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Raw Patties for Puppies 4–6 weeks old onwards

1kg raw crushed vegetables* and fruit*
1kg finely minced lean meat (chicken, beef, lamb, kangaroo)
200g plain, low fat yoghurt
3 raw free-range eggs (yolk and egg white)
2 to 3 tbs flaxseed oil
200g lambs liver
1 to 2 cloves of garlic (only if your pet likes the taste!)
2 to 3 tbs kelp powder
2g Vitamin C
2g B Vitamins (Brewers Yeast)
3.5g Calcium carbonate powder

- The mixture can be separated into small 100g packages and frozen for convenience.
- Vitamin E should be added to the patty just prior to feeding time.
- The amount of Vitamin E is: 5kg body weight = 100iu Vitamin E/daily
- Cod Liver Oil should also be added upon feeding.
- The amount of Cod Liver Oil is: 5kg body weight = 1–2ml/daily (1/4 to 1/2 tsp)
- The calcium added is to balance the high phosphorus levels in the meat and offal. The general rule is for every 150 grams of meat, 300mg of calcium carbonate should be added. Fortunately when feeding raw bones there is no need for synthetically added calcium.

Recipes

*Vegetables that can be used for the patties are: silver beet, spinach, celery, and root vegetables such as carrots and sugar beets.

*Fruits that can be added include: tomatoes, apple, orange, mangoes, and bananas

The ratio of vegetables to lean mince in the patties should, over time, be changed to include more vegetables and less meat. This prevents the puppy from receiving too much protein and an excessive growth rate, both of which can cause skeletal problems, especially in the larger breed dogs.

To increase variety to the puppy's diet, healthy food scraps and an occasional porridge meal can be added as well. Healthy scraps for example are left over rice, scrambled egg, cottage cheese, fruit salad and plain yoghurt.

Dog Pumpkin Cookies

Pumpkin Dog Biscuits

2 free-range eggs

½ cup cooked pureed butternut pumpkin

2 tablespoons powdered milk

¼ teaspoon sea salt

2½ cups brown rice flour

Optional:

1 tablespoons ground sunflower seeds

1 teaspoon dried parsley



Preheat oven to 300.

Whisk together eggs and pumpkin

Stir in dry milk, sea salt, parsley and sunflower seeds

Recipes

Add brown rice flour gradually
Aim for a stiff, dry dough. (can add a little more rice flour)
Place dough on a lightly floured surface
Roll dough ½cm thick
Use a shape cutter to punch shapes
Place shapes on cookie sheet, no greasing or paper necessary.
Bake 20 minutes.
Remove from oven, carefully turn biscuits over, then bake additional 20 minutes.
Allow to cool completely on rack before feeding to dog. Makes up to 75 small biscuits

SAMPLE RAW MEALS FOR AN ADULT 20–25KG HEALTHY, ACTIVE DOG



Example 1

Breakfast

- chopped fruit (apple or banana or strawberries or pear)
- 3 heaped tablespoons of plain yoghurt
- half teaspoon green powder supplement (eg: spirulina, wheatgrass)
- 1 teaspoon fish oil
- 300-400iu vitamin E
- 1 raw egg (egg white and yolk)
- ½ tsp brewers yeast
- ½ tsp kelp

Lunch/Dinner

- 100grams cottage cheese
- 200grams raw chicken and bone
- 1 lambs kidney
- 2 heaped tablespoons of grated mixed vegetables
- 2 heaped tablespoons cooked brown rice or rolled oats
- 1 tsp flaxseed oil
- 500mg vitamin C powder (optional)

Example 2:

Breakfast

- can of sardines in water (about 100grams)
- 1 tablespoon of rolled oats
- 1 tablespoon mixed grated vegetables
- ½ tsp brewers yeast
- ½ tsp kelp

if it looks a little dry you can add a tablespoon of plain yoghurt or cottage cheese

Snack

- 2 raw chicken necks.....they are a great easy way to introduce raw bones

Dinner

- chicken wing or 2 chicken drumsticks
- 2 tablespoons pulped or shredded vegetables
- 1 teaspoon olive oil
- heaped tablespoon of parmesan cheese (very high in calcium)

**The vegetables can be all grated or pulped (fine as possible) and refrigerated in a sealed plastic container for the next 4-5 days*

** Idea: hold back the meat and bones until they have finished their veggies and other supplements....just to make sure that they don't just eat the meat then walk away!*

Every dog is indeed an individual and as a result may require more or less food than what has been suggested here.

Raw, tasty chicken burgers for dogs

Once you have prepared this mixture which may take about an hour of your time, you can make heaps of burgers, freeze them individually and you have a meal ready to go on the days when making dinner is *toooooo* time consuming.

