

Why a BARF Diet?

1. A dog's body requires a *species-appropriate* diet—like all species. Kibble is NOT species appropriate. Yes, a BARF diet requires slightly more thinking, time, and effort than simply scooping and dumping kibble in a bowl—exactly what you would expect to do for a cherished companion and family member.
2. Since your dog can no longer choose her own food, you and I must make morally responsible, informed, and intelligent food choice decisions.
3. The better your dog eats today the healthier she will be tomorrow (strong immune, endocrine, digestive, and other systems).

Results I've seen since feeding a natural raw diet:

- No ear or skin problems; soft shiny coat
- Healthy weight
- Bright clear eyes
- No dental problems or teeth cleaning necessary
- Smaller stools (from better digestion)

Commercial Raw Foods

Frozen packaged raw food available in patty, log, and chunk (e.g., Small Batch, Bravo, Nature's Variety Instinct, Primal, Stella & Chewy's, Northwest Naturals, and Steve's Real Food); also freeze-dried and dehydrated (e.g., Orijen, SoJo's, and ZiwiPeak). See www.whole-dog-journal.com (Sep 2014 & Oct 2013).

Support local independently-owned stores first.

References

Books & Web Sites:

- *Raw & Natural Nutrition for Dogs*, by Lew Olson, PhD
- *The Nature of Animal Healing*, by Martin Goldstein, D.V.M.
- www.dogaware.com

Golden Girls Canine Health was begun in honor and memory of Jennifer, my canine companion for 11 wonderful years. If I knew then what I know now, she probably would have lived a longer healthier life.

What the Golden Girls Eat

The Golden Girls have been eating a BARF diet since they were my foster 'fur kids.' They eat one meal a day: raw meat, raw meaty bones, raw veggies, and a few supplements. No table scraps. *Treats* are raw pears & apples (seeds removed), almonds, bananas, and—believe-it-or-not—steamed Brussels sprouts and broccoli.



Raw Diet Myths

As you consider these myths, remember dogs have been around for about 20,000 years—long before there was a veterinarian or a kibble manufacturer on planet Earth.

1. **Kibble is the one right food.** *Invented* in the early 1900s, kibble is big business whose goal is to convince you their product out-performs Mother Nature. Most people are suckered. Dogs successfully evolved and are alive today only because their ancestors ate real food. Real Food!
2. **Eating raw meat will make my dog want to kill other animals.** The *instinct* to chase and kill depends on each dog's prey drive. Every dog is different!
3. **Bones are dangerous.** Cooked bones splinter. Raw bones are what dogs have always eaten. Always!
4. **What about salmonella and e-coli in dogs?** Typically a fear-based belief often beginning with vets. A healthy dog's immune system can handle these bacteria; people can't. Practice good raw meat sanitation. Simple!
5. **My vet says not to feed raw.** Ask: Why? Then think about the answer. How does that fit with your knowledge of carnivore food needs and canine anatomy? Think!
6. **Feeding raw is expensive.** Cost is about the same as premium *quality* kibble. Consider long term health benefits. Put in context with your daily discretionary spending for cable TV, designer coffee, alcohol, etc. A no-brainer!

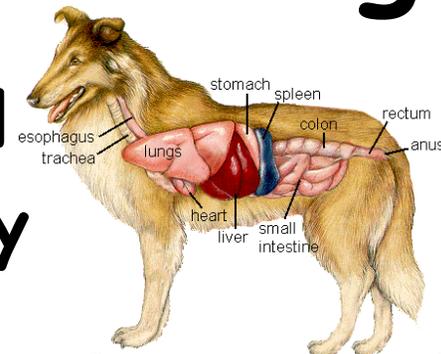


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Rev.
01APR15

Real Dog

Real
Body



Real Food



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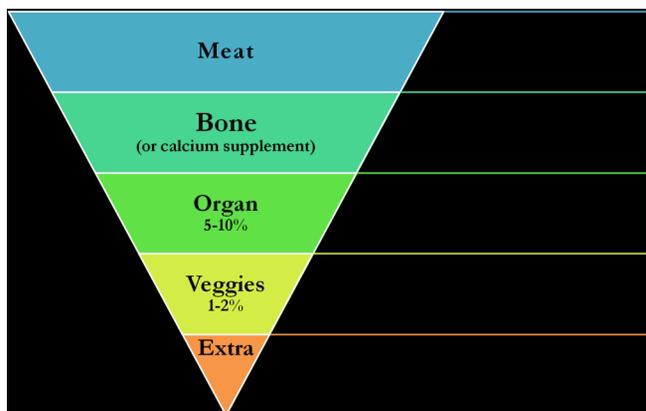
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Biologically Appropriate Real Food (BARF)

