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BENEFITS

- Improved digestion
- Improved appetite
- Improved health



DEXTER SUGGESTS

Ask our knowledgeable staff about what you can add to your pet's food.

Check out these books:

- *See Spot Live Longer*
- *Dr. Pitcairn's Guide to Natural Health for Dogs and Cats*
- *Whole Health for Happy Cats*

DON'T LEAVE DRY FOOD DRY

Your Pet's Body Is 60% Water

Dogs and cats are designed to eat carcasses and other fresh food, which contain a great deal of moisture, at least 70%. Compare this to packaged dry food which averages 8% moisture. So imagine what your pet has to make up for by drinking water! Digesting highly-processed, dry proteins puts a greater burden on their system, especially the kidneys.

Do Crackers Clean *Your* Teeth?

Many people believe that dry food helps keep their pet's teeth clean. That is a myth. The truth is that chewing will help keep your pet's teeth and gums healthy, so offer raw bones or natural dried chews. Or, do regular brushing with pet toothpaste (it tastes good, and, most importantly, doesn't foam up) or enzymatic pet mouth spray. Daily chewing will also ensure that any residual food is cleaned from the mouth.

What Else Is Missing In Dry Food?

To put it simply – life! Dry food doesn't have the enzymes that fresh food naturally contains. This forces the body to provide those missing enzymes itself, which can put stress on the system, especially the pancreas. Naturally occurring vitamins derived from food are always preferable to synthetic vitamins. Naturally derived nutrition is by design more balanced and usable by the body, and offers many trace elements that work together in the body.

The Bare Essentials

We know it's convenient to feed plain dry food, but we urge you to add just a few things:

- Water: Number one, add moisture, at least in the form of good clean water poured over the food. You can also use diluted low-sodium broth or tomato juice, or products from our store like raw cultured goat milk or fermented fish broth
- Nutrition Optimizers: These two additions will do wonders to improve your pet's health.
 - Fish oil
 - A blended "green" supplement (see the list on the next page)
- Enzymes: Digestive enzymes are an important addition for animals that aren't eating any fresh food, who suffer from chronic illness, or are elderly.



PRODUCTS

- * Solid Gold Sea Meal
- * Green Mush
- *Pet Wellness Blends Canine & Feline Wellness Blend
- *Nupro
- Animal Essentials Herbal Multi Vitamin
- Animal Essentials Herbal Green Alternative
- Herbal Energetics Pet Boost

- Grizzly Fish Oils
- Animal Essentials Ocean Omega
- Nordic Naturals Omega 3 Oil

- Animal Essentials Plant Enzymes & Probiotics
- Answers Additional Goat Milk
- Primal Goat Milk
- Answers Fermented Fish Broth

* "green" supplements that contain enzymes

Any Fresh Food You Add Is A Good Thing

You can add up to 25% additional fresh food to a dry diet without throwing off the balance too much. This could be fresh food from your own kitchen, or food purchased at Dexter's.

Cautions for "People Food"

"Table scraps" can indeed be bad for our pets if they are the unhealthy parts like cooked fat, fat trimmings, cooked skin, or foods cooked for the human palate that are full of spices, creams, or processed ingredients. And because Xylitol is toxic to dogs never feed "sugar free" sweets and desserts.

The key is adding a variety of *healthy, natural* fresh food:

- Raw, boiled, or scrambled eggs
- Raw or cooked meat (no deep fried stuff, and salmon or trout should always be cooked)
- Tinned whole sardines (in water, no salt – we like Trader Joe's brand)
- Yogurt, Kefir, or cottage cheese (just a spoonful will do, and raw is fine)
- Raw, cultured milk (Dexter's has this!)
- A few berries (hmmm, dessert!)
- Assorted green veggies (ground or grated is best if served raw).
- Sweet Potatoes (cooked)
- Dried Alfalfa & Kelp
- Sprouts
- Bone Broth (see our handout on how to make it)

Some foods at Dexter's that mix well with dry food:

- The Honest Kitchen
- Sojos Grain-Free or Complete
- Grandma Lucy's Pureformance
- Freeze-dried raw foods by Smallbatch & Primal.
- Halshan raw food (can be cooked)
- Buda-Zen Dehydrated food

Common Fresh Foods You Should Not add:

- Onions
- Large Amounts of Garlic (a clove a day for a medium-sized dog is fine)
- Macadamia Nuts
- Cooked Bones
- Raisins, Grapes
- Raw trout or salmon