Your supermarket list:

2 whole chickens (de-skinned and chopped into pieces that will fit into a meat mincing machine.) Between 1500-1800 grams

150 grams raw liver or kidney

2 cloves chopped garlic

3 eggs

200 grams ricotta cheese

200 grams shredded vegetables (eg: carrot, celery, green beans)

4 tablespoons fish oil

3 tablespoons flaxseed oil

1 tablespoon brewers yeast powder

1 tablespoon kelp powder

100 grams ground sesame and sunflower seeds

2000 iu Vitamin E



Method:

- Place all of the offal and chicken including the bones into the meat mincing machine into a large mixing bowl
- Add all of the above ingredients, except for the sesame and sunflower

seeds.

- Mix the ingredients and make into burger-sized balls.
- Roll your burger balls in the ground sesame and sunflower seeds
- Place the burger balls into freezer bags
- Freeze for up to 8 weeks to maintain freshness.
- Serve when defrosted with a drizzle of fish oil on top, do not cook them....raw is best!



***If you don't have a meat grinder then you can buy 1500 grams of chicken fillets and add approximately 4-5 grams of calcium carbonate powder to the mix. This is important as meat without bones is almost void of calcium and has way too much phosphorus.**

Burger for Brunch, RMB for dinner!

The Brunch menu

This is a recipe for high fibre burgers that can be packaged individually and frozen. One of these burgers can be given in the morning or lunchtime, which would then be followed in the evening, ideally, by a Raw Meaty Bone.

Burger ingredients:

400 grams mixed shredded or pulped vegetables and fruit (eg: celery, spinach, carrot, banana, apple, tomatoes)

400 grams lean mincemeat (eg: chicken, kangaroo, beef, lamb)

50 grams lambs liver

2 heaped tablespoons cat kran

Recipes

2 heaped tablespoons oat bran

50 grams grated Parmesan cheese (high in calcium, 50g = 600mg calcium)

100 grams thick set plain yoghurt

2 free range eggs (yolk and white)

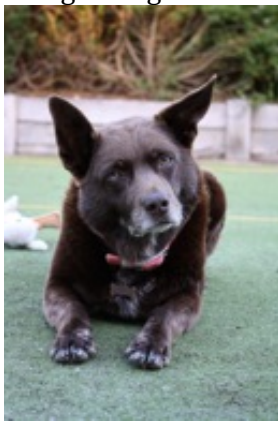
2500mg Vitamin C powder

1200-1500mg B Complex vitamins

2 tsp Kelp powder

8 Digestive enzyme tablets (eg: Bromelain)

150 grams ground sunflower or sesame seeds (hint: use a coffee grinder)



Mix all of the above except for the sunflower or sesame seeds. Make into burger balls (what size?....depends on the size of your dog).

Roll your burger balls in the ground seeds before packaging into freezer bags.

Thaw completely before serving. Add 1 tsp of cod liver oil and 1 tsp flaxseed oil to each 200 grams.

Dinner time

Hand over what your dog has been waiting for all day.....the Raw meaty Bone (RMB)!

Depending on the size, breed, temperament of your dog this could be:

Lamb bones, chicken carcass, rabbit carcass, beef ribs or chicken necks.

RMB's should be chewed up and not swallowed whole. They should be of a size and shape that your dog is capable of eating the whole thing.

Large beef bones should only be used for recreational purposes.

Once dogs have chewed on the ends of a large beef bone, (in my own experience and given knowledge), I advice they should be taken away from your dog and thrown away....this only applies to large beef bones.

Note: large beef bones can be brittle and have the potential to damage teeth. This does not apply to the smaller animal bones, they are soft and easy to digest and absorb, especially chicken bones.

The perfect 'beginner RMB' is the chicken neck. They are soft, contain bone and a lot of cartilage and as a result they are easily digested.

Know that raw meat and bones are easier to digest than cooked meat.

Never give your cat or dog cooked bones.

***Dog food recipes inspired by Dr Billinghamurst
And edited by me:-)
The Barf Dog Diet***

In meals without bones, add 300mg calcium carbonate to every 150g meal and or offal. This balances calcium and phosphorus.

The High Protein Meal

Minced meat and offal (add calcium carbonate)
Whole Raw Egg
Cottage cheese
Vegetables
Salmon or Cod Liver Oil
Brewers yeast (if your dog is not allergic to yeast)
Kelp

The Bone Meal

Chicken necks
or
Chicken carcass
or
Chicken Thigh with Bone
or
Lamb shank
* I always give my dog a digestive enzyme and a probiotic to assist digestion and absorption.

