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E-COLLAR
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HARD
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NATURAL DIET

PREVENTING NASTY DISEASES

The following is an excerpt from the book “Work Wonders: Feed Your Dog Raw Meaty Bones,” written by Tom Lonsdale and reprinted with permission

“The results for your liver are obscene beyond anything I would have thought ... My advice to you as a physician is that you have got to stop,” advised Morgan Spurlock’s doctor. In the film *Super Size Me*, Morgan Spurlock conducted an experiment. He ate McDonald’s meals three times a day for 30 days, with super-size helpings whenever offered that option and visited his doctor for regular health checks. Over the 30 days, Spurlock became progressively sicker. He gained 24 and a half pounds (eleven kilos), his liver turned to fat, his cholesterol shot up and he doubled his risk of heart failure.



Spurlock's doctor had no difficulty making the connection. His patient was becoming seriously ill as a result of a constant junk food diet. The consequences for dogs fed junk food, usually for a lot longer than 30 days, are the same or worse. Happily, just stopping the junk food usually works wonders. Why is this?

Whenever we stop doing harm, we take the first step towards doing some good. And junk foods harm the health of a majority of the world's dogs in broadly three, sometimes five, different ways.

1 Soft canned foods and grain-based kibble do not clean teeth. In fact, food sludge sticks to teeth and feeds oral bacteria. The result: sore gums, bad breath and bacterial poisons that affect the rest of the body.

2 Dogs don't have the digestive enzymes in the right quality or quantity to deal with the nutrients in grains and other plant material - whether those materials are raw or cooked. When grains are cooked at high temperatures at the pet food factory, the starches, proteins and fats become denatured or toxic in variable degrees. Once in the bowel of a dog, toxic nutrients are absorbed into the circulation and affect various body systems.

3 Poorly digested grain-based junk food supports a large population of toxin-producing bacteria in the lower bowel. The bowel lining, in constant contact with poisons, may be adversely affected. Some poisons pass through the bowel wall into the blood circulation, are carried to other organs and create further problems.

4 Like Morgan Spurlock, some dogs show signs of ill health after a short time of consuming



junk food. For instance, young puppies frequently suffer from bad skin and diarrhea. Long term exposure to the diet-related toxins listed above lead to diseases of body organs. Diseased organs produce more toxins, which enter the blood stream and add to the toxic load affecting all other organs.

5 Dogs affected by the above four categories of poison frequently get taken to the vet. Some vets say, "Stop! Stop feeding junk food." Sadly, though, most vets ignore categories 1, 2 and 3 above. Instead, they diagnose organs as mentioned in category 4. Treatment usually involves

strong pharmaceuticals which then contribute another level of toxic insult.

At the veterinary school, and for the first 15 years of my life as a qualified vet, I too overlooked the poisons listed in categories 1, 2 and 3. What pets were fed scarcely entered my thoughts. I did work diligently to diagnose and treat diseased organs. And I prescribed lots of pharmaceuticals. When, finally, I awoke to my shortcomings, I was aghast and deeply ashamed of my previous failure to help patients under my care.

Once awake to the problems, solutions became obvious. First,



stop feeding junk food. Second, ensure teeth and gums are healthy. Third, if necessary, diagnose and treat diseased organs. I say, 'if necessary,' for once the junk food is stopped and teeth and gums are restored to health, many dogs need no further treatment.

BODY SYSTEMS AFFECTED BY DIET

Hair and Skin

Have you ever patted a dog and then needed to wash your hands to remove the greasy smell? Do dogs you know, no matter how often they go to the groomer, still give off a fusty odor? Healthy

hair growth depends on the right balance of dietary amino acids, minerals and vitamins. Healthy hair also depends on a healthy skin, healthy immune system and internal organs. If any of these factors are missing or out of balance then brittle, sparse or lusterless hair may result.

A dog's skin is its largest organ and dependent on the good health of other organs of the body — which in turn are dependent on a healthy diet. Fleas, lice and mange mites live on or in the skin. But if a dog's diet is healthy, those parasites seem not to create much of a problem. Remarkable stories abound of dogs being diagnosed with an 'incurable' flea allergy or demodectic mange. Once those dogs have a change of diet, their problems diminish, even disappear. Raw meaty bones work wonders where gallons of insecticide, medicated shampoo and corticosteroids do nothing or do harm.

