

General Guidelines for the Raw Diet for Dogs:

You must feed every component of the diet in order for it to be complete. For example, do not leave out feeding raw, meaty bones (turkey/chicken necks, backs, wings or tails, pork neck bones, goat neck or breast, whole quail, lamb breast), the vegetables or tripe, dairy, muscle meats or any other main component or you will be feeding a dangerously imbalanced diet.

- DO NOT feed just the meat/veggie meal (MVM) as a whole diet
- DO NOT feed just the raw meaty bones (RMB) as a whole diet
- DO NOT feed weight bearing bones (femurs, etc.) or beef or very large animal bones (I feel that they are too dangerous – they break teeth and are too difficult to digest)
- DO NOT feed cooked bones – EVER – this is extremely dangerous and may result in severe internal damage
- DO grind bones or sprinkle with Apple Cider Vinegar if you are concerned about your dog digesting them (if you have a fear of bones perhaps you want to consider another diet or you can start into the diet by feeding chicken necks & backs at first, as they are the easiest to digest, even for tiny kittens or puppies)
- DO feed a varied diet – DO NOT feed the same meat or bone every single day, this is not natural or balanced, nor is it healthy.
- Continue to feed the recommended diet as outlined in this booklet or another good written source to your dog even if they seem to not like it at first. DO NOT cater to your dog's "tastes" at the risk of feeding an imbalanced diet, but DO listen to your dog and seek help from a holistic vet if he/she is having problems with any of the food mentioned here. Get creative, some dogs do not like the texture of raw liver – do not simply leave it out if it is refused by your dog, as many dogs will eat it if braised slightly or if pureed and then added to the food.
- If a dog seems "picky" about their food, *generally* I feel they simply aren't hungry enough. Fasting and exercise makes for good eaters. It is very important to maintain an appetite by occasionally fasting your carnivore – it is natural and healthy. Of course, very young or old or ill animals should not fast unless prescribed by a veterinarian. Be sensible and immediately speak with your veterinarian if you ever have any concerns about your dog's eating habits!

Chewing is critical. If your dog inhales, gulps and/or does not chew the bones then you can try one of these suggestions:

- 1) Hold one end of the RMB and not let them swallow it until they have chewed it - most dogs will learn after a while to chew their food. Of course, please do not attempt this method if your dog is a serious resource guarder and/or has not been previously socialized to having humans handle his/her food – you may get bit! If you have any hesitation about this, skip to method #2.
- 2) Buy a grinder and grind the bones

Some dogs will try and inhale even large meaty bones, so you really need to work with these guys carefully. Be careful of the "speedy eaters" that think she/he will be starving unless food is consumed in great quantities immediately. I taught both Ben & Minna to take a break in the middle of their dinner, sit, burp and then finish – they now do this on their own. Never allow a dog to inhale their food (raw or not). Monitor all meal times, and be sure to watch out for the speedy eaters - and manage them carefully. Remember to feed dogs separately, as food is a common source for conflict in multi-dog households.

Occasionally, dogs will gulp down a meal of chicken necks (small, soft bones) and then vomit the meal up and re-eat it. As gross as this is, it is perfectly normal for them to do this from time to time with small, soft bones. Just watch them and manage as needed.

Helpful Tips:

- ✓ Feed a balanced diet through variety. Do not feed one type of meat, grain or vegetable all the time, it is imbalanced and can cause food sensitivities.
- ✓ Include “fasting” days and/or “just bones” days where you only give raw, meaty bones (RMB) that they can fully digest (ground or whole).
- ✓ Share your own food with your companion if it is whole & natural (avoid sharing foods with lots of salt, sugar or hot spices).
- ✓ Include occasional days where you feed a vegetarian meal as described in the veggie meals section of this document.
- ✓ Include tripe or unusual organ foods – these are usually very healthful for dogs.

Kasie’s Meat/Veggie Meal

In a 6 qt. Kitchen Aid mixer or in a 13 qt. stainless steel bowl:

5 lbs. ground muscle meat (turkey, chicken, lamb, rabbit, goat, bison or beef)
.5 lb. (approx. 1.5 cup) pureed liver, ground heart, gizzards or 3 org. eggs with the shell
1.5 lbs. (approx. 3 cups) pulped veggie mix (see below)
¼ cup raw apple cider vinegar
¼ cup kelp and/or dulse
½ cup seasonal herb blend (see below)
¼ cup cod liver oil and/or salmon oil (fall & winter)
wheat germ oil, flax oil and/or hemp seed oil (summer/spring)
1-2 cups water or blood drippings from the RMBs

Extras (choose two):

¼ cup wheat germ
¼ cup carob powder
¼ cup lecithin granules
4-6 oz. can of no or low salt sardines, mackerel, clams or Alaska salmon in water (seafood is for dogs who have never had a urinary imbalance only – not to be fed to cats)

If using Kitchen Aid Mixer:

Add the veggies and other supplements first. Mix very slowly at first to loosely incorporate then add the meat slowly to incorporate. When everything is added, mix on medium speed until thoroughly mixed.

If using 13 qt, bowl:

Place the meat in the bowl. Create a well in the middle of the meat in which you will add all the ingredients - including the veggies, supplements and water/blood. Make sure to crush the eggs and the shells up really well when you add them to the bowl. Mix the ingredients in the center of the meat so that you have the ingredients mixed up in the center of a ring of meat surrounding it. Then, using your hands, start to incorporate the meat into the rest of the mixture.

