving around New York and a taxi and delivering her food to her friends who wanted to feed some of the great food that they saw stolen, Chewy, get so much better on she was rescued from a shelter in New York and Marie saved his life and turned him around. So kudos to to that food so I sadly had to put too to sleep when he was 17 years old. And so even though sometimes I pick foods apart, and I get into the details, and I say that Stellan chooses high pressure pasteurized, and there's a pro and a con to that, Stellan CHEWIES is one of the few raw diets that actually adds probiotics and I've been in their plant and I've seen them add the probiotics. They are a very honest, reputable company.

Chewy, they add synthetics to their food which I don't think is ideal. And I would love it if they had a version where they stopped doing that where they no longer did that. But having said all of that, I still put their food at the top of the ladder. I have seen great things happen with their food I have found their freeze dried off and on over the years. It's very convenient. It's very palatable. The kitties love Tommy tickling Turkey, it can be a great transition food can be a great treat, and to live to be 17 on that food, and he has been dog. So kudos to Murray moody and that company. And so what she started many many years ago, she plopped down next to my clinic in Wisconsin and whiskey little town Muskego Wisconsin had started with a little plant, they're right down the road from me. And then her company grew very rapidly and now is one of the top fresh pet food diet producers in the country. And Stacy LaPointe one of my good friends we began speaking together around Milwaukee Wisconsin, and she started her company Fresh is best which makes frozen fresh food as well as some freeze dried versions. When her dog Jade was very ill. And despite that she turned around with fresh food and Jade lived to be 14 which is just incredible for her breed type as you can imagine and also in memory of all these little raw fed feelings

so please stay in touch on my website that jodi.com has more information for you on a myriad of topics. And you can always email me directly at duck Jodi at duck jodi.com Thank you for listening