Ears and Eyes

"After trying many failed remedies, our dog's ear problems cleared up once we changed his diet," say scores of delighted owners. Others comment on how their dog's previously dull, sad eyes regained a sparkle once the diet was changed. Apart from the need to relieve discomfort, it's important to get a dog's sore ears treated effectively and early. Otherwise, a ruptured ear drum and major surgery may be the unfortunate end result.

Nose

"I've got a complaint. I've been feeding my dog raw meaty bones for two years now, and his nose is permanently wet and icy cold. You don't want THAT in your ear when you're having a nap on the sofa ... I blame the bones for his superb health and fitness," joked a happy dog owner.

Joking aside, we need a dog's nose to work effectively — especially noses of police dogs, hunting dogs, and bomb detector dogs. Research shows that dogs with a buildup of tartar on their teeth (and that's the majority of dogs fed junk food) have a reduced ability to detect odors. This reduced ability, when coupled with the fact that such dogs have a reduced overall health and fitness, could have disastrous consequences.

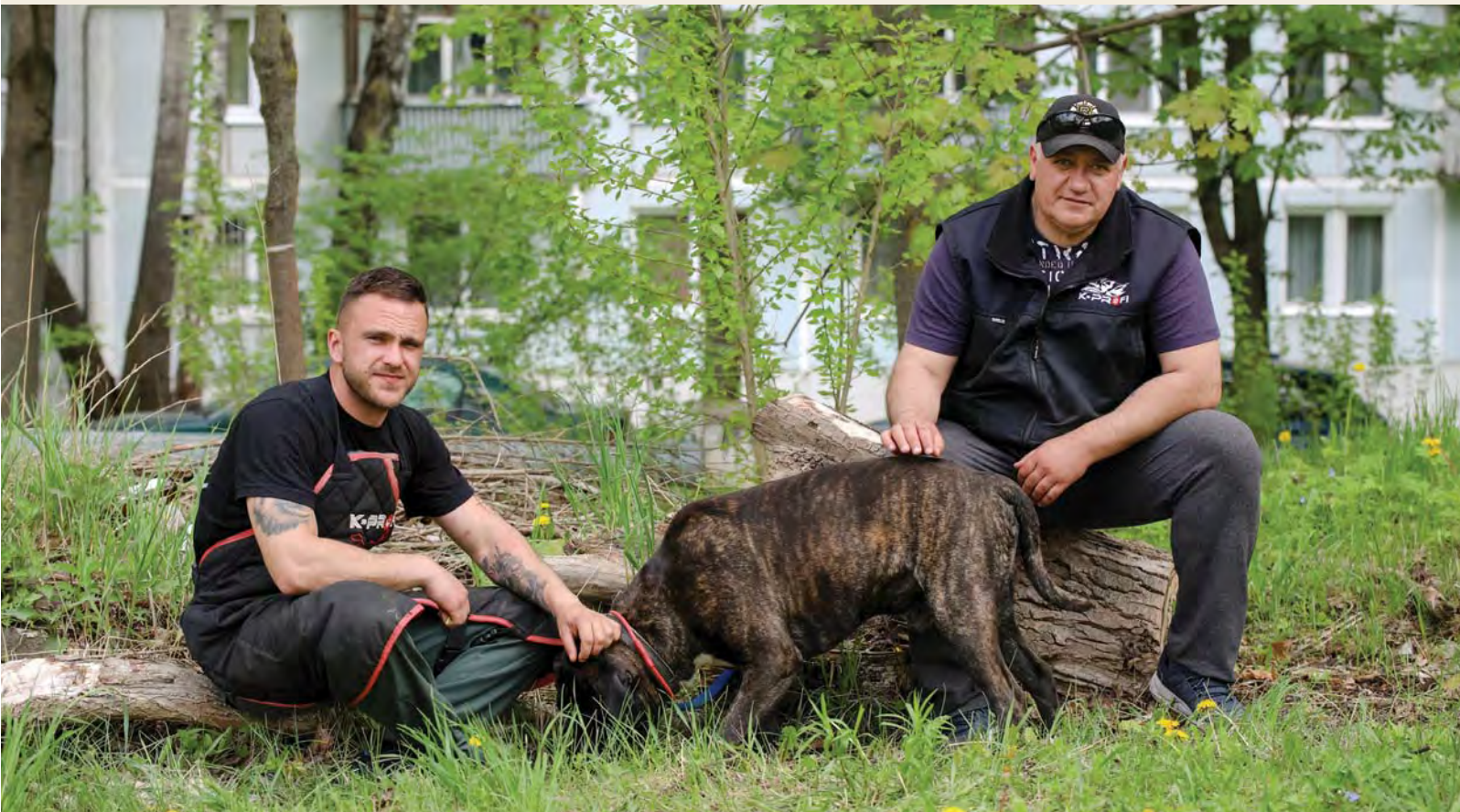
Mouth

Dogs fed junk food may be less able to detect odors, but they sure generate plenty. 'Dog breath' describes the bad smell wafting off the diseased teeth and sore gums of dogs fed processed food and ground raw products. Pet food companies acknowledge that 80% of dogs over the age of three years — increasing to 100% of dogs over 12 years of age — suffer from gum disease. Gum disease can affect the liver, kidneys and immune system, often with fatal consequences.

Digestive Tract

Anywhere from the mouth to the anus, nasty diseases occur as a result of a junk food diet. According to the Mars Corporation, the world's largest pet food maker, it's estimated that 10 – 15% of dogs suffer from vomiting and diarrhea. Many dogs suffer from incurable, chronic, inflammatory bowel disease as a direct result of their diet. Every year, thousands of dogs die an agonizing death from bloat, where the stomach fills with gas and twists. Dogs fed a natural diet are much less likely to suffer from bloat.

Dogs fed junk food are prone to unsocial habits. If fusty dog skin and dog breath make your nose wrinkle, then junk food farts will affect your nose and make your eyes water too. Then there's the



habit of many dogs that are fed junk food: eating their own poop. Although distasteful to us, many dogs relish the excrement of cows and sheep as a source of vitamins and the bodies of billions of microbes. Dog poop resulting from grain-based junk food is in the same category: copious, sloppy and teeming with 'live prey'. Will TV advertisements show that many dogs prefer their junk food steaming and hot the second time through? Dogs fed raw meaty bones seldom, if ever, eat their own excrement. Natural food is well digested the first time. The extra effort required to pass the small, firm stools helps to keep anal glands healthy too.

