Step Up the Pet Nutritional Ladder

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This is step up the pet nutritional ladder. And I'm Dr. Jody why are we covering this topic? Well, I'm super passionate about natural nutrition.

And I feel that this is a very neglected modality. Certainly I have learned from my mistakes. And now I feel that I need to share with the world, what has led me to change and become so passionate about feeding our pets in a more natural way. Just a little quick about my background. I graduated from the University Wisconsin Veterinary School of Medicine, which you can see up in the top to your left there. And I also spent some time at the Chi Institute in Florida, where I became certified in veterinary acupuncture, and learned Chinese herbals, and also became certified in veterinary food therapy. I also spent a lot of time with chiropractors attending natural nutrition seminars, produced by standard process, a large organic farm in Wisconsin, but a world renowned company that combines glandulars and herbals to be used to support the natural health of humans and also pets. I became very experienced with all of these different modalities in my little clinic in Wisconsin called animal doctor. Since then, I have also written for dogs naturally magazine and animal wellness, and also now called innovative veterinary care. I also graduated as an integrative health coach from the Institute for Integrative Nutrition out of New York, so that I could also help Council pet parents. So I haven't had a lot of experience and have seen many patients thrive when they have been transitioned from conventional processed diets to more species appropriate natural diets. And so that is why I have prepared this presentation and course, for all of the pet parents out there who are interested in improving their pets health and for all of the pet professionals that are interested in getting involved with this kind of modality and sharing it with their clients. I've had a great variety of teachers over the years, and these are a few. Some of you might recognize Dr. Ron Schultz, who was one of my teachers in veterinary immunology. And he was instrumental in teaching the world about core vaccines and not excessively vaccinating as well as helping to develop titer testing. In the middle is one of the doctors that taught us a lot at Standard Process seminars. And many of you might recognize Greg Tilford, the famous author of herbs for pets, who not only taught me a lot about Western herbs, but one is was one of my first teachers about feeding more natural kinds of diets. To the right in the middle is Steve Marsden, one of the most world renowned holistic veterinarians and also a human oriental medical doctor, a genius on the computer and a Chinese herbal manufacturer. In the bottom right is Dr. Karen Becker, who gave me a first photo of feline dentition to help emphasize at one of her courses many years ago, that our pets our furry little carnivores, were primates, and they are carnivores, and we should all feed a species appropriate diet. And then in the center there with her kitty is my friend Stacy, who was one of the first pet parents who learned about natural foods and started her own raw diet company. And she and I traveled around in Wisconsin to Natural Pet retail shops, and started speaking and getting the word out about natural nutrition over two

decades ago. But these are the real teachers. These are some of my own pets, and some of my pet patients that have made a huge impact on me, and I'm sure you all have your own stories that things that have happened to your pets that caused you to change course. And so we're all on a journey together, and we can share information and help each other with better approaches to caring for our pets. I don't believe that we have a high enough expectation for the quality and longevity of life. And we should not be satisfied with the averages of how long our pets live. And we should be striving to change things and try to improve the quality decrease. There are so many chronic disorders that we need to address better. And then definitely not assuming that when our pets are aging that they're going to live short lives and except that we need to strive for better little Toby up there on the left upper with his little dragon costume on. He was brought to me to be euthanized when he was only three months old because he was having seizures six times a day. Taking him in and starting a journal, I would quickly identified that he was sensitive to chicken and that was one of his several triggers of why he was having seizures. And when we put him on an all raw beef diet, his seizure frequency greatly decreased. Little snoops that kitty there in the middle on the top is still with me today. I rescued him many years ago when he had had two urinary tract obstructions. And he had been on prescription diets and despite that had recurrences so he has been on a raw food diet his entire life and now he's Oh, I think about 18 years old. And little Snoopy in the center there probably taught me more than any Snoopy was rescued for having severe allergies. And smoothies. prior owners said that Snoopy would never eat raw food. Well, my son when he comes into my household, he's going to be eating raw food. And sure enough, he did this little stinker live to be almost 20 years old, his allergies went away. He had a splenic tumor that ruptured when he was 16. And I had to make a big decision whether or not to do that surgery. And we did and thankfully it was one of the 60% of swanning tumors that was benign. And so after blood transfusion and surgery, he went on again to live another four years, eating raw food and raw bones his entire life and doing very well. Down on the bottom right. Last one I'll mention here right now is fluffy. And fluffy really was one of the cats that began the journey he was my daughter ordered a blue eyed white cat for Easter, the best I could do as a white kitty with one blue eye and one green eye. I thought we were doing everything thing right with little fluffy many years ago when I was fresh out of veterinary school. And I was told that science diets the best diet, and that's what I put them on. And he developed urinary crystals and stones. And despite putting up on the recommended prescription diet, at the time was CTO because he had calcium oxalates.