Dairy Meal

1 cup milk
2-3 raw egg yolks (free range)
5-10ml Olive Oil
Yoghurt
1-2 tsp supplement mix
pinch of salt

Leafy Green Veggie Meal

1 cup pulped vegetables (spinach, celery, parsley, kale, snow peas)
1-2 egg yolks or cottage cheese
1tsp fish oil
1 tsp apple cider vinegar
1 tsp supplement mix *(see the 'supplements' page)

The Starchy meal

1 cup brown rice/sweet potato or soaked oats

Recipes

yoghurt
 oil
 dried fruit
 milk
 pulped veggies
 brewers yeast

Grain and Legume Meal

1 cup brown rice/oats/beans
 pulped veggies
 oil
 yoghurt
 supplement mix*
 kelp

Overall Diet

60% Raw Meaty Bones
 20% pulped veggies and fruit
 10% Offal
 10% other foods (including eggs) plus supplements
 * some dogs may need more vegetables than others to prevent constipation

Mix and Match Chart for Dog Chef

Meat and Bones	Fruit and Vegetables	Offal	Other nutritional additions
60% raw meaty bones	20% crushed/pulped fruit and vegetables	10% offal	10% other additions including supplements
Chicken necks	Spinach, parsley	Kidney	Eggs (mostly the yolk)
Chicken wings	Broccoli, garlic	Heart	Yoghurt
Chicken carcass	Corn	Liver	Grains (eg: soaked porridge oats)
Lamb bones	Sweet potato		Legumes
Large recreational bones	Pumpkin		Seafood (fatty fish)
Chicken thighs	Carrots		Cottage Cheese
	Apple, kiwi, mangoes		Brewers yeast or multi B Vitamins
	Capsicum peppers		Vitamin C
	Banana		Vitamin E

Recipes

	berries		Kelp powder
	courgette		Essential fatty acids eg: cod liver oil, flaxseed oil
	celery		1 Digestive enzyme

Dosage of supplements for a 20–25kg dog
Brewers yeast or multi B Vitamins ¼ tsp
Vitamin C 500mg minimum
Vitamin E 200iu
Kelp powder ¼ tsp
Essential fatty acids eg: cod liver oil, flaxseed oil 1 tsp of each

A Cleansing Tonic for Cats & Dogs

Parsley is a herb rich in phytonutrients, it contains a flavonoid called luteolin, which is a potent antioxidant.

Parsley tea is a great source of vitamin C, it is an anti-inflammatory and is thought to prevent cancer.

Parsley is also a natural diuretic, which means the kidneys and urinary tract, are flushed of toxins and harmful pathogens. This is extremely beneficial if your cat or dog is on long-term medication or has reduced kidney function.

It's very easy to make:

Ingredients:

Large bunch of fresh parsley
50ml boiling hot water

Method:

Place the parsley and boiling water into a saucepan.

Cover the saucepan and leave to stand for 3 hours.

Place the saucepan with the parsley water on the stove and simmer for 1 hour.

When it has cooled add 10-20ml to food or to your pet's drinking water.

Pour a cup of parsley tea for yourself, a wonderful detox and cleanser for the body!

The remaining tea can be frozen into ice cube trays and covered in cling film.

Every 2 to 3 days I place 2-3 parsley tea ice cubes into my cat's drinking water. He drinks it without hesitation

Milk and Dairy Blend for Cats & Dogs

Dr Rillinghurst author of 'Give a dog a bone' recommends that if

Dr. Billingham, author of 'Give a Dog a Bone,' recommends that if

pasteurised milk is included in a diet it must be mixed into the following recipe:

250ml milk
2 egg yolks
2 tsp canola oil
1 tsp honey
a pinch of low sodium salt

This protein rich liquid is excellent for bitches that are having difficulties with their own milk production. (Billingham 1993)

Goats Milk Mix for Puppies and Kittens

There are situations where dairy produce in moderation can be modified such as when puppies and kittens are not being fed by their mother. The author of 'Raw and Natural Nutrition for Dogs,' recommends a diet for puppies 1-4 weeks consisting of:

1 pint goats milk
2 egg yolks
2,000mg EPA fish oil
½ tsp probiotic powder
4-6 tbsp whole milk yoghurt

After 4 weeks the puppies can be given raw meaty bones, raw goats milk, yoghurt, eggs and cottage cheese. The author also recommends feeding adult dogs with yoghurt, cottage cheese and eggs. (Olsen 2010)

Salmon Cookies for Cats

Author of, 'Whole Health for Happy Cats,' recommends a simple recipe for cats which contains whole eggs (including the shells for calcium).

Baked Salmon Cookies for Cats

225g salmon or mackerel
55g catnip or wheatgrass
1 ground egg shell
3 whole beaten eggs
55g ground pumpkin or sesame seeds
562g rice flour or quinoa or amaranth

After combining, the dough should be cut into 5mm thick cookies and baked at 190 C for 20 minutes. (Arora 2006)

Fortified Milk with Digestive Enzymes

This recipe should be blended and served at room temperature. Vitamins B and C can be added if the dog or cat isn't put off by this addition.