Liver

Morgan Spurlock's doctor kept a check on his liver function during the 30 days he ate McDonald's meals. Unfortunately for dogs, liver tests often fail to reveal dam-

age until it's too late. Liver tests are often not performed and if they are performed, vets seldom consider diet as the trigger for liver disease.

Pancreas

Like the liver, the pancreas, a source of digestive enzymes, has to work excessively hard when dogs are fed cooked junk food. When the pancreas can't keep up with the demand for enzymes, food does not get digested and the dog will produce large amounts of excrement whilst becoming thinner and thinner. Most vets keep their pancreas patients on junk food and prescribe pancreatic enzyme pills and powders. Better if they prescribed a raw diet with plenty of ox or pig pancreas included.

Diabetes mellitus, the inability to regulate blood sugar, is on the increase. Either the pancreas does not produce enough insulin

or the insulin produced does not work effectively. Mainstream vets are starting to recognize that high grain-based diets make insulin dependency worse and prescribe less grain and more protein in the diet. But it's not just a matter of reducing carbohydrate levels.

Human dentists and doctors recognize that diabetic patients with gum disease frequently have an increased need for insulin. When the patient's gums are treated, their insulin needs decline. A raw meaty bones or carcass-based diet contains little or no carbohydrate and, by cleaning the teeth, keeps gum disease at bay. That seems to be the best way to keep diabetes under control or better still, prevented before it takes hold.

Kidneys

Kidneys work in conjunction with other organs to regulate water levels, filter the blood and

assist with blood pressure maintenance and production of red blood cells. Dogs need healthy kidneys. As with other organs, the kidneys have spare capacity, so even though two-thirds of the kidneys may be damaged, the damage may not be obvious without specialized tests. If and when tests are performed and kidneys are found to be failing, many vets fail to consider the prime reasons — a diet of junk food and periodontal disease.

Lungs, Heart and Blood Vessels

The full extent of junk food damage to the lungs, heart and blood vessels in dogs is yet to be explored. In humans, it's well known that nutrients in junk foods affect the heart. Doctors and dentists increasingly warn that chronic gum disease can trigger heart attacks, lung disease and stroke. Some vets sound similar warnings.