And he ended up needing the PU surgery which opened up his urethra into a more female anatomy so that despite still developing crystals and stones, he could pass them. That's a horrible solution for this kind of a disorder. And when you change the anatomy and open things up that way, you predispose them to bladder infections, urinary tract infections that can ace them up into the kidneys, which indeed occurred. And so then I put them on the next prescription diet, which was KD and that's when fluffy decided he's done with that he did not want to eat that. At that point. He was 14 years old. And his be wet and Cretney more elevated. He had kidney disease. And I learned about raw food. And I put him on what many veterinarians will tell you is the wrong thing to do a high protein meat based diet. And it's exactly in my opinion. Now, after a couple of decades of experience doing this, it's exactly the right thing to do. It's high quality protein, it's a diet full of moisture. And we can create what we call the nitrogen trap in order to manage the waste protein and help take it out in his poo so it doesn't build up in the blood and become a burden to the kidneys. So this is an alternative method to manage some of these different animals that have severe chronic disorders in a natural way with species appropriate diet. And so let's move on from these little teachers. to a few more, so many excellent patients that I've had. So this is these are not just a few isolated cases, there are many. And I could tell you about each and every one of these and the great results that I had along with they're very passionate and intelligent pet parents that really cared about these little animals. So here's that carnivore picture that got me started many years ago that Dr. Becker shared with me. This dentition is very unlike ours, we are primates. And so we should not be eating the same things as our furry little carnivores. But this emphasizes why these animals need as meat based of a diet as we are willing and able to provide for them, we need to mimic nature. So this is the nutritional ladder you may have seen this previously. And there are several different rungs to the ladder and we're going to get into explaining what each one is and how you identify where your pet food fits on the label and why you might want to improve upon it, or better yet step up the ladder. So on that bottom rung was unbalanced table scraps. Now these scraps might be raw or they might be cooked, but they are not balanced. And probably one of the most common things that is lacking from any kind of feeding that is done on this rung of the ladder is the calcium, ground bone. In a pray if we're going to mimic nature, animals eat bone, and so we need to make sure that is included in any type of a balanced diet. Also, foods on this rung of the ladder that are simply table scraps often include the way many humans eat with excessive starch, toast and bread and potatoes and cookies and crackers. There might also be preservatives and dyes in processed human foods. in baked goods. There's many hydrogenated, rancid or trans fats, which can even be carcinogenic. Now what would be an advantage to seating from the bottom rung of the ladder? Well, honestly, in some situations, if so called dog food is fed from a rung up above. feeding table scraps might be the only fresh food that a pet gets. And indeed, there has been a study that showed that any amount of fresh food that is added to a processed diet can actually decrease the

incidence of cancer. So the next step up the ladder is considered a balanced diet. But it is grocery store kibble. And for some reason we call that dog food. It really does not mimic what dogs would eat in nature at all. It is very all kibble is very excessive in starch. And we'll show you some math to prove that. It often also contains allergenic grains and flours, soy, wheat, corn, those kinds of grains. Also, there are synthetic vitamins and minerals, synthetic vitamins and minerals are not ideal. However, if you produce a processed food and you destroy all the nutrition that was in the original fresh food, then it is necessary to add vitamins and minerals back into the food or the individual will die very quickly. of things like scurvy from a deficiency of vitamin C or rickets from a deficiency of vitamin D. But ideally, synthetic vitamins and minerals are not the best way for us to receive those nutrients. Grocery Store kibble still often contains artificial preservatives. You might recognize this on the label by the words be HAVHT or effect sequin. The other thing that most grocery store kibble has a lot of is dyed red dye 40, for example, which is a known carcinogen. So there are many good reasons to avoid the grocery store kibble on this rung of the ladder. One of the advantages is that it's cheap. So this is a good time to bring up an organization called ASCO. This means Association of American Feed Control of Officials worth noting here is the word feed, not food. This is not a regulatory organization. This is actually an organization that provides guidelines to those who manufacture and produce labels for pet related foods and also livestock feed. This organization was first developed many years ago by the livestock feed industry. The one thing that we have all been trained to look for when we are purchasing a pet food is the labeling that says complete and balanced for all life stages, according to ASCO. So our only guidance on an ingredient panel is from F Col. So should we trust them? At least understanding the terminology that they use on the label is an important step toward understanding what is actually in the bag. So at bare minimum, yes, we need to understand the terminology and what their guidelines mean. But we certainly do not need to trust them. And we also do not need to trust the manufacturers, because indeed, even though they may follow proper terminology on the label, they can actually lie about what they've put in the bag. And indeed, many companies have been caught doing just that. So meal versus a named meat. We want to see on the label the specific meat, like chicken, beef, or Turkey, we don't want to see the terminal Knology meal because this refers to rendered product. This means that the animals used to make the meal may have died, not then fresh, slaughtered healthy animals. Also, if the word poultry is used, for example, this can refer to any bird or the word meat meal, or animal fat can refer to any kind of animal. Not specifically chicken fat, for example. So when we see the word chicken or the word beef, this is referring to the real stride and muscle of the animal. But still, we don't have any idea of the overall health of the animal. But we do know that it was alive and slaughtered. Also, this means that it was weighed with moisture in it. So this can be misleading because we've been taught to look for the word chicken, beef or turkey at the beginning of the list of ingredients, because they're listed in order weight. And so whatever is most prevalent in the bag will come up first. However, that's not completely true, because the chicken or the beef is weighed with moisture in it, yet the moisture is taken out when that component is actually put into the bag. So one of the advantages to a meal, for example, a specific meal like turkey meal, is that it's actually going to contribute to a higher amount of protein in the bag. Whereas if just Turkey is listed, and it's weighed with the moisture in it than all of the other, for example, starches that come right after it, when weighed together would actually come up ahead of that Turkey.