Fortified Milk recipe:

250ml milk
1-2tsp Flaxseed Oil
2 raw egg yolks
1 digestive enzyme supplement (eg: bromelain)

My Cats Favourite Chicken Meal

Oliver & Zucco's favourite Chicken Meal

200 grams free-range ground whole chicken with bones (without skin)
20 grams organic lamb's liver
1 jar (120g) peas and brown rice (organic pureed baby food)
1 tsp flaxseed oil
1 tsp salmon oil
200iu Vitamin E
1 capsule probiotics (live bacteria)
1 tablet digestive enzyme
2 tsp supplement mix (see my supplement page)



Recipes

These are my cats favourite pureed vegetables

I mix all of these ingredients together and I place the mixture into an airtight ceramic bowl in the fridge. It usually feeds my 2 cats for 1 day.

Zucco's Favourite Dairy Meal for Cats and Dogs

Here is another favourite food for, in particular my 2 year- old rescue cat.

Eggy Flip

1 raw egg yolk (free range) or whole egg (without shell)
1 heaped tsp plain organic yoghurt
1/2 capsule borage seed oil or blackcurrant oil
1/8 tsp alfalfa powder
1/2 capsule cod liver oil
200iu Vitamin E



Eggs are a high quality protein. The reason why I sometimes take away the white of the egg is that it contains a chemical called avidin, which binds to the B vitamin Biotin rendering the biotin useless. Giving whole raw eggs on a regular basis in large quantities can lead to a biotin deficiency, therefore on most occasions I will only make this mix with the egg yolk. There are high levels of calcium in the yolk plus lots of vitamins, fatty acids, lecithin, enzymes and iron. (Billinghurst 1993)

Lamb Meal for Cats

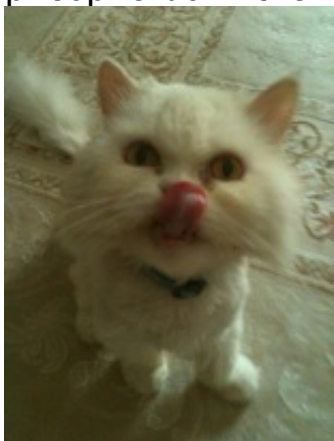
Lamb Meal (another favourite)

Recipes

200 grams chopped lamb meat
1 jar (120g) pumpkin (organic pureed baby food)
1 heaped tbsp plain organic yoghurt
2 tsp *supplement mix
1 capsule probiotic
1 tablet digestive enzyme
600mg calcium carbonate (or ½ tsp powdered egg shell)
1 tsp flaxseed oil
200iu Vitamin E

My cats really like lamb meat. Unfortunately I cannot put lamb bones through my mincing machine, I learnt that the hard way with my last unfortunate machine!

Lamb is not as high in essential fatty acids as chicken meat. However it does contain lots of potassium, lots of taurine (essential for cats) and it is high in iron. I sometimes add minced chicken bone to the mix but in this recipe I have added calcium in the form of calcium carbonate or ground egg shells. Whilst totally inferior to the quality of calcium found in healthy raw bones, this ensures that calcium is being balanced with the high phosphorus in the meat. (Pitcairn et al 2005)



Other healthy additions to the above recipes are:

– *finely chopped fresh parsley* is an excellent source of Vitamin C, A, calcium, magnesium, and iron. It prevents cancer, reduces bad breath, and contains antibacterial properties. It is a natural diuretic to flush kidneys (Messonnier 2001)

– *finely chopped fresh wheatgrass* (source of phytonutrients) is

an antioxidant and is known to lower inflammation. It contains

vitamins A, B's, C, several minerals, protein, enzymes, which aid digestion, improves the immune system and is a major source of chlorophyll. Grown in pots, the cats like to chew on it occasionally (essential if they are indoor cats).

- I sometimes add a spoonful of grain to their meals in the form of cooked brown rice, rolled oats (that have been soaked in water) or some cooked barley. They provide nutrients and fibre. However they should not be given to a pet with diabetes. (Brown 2006)

A Healthy Diet for a Cat

A healthy raw diet for cats and dogs has the potential to:

- Improve energy levels
- Loose body fat
- Gain in muscle mass
- Improve health of gums and teeth
- Less or no skin problems
- No more ear infections
- Anal sac problems are eliminated
- A reduction or elimination of arthritis
- Incontinence no longer occurs
- A more hydrated pet with well flushed organs (e.g.: kidneys, liver)
- 'dry eye syndrome' is known to be eliminated in many pets
- Better resistance to internal and external parasites
- Less or no joint problems in young dogs
- No more diabetes
- No more reproductive problems
- Improved behaviour



Reduction in degenerative diseases (Billinghurst 2001)
Over the last several years I have tried and tested different raw diets including Dr. Billinghurst's famous BARF diet, supplements and ideas from a variety of pet nutrition texts. The following is a typical diet I presently make for my cats. All of the contents are human grade and where possible, organic or free range:

Oliver & Zucco's favourite Chicken Meal

200 grams free-range ground whole chicken (without skin)
20 grams organic lamb's liver
1 jar (120g) peas and brown rice (organic pureed baby food)
1 tsp flaxseed oil
1 tsp salmon oil
200iu Vitamin E
1 capsule probiotics (live bacteria)
1 tablet digestive enzyme
2 tsp supplement mix (see my supplement page)

I mix all of these ingredients together and I place the mixture into an airtight ceramic bowl in the fridge. It usually feeds my 2 cats for 1 day.