Before kibble, dogs ate raw food—precisely what their bodies evolved to digest. Raw food is fresh wholesome nourishment not available in today's highly processed kibble or cooked food. The Golden Girls thrive on raw food and their eyes, coat, teeth and whole being reflect the nourishment they obtain. Yes, it was 'scary' at first.

Basic Food Pyramid



1. Meat (2-4% of ideal body weight)

Raw muscle meat (including heart):

- Beef, pork, chicken, turkey, goat, deer, etc.

Fish (cooked/canned):

- Mackerel (Atlantic), salmon, sardines, etc.

2. Raw Meaty Bone (RMB)

Must be **uncooked** (cooked bones splinter)

- Turkey neck, back, and breast
- Chicken, neck, back, breast, and wings
- Calcium supplement in lieu of RMB

3. Organ

Occasional (3-4 time a week) small amount

- Beef & lamb liver, kidney
- Chicken & turkey liver, gizzards

4. Veggies (very small amount)

Mix above & below ground vegetables.

Puree or finely pulp to improve digestibility

5. Extras

Extras/supplements provide essential trace vitamins, minerals, and other nutrients. The Golden Girls benefit from the following occasional supplements:

- Sardine or salmon oil daily (fish oil, not plant oils)
- Alfalfa, barley, or wheat grass powder (organic)
- Kelp or spirulina powder (organic)
- Milk kefir or plain yogurt (not low fat)

Avoid

Chocolate	Onions	Salt
Apple seeds	Raw fish	Sweeteners
Grain	Rhubarb	Yeast
Grapes & Raisins	Milk products	Macadamia Nuts
See: www.aspc.org/pet-care/animal-poison-control		

Feeding

Meat and RMB must be fed warm—never frozen.

The Golden Girls were switched to raw food 'overnight'. They eat once a day, in the morning, to their *target/ideal* weight.

Variety is key in feeding a raw natural diet. This way their meals are nutritionally balanced over time. On their own, dogs would never eat the same food day after day. In fact, some days they might eat nothing!

Sanitize everything when finished

Watch for...

With any new food, watch for subtle changes in your dog's skin, coat, appetite, energy level, mood, itchiness, discharges or odors, body weight, and above all, the stool size and consistency. Quality food and properly functioning digestive system produces smaller formed, brown, firm stools. If negative changes occur try a different food. If the change persists, consult a veterinarian experienced in feeding real food.

NOTE: Excess RMB often results in a firm powdery stool.

BARF & Your Veterinarian

Many veterinarians, schooled only in Western veterinary medicine, oppose feeding dogs a real raw diet—any food that doesn't come from a bag or can. You'd be wise to find a veterinarian with personal experience feeding a BARF diet. Alternatively, you may have to coach your vet regarding a BARF diet.

You and your veterinarian must function as a team, dedicated to the *complete* health of your dog. Team members learn from each other.

NOTE: Before You Begin...

1. Before changing to a BARF diet, consult either a veterinarian experienced in raw feeding, a holistic veterinarian (www.ahvma.org), holistic canine nutritionist, or someone experienced in feeding a raw diet. It's important to provide nourishing *balanced-over-time* meals, know what to expect, and learn food buying and preparation tips. Also, at the very least, read Lew Olson's book (see: References).

2. Establish a baseline for your dog: Get a complete blood count (CBC) and chemistry, and a general physical exam. Thereafter, annual blood tests will help you monitor your canine's health.

1 day's meal for
50 lb moderately
active adult
dog



CW from top: 4-6 Chicken necks, 1T salmon oil, 1t veggie mix (lettuce, kale, parsley, cilantro, squash), 1/8 C beef liver, 1C beef. All raw.