So this gets a little misleading and a little bit complicated. But let's move on and we can talk about this a little further. So here's an example of an actual ingredient label on a bag. So here the first ingredient is brown, yellow corn. So right away most of us know that we actually would like to see meat first for our carnivores not a grain. The other thing they do here is something called splitting where the first ingredient is brown yellow corn. And the third ingredient is corn gluten meal. Yet both of these are corn soy corn plays a substantial role. By weight in the in this bag. Chicken byproduct meal again as byproducts now actually organs aren't bad and the animals do you need organs, but there's very little meat in here when we're talking about corn being first and the next just being the byproducts are the parts of the animal that humans are not interested in eating. And then the fourth ingredient is another starch, whole wheat flour. And many individuals have a problem digesting wheat. Next is animal fat. An example again, where we would prefer to see this specific animal, for example, chicken being used here, we do not know what animals this fat possibly comes from. And next we see that is preserved with mixed tocopherol. This is a type of vitamin E. So that's actually great, but it's up awfully high on this list. And next is rice flour, which is a source of starch, a carbohydrate, which breaks down into sugar. And then down on the list here we have some beef. And right next to it again, another flour, another starch, another sugar source, soy, and soy is commonly a source of a hidden glyphosate or Roundup. Most soy unless it says that it's non GMO is GMO, which means genetically modified origin. And we can get into that a little bit more later. Now next we have meat and bone meal. And sadly, again, here's an example where we do not know what animal this comes from. There are still pet food manufacturers that get their animals sources from rendering plants where the animals have died and then been rendered in order to be used in pet foods. Propylene Glycol is not a good ingredient, but it's put in here to make things to kind of chewy, gooey necks, they come right out and actually don't sugar in the bag. Well certainly our little carnivores don't need sugar. Try calcium phosphate source of calcium salt to make it taste good. It's kind of high up on the label sorbic acid as a preservative. And then finally down here we see a little dried spinach, dried peas and dried carrots. And interestingly, there's only enough of those equal equivalent to the amount of lysine that is put in here, or dye calcium phosphate so not a lot of dried spinach, peas or carrots in this bag. Yet, we certainly see those health food foods healthful foods floating around in the picture on the front of this bag. So don't be misled by what is on the front of the bag. Always turn to the side of the bag or the back of the bag and look for the actual ingredient label when you want to know what is in a food. And here again, we see the red dye 40, the yellow six, the yellow five, which are commonly carcinogenic. We also see then a whole list here of synthetic vitamins and minerals. The other panel on any pet food manufacturers bag is the guaranteed analysis. It's important to understand how to read this. Four of the things that jumped out at us are the crude protein, the crude fat, the crude fiber and the crude moisture.