The chicken with the bones is a perfect balance of phosphorus and calcium (Billinghurst 1993). *Chicken bones* are high in essential fatty acids, a rich source of bone marrow containing fats and minerals, all of the essential amino acids with the exception of methionine (which is found in the meat), fat soluble vitamins A, D and E, minerals including iron, copper, calcium, anti-oxidants and live enzymes. The *chicken meat* supplies high quality protein, lots of B vitamins, potassium, phosphorus, zinc and essential fatty acids.



The *liver* is rich in protein, vitamins A, lots of B's, C, D, K, Zinc, Manganese, selenium, iron, omega 3 and 6. It is very high in phosphorus and very rich nutritionally, therefore should only make up 15% maximum of the overall diet. (Billinghurst 1993)

As my cats don't like raw pureed vegetables (I have tried on numerous occasions using a juicing machine), I have resorted to using jars of baby food, which they adore. They enjoy pumpkin, green peas and rice, wintersquash, parsnip, sweet potato, carrots and butternut squash. Pumpkin works wonders when there are problems with constipation. Even though these vegetables are all cooked, I'm sure they still have some of their original nutritional value. In favour of cooked vegetables, during the heating process the plant cell walls are broken down making them very easy to digest. (Coscia 2009)

Flaxseed oil is considered to be a powerful essential fatty acid, however most cats and dogs cannot convert the Alpha Linolenic Acid into a more useable form. Never the less, it is still claimed to be good for preventing cancer, promoting bowel health and is an anti-inflammatory. As it spoils easily, flaxseed should be kept refrigerated and used within 2-3 months from opening.

refrigerated and used within 2-3 months from opening.

The *salmon oil* is an excellent source of omega 3 and 6, plus vitamins A and D. I always add vitamin E, which is an excellent antioxidant; it also prevents the fish oil from going rancid. As this is a fat-soluble vitamin, it should not be overdosed. An adult cat's normal dosage of Vitamin E per day is 100iu. (Goldstein et al 2005)



Using a wide variety of oils ensures our four legged friend gets all the essential fatty acids they need.

The addition of *live bacteria* is a helping hand to create a healthy gut flora and assist digestion, especially in my 19year old cat. Digestive enzymes are also of assistance in the absorption of nutrients into the blood. Bromelain is a popular choice of digestive enzymes available in health food shops. It reduces inflammation and can speed up the process of internal wound healing as well as helping with nutrient absorption. (Coscia 2009)

Here is another favourite food for, in particular my 2 year-old rescue cat.

Eggy Flip

- 1 raw egg yolk (free range) or whole egg (without shell)
- 1 heaped tsp plain organic yoghurt
- 1/2 capsule borage seed oil or blackcurrant oil
- 1/2 capsule cod liver oil (200iu) or fish oil
- 1 pinch alfalfa powder
- 100iu vitamin E



Eggs are a high quality protein. The reason why I sometimes take away the white of the egg is that it contains a chemical called avidin, which binds to the B vitamin Biotin rendering the biotin useless. Giving whole raw eggs on a regular basis in large quantities can lead to a biotin deficiency, therefore on most occasions I will only make this mix with the egg yolk. There are high levels of calcium in the yolk plus lots of vitamins, fatty acids, lecithin, enzymes and iron. (Billinghurst 1993)

The yoghurt is an excellent source of live bacteria, protein, calcium, enzymes and vitamins A and B. It lowers cholesterol, boosts the immune system, cleanses the intestinal tract and kills unwanted bacteria. (Brown 2006)

Borage and evening primrose oils are both essential fatty acids. Evening primrose oil is an excellent source of omega 6 whilst borage oil contains both omega 3 and 6. They are both anti inflammatory and are useful in cats with allergies, dry skin and dull hair. Borage seed oil should be high quality human grade, not containing 'Pyrrolizidine alkaloids which are toxic to the liver. I strongly believe all produce for pets should be human grade. If it's not good enough for us then it certainly should not be given to our pets.

Cod liver oil is a great source of omega 3. It is also rich in vitamins A and D so it should not be overdosed. Maximum for an adult cat per day is 400iu.

