

Natural Feeding ALTERNATIVE VETERINARY MEDICINE CENTRE

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Natural Feeding

The most rapidly expanding aspect of modern veterinary businesses is that of pet food sales. Most dogs, cats, horses and ponies in the UK are fed on [manufactured foods and supplements](#). Among the readership of this magazine, it is likely that most readers are, themselves, eating very [wholesome diets](#). In many cases, great efforts will be made to seek [organic](#) food ingredients for the family. Can the same be said of their pets?

For some reason, as a society, we have come to accept the commercial message that pets are better fed on [manufactured food products](#). The message has taken root with the support of a scientific aura about such products and, of course, the convenience of feeding such foods serves to allay any tendency to misgivings. If dried or canned foods were to be correct for our dogs, then exactly the same logic should apply to ourselves. Shopping each month would be a delight. We could buy a single large bag of dried food, dipping out a cupful for each meal. Planning supper could never be easier! Washing up would be almost non-existent. Why do we not do it?

Our bodies are designed to balance dietary ingredients over a period, taking what is needed from our daily intake. Balance does not occur in any single meal but over the weeks. We are driven to seek variety, both by instinct and by biochemical processes, in order to ensure that the body is offered sufficient variety from which to select and glean its needs. This is no different for our dogs.

I am often confronted by people telling me that their dogs have a poor appetite. When asked, they admit that the dog would be only too willing to accept and avidly swallow an offered scrap of 'human food'! Isn't this telling us something? The very same logic, which drives us to seek a variety of *fresh* and sometimes *organic* food for ourselves, should also compel us to seek a similar régime for our pets.

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Make no mistake, there is no short-cut to health and food nutritive quality is central to any health programme. No medicine is effective alone, without the support of a healthy diet.

The body's functions, energy and daily renewal processes depend upon the food taken in. If that food is not of top quality, then the functions and structure of the body cannot be of best quality. While most manufacturers will defend the quality of the ingredients they select for their commercial products, no one can deny that processing reduces nutrition value. Fresh is best!

Raw, untreated tripe, raw and blended vegetables, lightly boiled or steamed vegetables, rice, oats, pasta, raw meat, parsley, watercress, seaweed, eggs (organic, to avoid the effects of intensive farming and the chemicals put into the diet of the chickens), organic chicken and wild rabbit are the sort of ingredients of a healthy diet for dogs. Raw knuckle bones should also be offered from an early age. Teeth can then avoid veterinary attention throughout life, in most dogs.

This article is short, necessitating brevity. This type of philosophy and régime is discussed in more detail in the booklet: *'Feeding Dogs The Natural Way'* by Christopher Day (obtainable from the AVMC). Proportions of meat to other ingredients and the important issue of supplements are discussed in more detail too.

Christopher Day – December 2000

See also: <http://www.naturalfeeding.co.uk>

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