Where's the carbohydrate on this list? When we read over the ingredients, there were carbohydrates in their flour, which breaks down into sugar. And the actual sugar that got put into this bag certainly are carbohydrates. Why are they not listed under guaranteed analysis? Well, the reason is because they don't have to all the things that are in the guaranteed analysis should add up everything in the bag should add up to 100%. Yet when we add up these percentages that we're told 23% 10% 4% 14% And then the other negligible amount percent of linoleic acid, the calcium, the Selenium, the vitamin E and vitamin E, which other synthetic vitamins and minerals. All of that adds up to about 51%. So if you subtract that from 149% of this bag, almost a half of this bag is carbohydrate or sugar. And we wonder why so many dogs are obese. Most of us now realize that is not fat that makes an individual fat. It is carbohydrates that make us fat or contribute to obesity. So all dry kibble that's in a bag must have starch added to it in order to create the kibble texture. And so because of that, all kibble will be excessive in starch or carbohydrate, or sugar. So here's another kibble type of food one rung up on the ladder. And we're going to call this premium food. There really is also no definition for premium. Usually, however, these diets or veterinary affiliated hills, Purina royal Canaan. And then under the hills label Science Diet or the prescription diets such as KD CD, those kinds. Again, the thing they all have in common is the excessive starch because they're kibble. Also, these usually have the allergenic grains and flowers, the corn, the wheat, the rice, the soy, because they're highly processed, they also all contain synthetic vitamins and minerals. That way, they can put that label according to F Ko, that this is suitable for all life stages. Now their prescription diets are a little bit different. They fit into this category as well. They may still contain artificial preservatives, these diets are often considered prescription because they are restricted, and most of them are actually not safe to be eaten for long term. Yet despite that, and despite even the manufacturer, teaching veterinarians that that is the case, many veterinarians still continue to refill these prescription diets for a lifetime term. So even though the prescription may have actually helped initially with a problem, you can create an entirely new or different problem because of the subpar ingredients in the food. And because of the actual dietary restrictions in the food itself. The one positive to the foods on this rung of ladder is that there is no die. Next step up is so called natural kibble. Again, no true definition for this. These are usually sold by so called Natural Pet retail shops. Again, they have in common the excessive amount of starch, and you can look at your bag at home and do your own calculation and verify that some of the better ones only have about a third of the bag being sugar or starch. Now perhaps these are better, because some of them are grain free. Grain Free, however, does not mean starch free. And so unfortunately, that can be extremely misleading. There are many pets that do better on a diet like this, at least initially, because they get off the corn, wheat or soy and they move over on to potato or tapioca starch or lagoons, such as chickpeas or lentils. And so some of their allergy problems go away. So there can definitely be a benefit in that

regard. But is there more meat? Because it's grain free, many consumers are led to believe grain free means starch free, which it does not and that it means there is more meat. Actually, that is not the case at all. In fact, in some cases, there is not enough meat, which creates a taurine shortage and can lead to a heart related disorder. And that is definitely a topic for an entire another presentation. These foods also contain synthetic vitamins and minerals. Because the front of the bag often says that this is natural. They must add the caveat natural with added vitamins and minerals because the vitamins and minerals are not natural. They indeed are synthetic. There are no artificial preservatives BHA BHT effects when there are no artificial preservatives in any of these natural kibble diets. And so that is also a very good distinguishing factor. Now can diets are in the next rung up because they are definitely more meat based. Although some of these can be most leading and look like meat and still have hidden starches. Many of them still contain rice. But they are all more moisture filled and most of our pets definitely need more moisture in their diet. The other food that I put in this category are basically the K And or the cook diets that are vacuum sealed, and then put in the refrigerator in the grocery store in the pet food aisle. Typically, again, these have more meat and less starch. So that's a positive and that's why they are up higher on the ladder. However, they are still processed. So when you cook these foods, they lose a substantial amount of vitamins and minerals, and these need to be added back in. And again, these are synthetic vitamins and minerals. The packaging, for many of the foods on this rung of the ladder can be toxic itself. BPA is this federal aid that's a toxin. We all know now to purchase, for example, plastic cups and bottles that are BPA free. But when you think about it, that's probably a little ridiculous to think that that's the only toxin in plastic. Obviously, that's not the case. Many of these toxins that come from packaging and plastics are called endocrine disruptors, meaning they mess up your hormones. And you know anybody with some messed up hormones? Well certainly are felines so almost all cats if they live long enough, develop hyperthyroidism. And indeed, that has actually been correlated in veterinary journal studies with the feeding of canned cat foods. The other ingredient to really be aware of in camp cat foods is a so called natural thickener called Carageenan. And indeed, this ingredient has actually been used purposefully in studies to create inflammatory bowel disease. Yet manufacturers who, I hope are unaware of that, use this as a thickener in their canned foods. And we wonder why so many cats have inflammatory bowel disease. So there are some natural pet retailers out there who are very aware of this, and will make sure that there are no canned foods in their entire shop that have Carageenan on the ingredient label. But no, you are a well informed pet owner and you know, for yourself to read the ingredient label. And so especially in your canned foods, look for Carageenan. And if it's there, maybe notify the store owner and definitely don't purchase that food for your pet.

The other thing about canned foods is they're incredibly expensive. Oftentimes, the you know, buyer beware, you don't realize how much money you're spending for a teeny tiny amount of, of meat. Because the cans are small, and so they don't seem to cost very much. You throw them in your cart along with other things and you don't really think about how that food is adding up and how expensive it actually is in the long run. So in reality, a fresh raw diet is going to cost you less per pound of meat than the expense of cooked canned foods.