Lamb Meal (another favourite)

Recipes

Lamb Meat (another favourite)

150 grams chopped lamb meat

1 jar (120g) pumpkin (organic pureed baby food)

1 heaped tbsp plain organic yoghurt

2 tsp *supplement mix

1 capsule probiotic

1 tablet digestive enzyme

300mg calcium carbonate (or ½ tsp powdered egg shell)

1 tsp flaxseed oil

200iu Vitamin E

My cats really like lamb meat. Unfortunately I cannot put lamb bones through my mincing machine, I learnt that the hard way with my last unfortunate machine!

Lamb is not as high in essential fatty acids as chicken meat. However it does contain lots of potassium, lots of taurine (essential for cats) and it is high in iron. I sometimes add minced chicken bone to the mix but in this recipe I have added calcium in the form of calcium carbonate or ground egg shells. Whilst totally inferior to the quality of calcium found in healthy raw bones, this ensures that calcium is being balanced with the high phosphorus in the meat. (Pitcairn et al 2005)



Other healthy additions to the above recipes are:

finely chopped fresh parsley is an excellent source of Vitamin C, A, calcium, magnesium, and iron. It prevents cancer, reduces bad breath, and contains antibacterial properties. It is a natural diuretic to flush kidneys (Messonnier 2001)



finely chopped fresh wheatgrass (source of phytonutrients) is an antioxidant and is known to lower inflammation. It contains vitamins A, B's, C, several minerals, protein, enzymes, which aid digestion, improves the immune system and is a major source of chlorophyll. Grown in pots, the cats like to chew on it occasionally (essential if they are indoor cats).

I sometimes add a spoonful of grain to their meals in the form of cooked brown rice, rolled oats (that have been soaked in water) or some cooked barley. They provide nutrients and fibre. However they should not be given to a pet with diabetes. (Brown 2006)

The supplement mix I recently made for my cats is based on advice from a variety of pet nutritional authors including, Dr. Billingham from, 'Give Your Dog a Bone,' and author of 'The Holistic Cat,' Jennifer Coscia. Dosage of supplements, vary considerably from one author to the next. I give my cats 1 flat teaspoon each of this supplement mix every day in their food. The vitamin C had to be added gradually due to the bitter taste and due my cats being super fussy. Over the time I've been learning and researching what to put into this supplement mix it has changed considerably. Due to my ongoing learning, this supplement mix will continue to change with new ingredients added, some taken out and the amounts will no doubt change. It is a work in progress.

****Supplement mix: 1 teaspoon=approx 2 grams***

6 grams brewers yeast 100mg

6 grams alfalfa powder 100mg

12 grams lecithin granules 200mg

6 grams kelp 100mg

60 grams ground sunflower seeds 1000mg

Recipes

12 grams Vitamin C 200mg
6 grams Vitamin B complex 100mg
3 grams spirulina 50mg
6 grams L-Lysine 100mg
1.8 grams MSM 30mg
1.2 grams odourless garlic 20mg

1 teaspoon of this supplement mix weighs approx 2 grams. As this mixture weighs in total 120 grams, it makes approximately 60 individual servings.

The brewers yeast is highly recommended by many pet nutritional authors. It contains most of the B vitamins (except B12). It contains 16 amino acids, 14 minerals including phosphorus, potassium, magnesium, calcium, iron and the antioxidant selenium and vitamins. However it can cause allergies with some animals. Brewers yeast is one of the richest, most concentrated forms of nutrients known. Torula yeast is similar, except it is lower in sodium, which may assist heart or kidney disease. Brewers yeast contains a high ratio of phosphorus to calcium (4:1), which is a consideration when giving this supplement to cats with renal disease.



Alfalfa powder contains vitamins, minerals, calcium and magnesium, beta-carotene, high amounts of B vitamins. It is a natural antibiotic, reduces fluid retention, prevents kidney stones, improves urinary tract health, it is good for the intestines and has a detoxifying effect on the body.

Lecithin granules can be used for inflammation of the kidneys, to increase energy levels and brain function. It's a phospholipid (fats which cell membranes are made of), protects cells from oxidation, detoxifies, provides liver support, helps the body emulsify and absorb fats across the gut wall. improves the

condition of the coat and improves digestion.

However, lecithin, like brewers yeast, is high in phosphorus and low in calcium. The ratio is 4:1. This is another supplement I am aware of due to the high phosphorus in relation to my cat's renal disease.

Kelp contains lots of minerals, it benefits the kidneys and heart, it is antibacterial, contains Vitamins A,B,C,D,E,K, beta-carotene, biotin, folic acid and the minerals calcium, phosphorus, magnesium, sodium, iron, zinc and copper. Kelp contains protein, PABA, selenium, sulfur, iodine, it neutralise carcinogens, improves digestion, hair growth, glandular functions and lowers radiation toxicity. Kelp is very high in iodine necessary for the correct functioning of the thyroid gland (for growth and metabolism).