Musculoskeletal System

Have you seen old dogs dawdling behind their owners in the park? They may have a tired, stiff gait and weary look in the eye. They are the poor unfortunates ground down by a lifetime of consuming junk food. If only we knew how much their muscles and joints ache! Take those same old, worn-out dogs and change their diets and treat their gum disease and oftentimes they become 'like puppies again.' No further need for expensive visits to the vet, assorted pills and supplements.

Brain

Diet-related brain disease, whether mild or severe, is often misdiagnosed, mistreated and fatal. Perhaps we should not be surprised if young dogs, whose brains are bombarded with strange dietary chemicals and immune disturbances, suffer from



headaches, irritability and poor attention spans. Professional dog trainers tell me that delinquent behavior frequently disappears and dogs become easy to train when owners change over to natural feeding.

Some dogs fed junk food suffer from epileptic seizures; others fly into unpredictable rage and attack their owners. When conventional treatments fail, whether for delinquency or severe brain disease, many dogs receive a final, fatal injection. A change of diet may be a better option.

Immune System

The immune system, when healthy and working well, helps repair and recycle worn and damaged body parts. Through an elaborate system of cells, antibodies and messenger chemicals, the immune system monitors the body for invading microbes and cancer.

Failure of the immune system takes many forms and varies from the mild to the severe, the chronic to the acute. Immune failure is often the result of a junk food diet. When we have fuller, objective re-

search, we shall learn the extent to which diet affects the immune system. It may be that junk food manufacturers already know and are not telling; except where it helps their marketing strategies.

Junk food manufacturers fortify their products with antioxidants because, they say, it helps puppies develop a better immune response to vaccinations. They make claims for products said to combat arthritis, gum disease and the effects of aging. In other words, they acknowledge that diet affects the immune system.

Thousands, perhaps millions, of dogs are diagnosed with skin allergies and inflamed bowels. They receive tons of corticosteroids and other toxic drugs when a change of diet may be the only 'treatment' required. An allergy or hyperactivity of the immune system can lead to the immune system attacking the body, often with severe, even fatal, consequences. Sometimes, though, after years of fighting valiantly, the immune system collapses. I've investigated a number of dogs suffering from immune depression and severe gum disease



after a lifetime of eating junk food. When the gum disease was treated and the diet changed, the dogs became like new.

Whole Body

When we take into account that all body parts are connected and that the whole is greater than the sum of the parts, then we can understand that a good diet is essential for overall good health. Some dogs fed on junk food are painfully thin, but many are overweight or obese. For both groups of dogs, a change of diet is often the only change necessary for them to regain good shape and good health.

Dogs fed junk food are prone to infections with the need for high doses and long courses of antibiotics. Naturally fed animals are less susceptible to infection. They also recover from disease and injury quicker and with less need for toxic drugs.

We need more information about the cancer epidemic in domestic dogs. However, basic nutritional and medical principles tell us that diet is the likely main factor. Without waiting for extra information, and because cancer often takes years to develop, it's best to start puppies on a cancer prevention diet early — even before birth.

Breeders tell me that puppies are born stronger and the need for caesarean delivery decreases when bitches are fed a natural diet. If puppies are weaned to natural

food and then fed natural food for life, how much longer can they expect to live compared with dogs fed a commercial diet? Currently, we lack an answer; we need more research. We do know that many, perhaps a majority, of animals fed junk food live miserable lives and die a long, slow death. By contrast, dogs fed a natural diet live more comfortable, disease-free lives and when the end comes, they tend to have a shorter period of infirmity. From the whelping box to the grave, let 'prevention not treatment' be our motto. 🐾

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TOM LONSDALE graduated from the Royal Veterinary College, University of London in 1972. After a period as a volunteer in Kenya and work in farm, zoo and small animal veterinary practices, he opened his own group of clinics in Sidney, Australia. He admits he was slow to recognize the diet and dental disease connection affecting his patients. In 1991, he gained recognition as the Whistleblower Vet, championing a raw meaty bones diet for dogs and cats. In 1993, the University of Sidney commissioned him to write the definitive article, "Preventative Dentistry" and in 2018, he was commissioned to write the paper, "Raw Meaty Bones Essentials." His three books in the Raw Meaty Bones Trilogy are available at Amazon in paperback, e-Book and audiobook. For more information visit: www.ThePetFoodCon.com.