So on the top of the ladder are balanced, raw, commercial, frozen or freeze dried, or home prepared. In these diets will be meat or the flesh of the prey. There will be bone or some kind of added calcium. There will be organs, which are vitally important and some kind of blended fresh vegetation. These are the four major components of a pray. And these are the four major components that need to be incorporated in to make a balanced fresh species appropriate diet. Some of these fresh diets still contain added synthetics. So if that is important to you to be avoiding that as it is important to me. Then again, learn to read your ingredient labels and how to recognize this so that you don't accidentally purchase a fresh food that still contains synthetics. Usually these kinds of foods are a great source of whole food, vitamins, minerals, enzymes, probiotics, and even fatty acids. So on the other rungs of the ladder below, those foods are lacking in enzymes and probiotics and fatty acids, and the whole food, vitamins and minerals. So if you're going to continue to feed from a rung of the ladder below the top, then this is the list of things that you can add to those rungs of the ladder to try to improve. I am well aware that there are many situations when a pet parent or a pet facility may need to feed from the lower rung of the ladder due to convenience time commitments. The authorities at the location, finances certainly having lots of large dogs, lots of animals, cat shelter, all those kinds of things. So you can make any diet better by filling in gaps with any some amount of fresh food. One huge caution when doing this, however, is what we call the balance of the calcium phosphorus ratio. This is vitally important. So if I see any and Miss common mistake being made when someone is trying to improve upon a process diet, it is adding in the meat, just the meat to an already balanced diet. So if you are feeding a dry kibble diet, that manufacturer has balanced the calcium phosphorus ratio, that manufacturer has put in enough calcium to balance the phosphorus that comes from the meat in the diet for just that kibble. So if you add more meat, you add more FOSS for us. And over time, phosphorus can become damaging to the kidneys, which is the number one old age disease in dogs and cats is kidney disease and high phosphorus damages the kidneys. So phosphorus must be bound in the diet with the correct amount of calcium. And there's only enough calcium in a kibble or canned process commercial diet to balance the phosphorus that's coming from the meat in that diet. So what I like to explain is if you mix and match balanced diets, then that can work out. You could feed a balanced, freeze dried food from the top of the ladder and mix it with a kibble diet down a rung and that way you'd be adding some fresh food but you would be adding a balanced diet to a balanced diet. Now you can add all the blended veggies you want to any of these diets that you want and you can let your pet be your guide. If you're adding too many greens, you will know it you will need to

become a store watcher and if things get a little too loose or a little too green, then you need to back off. You can also add a whole food supplement like medicinal mushroom product or one of my favorites, Sprouted Seeds. You can add things like this because the body can recognize and eliminate properly when things are whole food and not synthetic. You can also add enzymes which will not cause harm and definitely can be beneficial. You can also add Pro and prebiotics and certainly you should add omega three fatty acids. Most processed diets are lacking in omega threes and many are way too high in Omega sixes and nines. In general Omega sixes and nines are inflammatory and omega threes are anti inflammatory. This is why so many Intel intelligent parents add fish oil. Now certainly any kind of supplement can be overdone in general and I'm big recommend or a variety but adding a little fish oil as an EPA DHA omega three source is an excellent thing to do. So this is one of my favorite safe fill in the gaps supplements. It is from a company called Karna for it's called Flora four it is 100% ground organic Sprouted Seeds, barley flax, green and red lentils. Again this is Sprouted Seeds. This is not flour. This isn't Not a process starchy Kirby product. This is Sprouted Seeds that have an unbelievable analysis. When you look under guaranteed analysis on the back of a package, and you see all of the protein, fiber, fat moisture, all the minerals, the vitamins, the omegas, the enzymes all listed like this, these have come from the whole food ingredients that were on the previous slide. So this is what we want to see when we're looking at the back of a bag of a treat a supplement or a diet, we want to see a list of vitamins and minerals under analysis that are coming from whole fruit ingredients that we actually recognize in the ingredient panel. You should also visit your local natural little pet retailer, or if you have your own shop, considering carrying some of these items, you can recommend these kinds of things to your clients is Oregon's so when we think about our little carnivores, if they were allowed to go out in nature and eat a prey eat a mouse or squirrel or rabbit. They're not eating just the mussel meat, but they're definitely eating the Oregon's and we know that Oregon's are often very high in nutrients that are missing from individuals that are have a disease in that Oregon, for example, there are heart diseases that are due to taurine deficiency, and the Oregon that is the highest and taurine is heart muscle. There are also heart diseases due to low carnitine and carnitine is present in heart. thyroid disorders. We know from many years back that when people had thyroid disease, and they had an enlargement of this gland, this organ in their neck, that people recognize that, oh, let's feed this person, that organ from that pig or that cow over there, maybe they'll get better. Maybe there's something in that organ or that body tissue that isn't in any of the other foods that could help them. And indeed, that was very true thyroid hormone is present in thyroid gland. And so you can take in that hormone and to this day, there are still people, including myself, that take desiccated thyroid hormone versus the synthetic version in order to get the whole complement of thyroid hormone. So one of my hopes is that people would recognize this, this is called the glandular theory, and indeed start feeding their pets a better variety of organs like even spleen, and kidney.