Sunflower seeds include Vitamin E (a primary fat soluble anti oxidant), B vitamins, selenium, manganese, they support the production of cortisol, which moderates the inflammatory response, regulates blood glucose and the blood pressure. Sunflower seeds are also thought to reduce asthma, prevent migraines and calm the nerves. They contain the minerals copper, selenium, tryptophan, and phosphorus. (Schultze 2008)

Vitamin C is a powerful antioxidant. It is required for bone synthesis, healthy joints, prevents bladder stones, strengthens the immune system, it is an antihistamine, contains anti-inflammatory properties, it prevents urinary tract infection, lowers joint pain, eliminates cystitis if taken in it's acidic form, lowers pH (so increases acidity), it is easily absorbed, reverses cancer, improves appetite, supports cortisol production and in high doses is a natural laxative.

Various forms of Vitamin C:

- acidic (bitter tasting)
- very acidic (sour tasting)
- non acidic (the most mild tasting)
- a natural source of vitamin C from the seed pods of roses

Non-acidic Ester C can assist with gingivitis, the immune system, facilitating the destruction of harmful microbes. It can be mixed with a little live yoghurt for palatability.

Whilst cats and dogs can in fact produce their own vitamin C, they certainly benefit from having it added into the diet. This conclusion is from my own experience whilst taking care of sick pets and doing most of the healing with good food and

supplements.

B Vitamins have a vast number of essential tasks in the body. They assist the skin, kidneys, brain, the immune system, growth, hair, digestion, mucous membranes, teeth, muscles, nerves, assists enzymes, production of red blood cells, cell growth and repair. Vitamin B12 lifts the energy as it speeds up fat and carbohydrate metabolism. Cats require more B vitamins especially when sick, stress depletes body of vitamin B.

Vitamin B6 is involved in more bodily functions than any other vitamin, a warrior on cancer, heart disease, prevention of kidney stones, treats asthma, arthritis, acts as a mild diuretic. In combination with L-lysine and vitamin C, it fights the herpes virus and aids in the absorption of L-Lysine and Vitamin C.

Spirulina is known to be one of the superfoods. It contains 8 essential amino acids, vitamins B12, and it is 70% protein. (Wolfe 2009)



Supergreen food is excellent nutrition for us and our pets.

L-Lysine is an amino acid, when taken with Vitamin C it relieves heart conditions, treats chronic herpes (when given long-term), it prevents bone loss, improves the immune system, aids in the production of antibodies, hormones and enzymes, it is also good for sneezing and watery eyes.



MSM (Methylsulfonylmethane) Depleted soil and cooking foods destroys sulfur. It is needed for the blood, amino acid formation, connective tissue, skin, nails, it assists allergies, inflammation, helps to correct pH, the manufacture of bile and insulin and activates the use of Vitamin C, biotin and thiamine. Assists heartburn, arthritis, muscle pain, cancer and respiratory infections.

I only use odourless garlic in my cat's food. If their food smells of garlic they won't touch it. Garlic provides protein, Vitamins A, B, C, calcium, magnesium, potassium, iron, selenium and amino acids. It is a natural antibiotic, controls internal parasites, it is an antioxidant, digestive aid, lowers blood pressure as it thins the blood, supports the immune system and is a great flea deterrent.

A supplement mix recommended by author of, 'The Holistic Cat,' to boost the immune system.

Immune building supplement

7500g L-Lysine

3000mg Vitamin C

1500mg bromelain (digestive enzyme)

200mg B6

750mg odourless garlic

¼ cup ground flaxseed (anti-inflammatory)

This mixture supplies 30 doses for a cat. Up to two doses a day when

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SICK.

B6 aids the absorption of Vitamin C and L-Lysine (Coscia 2009)

Veterinarian and author, Dr. Pitcairn recommends his supplement mix to add to the raw diet:

Dr Pitcairn's Healthy Powder

2 cups brewers yeast (contains 1:4 Ca:P)

1 cup lecithin granules (contains 1:4 Ca:P)

¼ cup kelp powder (contains 2.6:1 Ca:P)

4 tbsp calcium (based on 1tbsp = 4500mg)

1000mg Vitamin C

My addition:

½ cup ground sunflower seeds

Dosage:

Cats 1 to 2 tsp/day Dogs up to 2 tablespoons/day (Pitcairn et al 2005)

Once the cat has changed diets from processed commercial food to a raw diet, they will most probably need to have their teeth cleaned by a veterinarian. This will get rid of the excess build up on the teeth, the toxins from the mouth, provide relief to the gums so they have the opportunity to repair, and more importantly, the removal of poisons going into the body via the digestive tract. (Lonsdale 2005)

On track with the correct diet, the cat will no longer require medication, stresses on the body will be reduced, the immune system will be stronger and as a result environmental conditions are easier to deal with.