Many of our pets have splenic disorders and spleen is one of the organs that we just don't see them

being fed enough. So what are some more dangers in some of these pet foods and some of the things that might be in these foods

that you can't even tell when you're looking at the ingredient label? Well, phenobarbital or pentobarbital, which is used to euthanize dogs, cats and horses, has been found in pet food. And certainly it wasn't on the ingredient label. Now, how did it get into the food? Why would a manufacturer put phenobarbital or pentobarbital into the food? Well, certainly they they didn't do that directly. They put euthanized animals into the food. Next is melamine. There was a scare many years ago with that many animals died. Now why did melamine get put in Melamine is basically what Corollas a type of a plastic material that's used to make different kinds of dishes. Melamine is very high in nitrogen. And when you look at the guaranteed analysis, if you recall back the pet food label and it says percent protein, they actually aren't measuring protein. They're not measuring for animal protein, meat protein, vegetable proteins, they're actually just measuring for nitrogen and nitrogen can come from plant proteins. animal proteins. And nitrogen is also in melamine. So it was actually putting in pet foods and even some infant formulas in order to falsely elevate the reading of the nitrogen, and make people believe that there was more protein in the food. And that was just plain evil aflatoxins Where do those come from? What do they do? Well, there's those are mold toxins, and they can be carcinogenic, and they are prevalent in foods that contain corn. So another reason why we shouldn't choose foods that contain corn. This goes way back to when the United States bought the excess Russian corn in some kind of a political deal. And then all of that corn needed to get used up. And so it got used up in the pet food industry. And so much of that corn net overabundance became moldy. And so that's what aflatoxins are, and they're very, very dangerous. My opinion much more of a danger and much more of a concern than worrying about salmonella. Next is glyphosate, and the whole topic of GMO. So many people know that they should look at packaging, and choose one if it says non GMO. But most people really don't know why they're even doing that. So GMO can refer to many different things. But of one of our concerns here is GMO, genetically modified origin seeds, and why those exist, and what goes wrong when those are used. So in the soybean industry, the farmers really like to be able to fly over their fields, and dump round up, which is glyphosate, a weed killer over the whole field and kill the weeds. But not the soy, right sounds like that would be great, except for the Roundup, the glyphosate gets into the soy. And if it's not genetically modified, then the soy dies, it's killed. If it is dramatic, genetically modified GMO, then the plants live. And that sounds good from the farmers perspective, but now that glyphosate is in that plant, so when the livestock or the human or the pet eats that soy, then it gets glyphosate inside. And glyphosate is a carcinogen. It's associated with GI lymphoma. And indeed, Monsanto has been sued for this. And it's also an antibiotic. And so it destroys much of the microbiome and contributes to what we all are concerned with is chronic intermittent gi disorders, inflammatory bowel disease, leaky gut,

which correlates with allergies and all sorts of things. So if we see soy on the package, and it's not it doesn't say non GMO, which the pet foods typically don't, then we know there's glyphosate in the bag. Added to that little hidden tidbit is that if minerals are key lated in order to be absorbed, it sounds like that should be a good thing, except for their key lated with a protein. And what common protein are they culated with soy protein. So if you see on the big copper proteinate and our animals need some copper, and it needs to get absorbed. So a whole food source would be great, but that's expensive. So if we're going to make a cheap aapko approved food, and you're going to look up a label and see copper proteinate Then there's soy in there. That's the protein ate. And it doesn't say that, but that's another source of glyphosate, a carcinogen and an antibiotic that they're getting in their system every single day. Every single time they eat that bowl of kibble. Extra excess synthetic vitamins, and excess synthetic minerals are really a problem. And manufacturers know that they can be So we need vitamins and minerals in our foods, and we need to add them. When the foods are processed, there are ways to make even minimally processed foods however, without synthetics. So synthetic vitamins and minerals do not grab hold and release properly from cell receptors. But worse than that, if the company makes a mistake, and dumps in too much synthetic vitamin A, for example, vitamin D, and this recently happened with hills and they have had 12 Class action lawsuits against them and have lost millions of dollars and worse lost 1000s of dogs to vitamin D toxicity and kidney or renal failure and death. And this just happened within the past two years. And the same thing happened to world came in now probably I don't know, six seven years ago. So this is one of the reasons why I'm so passionate against the utilization of synthetic vitamins and minerals. And in excess of selenium, which is a mineral can cause a severe central nervous system disturbance. deficient nutrients are also a problem. taurine is needed in appropriate amounts in order to prevent cardiomyopathy. taurine is in fabulous amounts in fresh raw food. It's found in meat it's found in Oregon's it's especially found in heart muscle. But when you heat process meat, you destroy the taurine and then cardiomyopathy can result. So Tory must be added properly back into any processed kibble diet. Also, a deficiency of B vitamins can lead to many different kinds of brain disorders. So why is there real and also sometimes even fake danger? It all comes down to greed, a lack of concern competition, sometimes a lack of knowledge, poor quality control, poor quality ingredients, like meat and bone meal, and misinformed in politics. So, this is interesting. And as you can see, from what I've just been discussing, there are many dangers that can occur with all kinds of foods and especially with processed foods. Yet, many of my colleagues demonize

raw food unfairly for its potential for salmonella. Salmonella is ubiquitous it is in our kitchens is throughout our homes. It is in our veterinary practices, our grooming facilities, salmonella is everywhere. It's in peanut butter, it's in romaine lettuce, and the majority of the world the majority of humans, the majority of animals in particular carnivores have various siddik stomachs, short gi tracts and are built to handle exposure to this natural bacteria. Now certainly there can be more salmonella. When animals are factory farmed. We know that chickens that are raised in a stressed environment will have a lot more salmonella release into that food. So it is important to use good practices when handling any products that come from animal meat sources. So when you manufacture dry kibble process diets, you cook the meat, which destroys salmonella. The problem is recontamination. So when you bring those poor sources of stressed animal products into your facility, the salmonella just gets all over everywhere. And so even though you cook the food, the salmonella gets back onto the product when it's put back dry into the bags. And this is why there have been so many recalls for salmonella in even processed dry kibble diets 1000s and 1000s of recalls. Yet despite that what You will notice when you actually read a voluntary recall is that the first paragraph typically says there have been no humans or pets damaged, associated with this recall to give people reassurance. But indeed, that's true, because there's actually very little concern. So this is just a little graphic about human salmonella infections that were actually linked to, again contaminated dry dog and cat food. Over this two year span. There was 79 cases across the country. So yes, there are some common statements with some truth in some misleading vitamins and minerals are lost in the cooking process, while minerals actually are never lost, and cooking can help liberate mineral or diminish it. Vitamins can be lost at five to 30% Depending on the cooking time, and there can actually be a benefit to more gently warming and Czerny vegetation to help release vitamins for assimilation by a carnivore. So again, when this all becomes confusing and misleading, think back to nature and the fact that our pet carnivores actually eat the contents of the stomach of the prey, where the viaduct with vegetation has been warmed and churned and blended. And this releases the vitamins for them. Now, additionally, many carnivores will also forage, they will eat berries, they'll eat little grasses like the sprouts that we were talking about earlier. And so foraging and eating whole foods in that regard can also be beneficial, especially as a rough edge. Mineral additive food can be chemically incomplete, or indigestible if it's not key lated. So, copper from pig liver is very indigestible, sulfates and protein key lights were talking about earlier, they're pretty well absorbed. And so that can be a necessary step. Some key lights however, were never evaluated in dogs and cats. And then there's the problem with soy collation that I mentioned earlier.

So here's a quick case example of a vitamin D or thiamin deficiency. There was a kibble recall. So this is a gift dry kibble in 2009. It was a diamond food called premium edge. And these are two different kitties that were on that food and they had severe circling nystagmus where their eyes flip back and forth, paralysis, seizures, and a very flaccid floppy neck. So this recall their signs were limit ataxia, which is kind of wobbliness, which progressed to a rigid paralysis started out with a real wide base stance, they were trying to keep their balance, the floppy neck, also apparent blindness, circling seizures, and again, the nystagmus where the eyes flip back and forth, making them dizzy and nauseous, and then they can eat. Some of them did have normal or, or just decreased appetite. Some of them had vomiting, some had a low body temperature. And again, this is a food that's labeled, you know, by f CO as complete imbalance, but things can go wrong despite that, so that should not give us all the assurance that we think it should. So there was a lot of diagnostic testing done on these kidneys to determine that indeed, the vitamin D deficiency was the problem and that they found the low side or vitamin D deficiency that they found the low thymine which is a type of a vitamin B. They call this polio and Cephalon Malaysia and that is a disorder known to be due to low thiamin and it can come from a sulfated meat diet. It can come from excessive fish based diets. This is why kiddies should not be fed exclusively fish, and it can come from cooked or processed foods. And another case example was a four year old domestic shorthair kitty that was being fed a vegan diet. This kitty had chronic weight loss to the point of being emaciated that she only weighed four pounds. She was eventually euthanized. The diet was analyzed, she also had a knee cropsy Done. She had been on a vegan diet that was primarily chickpeas, which is garbanzo beans. It also had textured soy protein from firm tofu source, some yeast powder, which is often put in foods as a B vitamin source, there was some oil put in some salt and a veggie cat supplement. And this shows the Selenium that should have been in yellow at 19.4 and it was at 6940. So a huge excess the iodine ideally should be 98 It was 2690. And then in red, these are B vitamins, the riboflavin the niacin, very low at point two fish should have been point two eight, and then the niacin at one should have been 2.8. So just quick point out some examples of that. And the importance again that our little carnivores should be fed a balanced species appropriate meat based diet they are not vegetarians.