I found that with my own cats and dog, once I changed the diet, visits to the Vet became less frequent, they had more energy, less ailments which meant a better quality of life, and the greatest gift was to see them getting stronger (increased muscle mass to fat ratio). Allergies became a thing of the past, the cats sinusitis became manageable and less frequent, my dog's hot spots on his skin disappeared.

Unfortunately I'm still dealing with a cat with renal disease (after years of commercial pet food). However, it is certainly more

manageable now with good quality, human grade, fresh produce and some extra help from herbs and additional supplements.

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Renal Support Chicken Meal for Cats

Diet recommended for cats with Kidney Disease (recipe for 5-6 days)
By Dr Pitcairn (DVM)

- 1 ½ cups raw chicken meat
- 4 cups cooked white rice (contains iron and lots of B vitamins)
- 4 cooked eggs
- 2 tbsps safflower oil
- 3 tsp calcium powder (rather than bone or bone meal which is high in phosphorus)
- ¼ tsp iodized salt
- 1 tsp chopped parsley

Recipes

5000iu Vitamin A
2000mg Vitamin C
250mg Taurine
50mg Vitamin B Complex (Pitcairn et al 2005)

I tried this recipe and found it to be a little dry.

Suggestions:

My addition to this recipe is a jar of **pureed pumpkin baby food**.

As Oliver doesn't like cooked eggs I made this recipe with only **2 raw eggs** and a little chopped **raw liver** (which he adores).

I'm not convinced with using white rice as a better option than **brown rice**.

I have also made this recipe using **cooked barley** in place of rice, which works really well, also with lots of nutrients and fibre.

Renal Support 2

Kidney Disease Diet for Cats recommended by Dr Goldstein (DVM)

1 egg yolk (raw)
½ cup chicken meat (raw)
1/3 cup cooked brown rice or barley or oatmeal
2 cups filtered/bottled water
½ tsp finely minced parsley
½ tsp finely grated asparagus
1 tsp salmon oil
1 multivitamin

my essential extras:

Calcium supplement to balance calcium and phosphorus

- Add 300mg calcium carbonate powder to every 300g raw meat

- Substitute half the water for some pureed baby food eg: pumpkin, green peas, wintersquash, sweet potatoes.



optional additions:

small amount of liver

plain yoghurt (Goldstein et al 2005)

A Healthy (cooked) Chicken Stew for Cats and Dogs

Chicken Stew (cooked)
For cats and dogs

1kg whole chicken
1/4cup fresh garlic
1 cup green peas
1 cup chopped carrots
1/2 cup sweet potato
1/2 cup zucchini
1tsp yellow squash
1/2 cup green beans
1/2 cup celery
1tbsp kelp powder
1tsp rosemary
water to cover

- Boil and simmer for 2 hours
- Debone chicken (throw cooked bones away) and blend ingredients (Brown 2006)

Whilst not being an advocate of cooked food for cats and dogs, this recipe is certainly a healthy alternative for those owners who insist on a cooked diet.

To ensure calcium availability, add approximately 1.5 grams of calcium powder.

Liver and Greens Treat for Cats and Dogs

Liver and Greens shake

500g liver
1g calcium carbonate
1/2 tsp garlic (odourless)
1/2 tsp fresh/dried rosemary
1/4 cup chopped alfalfa sprouts
1 tbsp parsley
1/4 cup yogurt
1/4 cup grated carrot
Blend into a smoothie

- can be frozen in small 50 gram portions

Recipes

- **liver is very rich, this should not be used as a regular meal**
 - **in any one meal a cat should only be given 10-20 grams of this mix**
 - liver is very high in phosphorus. Calcium powder should be added (150g meat/offal = 300mg calcium carbonate)
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Puppy Porridge

A highly nutritious puppy porridge recipe from author of 'Grow Your Pups With Bones:'

Puppy Porridge

- 100g soaked oatmeal porridge (in water)
- 1 tsp honey
- 1 tsp olive oil
- 1 tsp brewers yeast powder
- 2-3 tbs pulped vegetables and or fruit
- 1 tbs shredded coconut
- 1/8 tsp kelp powder
- 2 egg yolks (Billingham 1998)



Once the puppies begin to cut their permanent teeth, small soft bones can be introduced such as chicken or rabbit carcasses and chicken necks. (Lonsdale 2001)

Puppy Replacement Formula

If for any reason the mother is not feeding her puppies, replacement milk can be made at home for them:

Replacement milk for orphan puppy

- 250ml full cream milk
- 20ml natural yoghurt
- 2 egg yolks

Recipes

- egg yolk

10ml flaxseed or hemp oil

10ml honey

10drops Vitamin B

250mg Vitamin C (non acidic e.g.: Ester C)