So quick, just glancing at the point I want to make here is that this kitty on me cropsy had pancreatic necrosis degeneration of her pancreas. And so questioning here on how many cases of things like exocrine pancreatic insufficiency might actually be due to dietary imbalances that are contributing to that damage in the pancreas. There was a Ulcerative gastritis so the stomach had ulcers in it inflammation, the entire lining of the abdomen, the peritoneum was all inflamed. There's been other publications that using ultra high selenium in particular, the Selenium a thymine as a source of selenium can be a problem and you will see selenium advising as the source of selenium on lots of different pet food bags. So no you know to watch for that.

So yes, dangerous to be a feline and eat a vegetarian diet.

So this is especially in here for not only pet parents to recognize and veterinarians, but also groomers. Any kind of pet professional can recognize coat related problems and realize that problems with skin and fur are often dietary related. So this is Sophie blue before when I first met her, and recognize that this was a food related problem, and took her off of her so called balanced dry kibble diet and put her on a fresh raw species appropriate diet. We could see a difference in her face, her skin her coat, in two weeks, we could see huge improvement. And then this is an after picture. Quite a while later, but she improved very rapidly. And she had been to multiple veterinarians and had received antibiotics and steroids and multiple different kinds of treatments and tasks. And all it took was getting her off processed food and onto a fresh, healthy species appropriate diet. And this is little Snoopy. I think I mentioned him At the beginning, and what a miraculous transition he made, going from processed kibble diet to a fresh raw species appropriate diet at the top of the nutritional ladder, he was going to be euthanized when he was three years old, for severe allergies. He also had luxating patellas. And just changing his nutrition, using joint supports, nutritionally those kinds of things, he ended up living to be almost 20 years old. So where there's a will, there's a way and eating even a large raw bone is is a great thing. It's great for oral health. And just a great demonstration of how even the tiniest of our carnivores can do very well, on a more species appropriate diet. This is my last and current little challenge. This is my little dog Jetson who was born with a liver shunt. And typically conventional medicine, quits would be putting him on a very restricted low protein, prescription kind of diet. And now he is just surpassing 12 years old, on a fresh raw species appropriate meat based diet with what I call the nitrogen trap, which we can get into again, in a future presentation on how we can successfully feed a quality high protein diet for many different kinds of disorders, kidney disease, liver disease. So if you yourself have a dog or a cat, or you have a client that has a dog or a cat, where they've been told that they should be feeding a prescription food or a restricted protein diet. And now that you know what you know, and you look at that bag, and you can recognize many of the subpar ingredients, and also many of the hidden dangers in a lot of these processed foods. Now you know that it there is a way that you can feed a fresh species appropriate diet, to prevent disease, to support good health, to manage many different kinds of chronic disorders. And keep in mind, that variety is the spice of life. So regardless of where you are on that rung of the ladder, there is not one perfect food, there's not one perfect recipe. There's not one perfect commercial raw diet, that you need to feed a variety of companies and a variety of meats from each company, regardless of where you fall on the ladder. That is how you will minimize the repetition of any excess or any unknown deficiency.

Also, there's something called primary versus secondary foods. It's not just the food on the plate that is important. But the other foods of life. Why does some pets apparently do? Well, even though their food is crappy? Well, maybe they have great genes. And maybe they been blessed with a great lifestyle. Sometimes that can override the food that they're putting into their stomach. And why does some pets do well, even though their genes are crappy? Well, that's called epi genetics, we can turn on or turn off bad genes. So you don't have to go the same route that your parents won't. So if you live a great lifestyle, and enjoy good fresh food, you may be able to turn off some of those genes that would otherwise say that you're going to have a heart disorder or diabeetus that you're that your family had for example. And why do some not do well, even when you do everything right? So don't beat yourself up about that. There is so much that goes into all of this including mindset even

so if you're interested in this kind of a journey, if you've lost a pet if you've had if you're having a struggle, if you have an You puppy or kitten and you want to get them off to a good start. And you've enjoyed some of these different topics, then you may want to take this a little bit further and read my book and think holistically for yourself. There's a lot in my book about self care because after all your pet cares about you. So take care of yourself so that you can do a good job taking care of your pet. My book is available on Amazon

please visit my website Doc jodi.com and email me for anything at dark Jodi at dark jodi.com Thank you for listening to this presentation.