If you have chosen to omit raw bones as part of the regular diet, you will have to include a natural calcium source. To maintain a proper Ca:Ph balance when NOT feeding bones, choose ONE of these calcium supplements to add to each pound of this meal:

1/2 tsp. ground, dried egg shells
1 tsp. bone meal powder
1Tbs. Healthy Powder (recipe to follow)

Healthy Powder (without kelp or dulse, as it is included in the Meat/Veggie meal):

2 cups nutritional yeast
1 cup lecithin powder
¼ cup bone meal
1 small pinch of vitamin C powder
1 small pinch of natural vitamin E powder

Mix well, store in the fridge. Add to meat/veggie meal at feeding time.

Pulped Veggies

Ground to a fine pulp in a food processor or juicer:

2 bunches of greens (anything like kale, broccoli raab, bok choy, mustard, beet, romaine, mesclun greens mix, beet tops, collard – no spinach or iceberg lettuce)
1 small handful of parsley, barley grass, wheat grass or dandelion greens
1 small stalk of celery
3-4 of one or two seasonal veggies (carrot, beet, turnip, sweet potato, burdock or other root, summer/winter squash, zucchini)
1 small apple or ¼ cup other fruits (see below)
2 small cloves of garlic OR ¼ inch of ginger root (rotate these two ingredients)

Add water with a pinch of Celtic sea salt or blood drippings, as needed to make a fine mush

Extras to add to the above mix:

1/2 cup raw org. coconut or raw org. carob powder
1/2 cup raw org. finely ground pumpkin, flax or sesame seeds

Pulped Veggies Tips:

- * Never use onions (green, red, yellow – no onions).
- * Don't go overboard with the garlic. Do not add more than is advised. Taking periodic breaks from adding garlic to the food is strongly advised.
- * It is not a good idea to use citrus fruits as they are not well tolerated by most dogs – apples are best, but you can also use bananas, apricots, prunes, blueberries and dates.
- * Do not use nightshade fruits/veggies (tomatoes, eggplant, potatoes, etc.) regularly or at all in dogs with joint problems, but sweet potatoes/yams are okay.
- * The majority of the vegetable mix should always be greens. Greens are the foundation of the vegetable mix.

Seasonal Herb Blends

All herbs listed below are for use with dogs and cats.

Milk thistle and licorice should not be used for prolonged periods (over 3 months).

Do NOT feed these herbs to pregnant animals, or to puppies or kittens under the age of 10 weeks without the recommendation of a veterinarian.

Basic Recipe:

4 parts, 1 herb from the **primary all season herbs** list
2 parts, 1 herb from the **secondary all season herbs** list
2 parts, 2 herbs from the **appropriate seasonal herbs** list
1 part, 1 herb from the **balancing herbs** list

Mix together well – store in a sealed glass jar in a cool, dry place.

Recommended Use:

Please use each Seasonal Blend during the specified season, as rotating herbs is essential to their conscientious use, nutritional balance, synergistic healing and strengthening effects. I do not recommend feeding a single seasonal blend for more than 3-4 months. I strongly recommend a fresh, whole foods diet for optimal health.

Feed herbs 4-5 out of every 7 days for best results, or skip a week every fourth week.

Three Ways to Feed Rara Avis Nutritional Herb Blends:

By body weight

1 tsp. per 10 lbs./day

By food weight (no grains)

½ tsp. per lb. meat (cat) or 1 Tbs. per lb. meat (dog)

By food weight (w/ grains)

1 tsp. per lb. of food (cat) or 2 Tbs. per lb. of food (dog)

Use directly from the bag or steep in 8 oz. of hot water then add suggested amounts to the food as a tea.

Primary All Season Herbs:

Alfalfa: Nutritive food herb (rich in carotene, chlorophyll, 8 essential amino-acids, protein biotin, calcium, choline, inositol, iron, magnesium, PABA, phosphorus, potassium, protein, sodium, sulfur and vitamins A, B-complex, C, D, E, K, P, and U), anti-tumor, excellent general tonic, anti-inflammatory, antioxidant, detoxifier, diuretic, promotes appetite, assists with weight gain.

Nettle Leaf: Nutritive food herb (abundant in vitamins A, C, D, K, calcium, potassium, phosphorous, iron, silicon and sulphur), rich source of minerals, alkalizing, antihistamine, good for allergies and skin conditions, blood cleanser, nourishes and strengthens the kidneys, aids with diarrhea and dysentery, digestive aid and cleanser, relieves fatigue.

Peppermint: Cleans and strengthens the body, alleviates vomiting, expels gas, antiseptic, aids digestion and is excellent for the stomach.

Slippery Elm: Lubricates, soothes and protects the entire digestive tract, nutritive food herb (contains bioflavonoids, mucilage, starch, tannins, calcium, magnesium, sodium, vitamins A, E, K and B-complex), draws out impurities and toxins from the body, aids in healing, anti-inflammatory, astringent.

Secondary All Season Herbs:

Burdock Root: Nutritive food herb (contains chromium, iron, magnesium, potassium, carotenes, calcium, protein, zinc, sulphur, tannins, vitamin C, E, B1, B6 and B12), blood cleansing, liver and gall bladder stimulant, diuretic, detoxifier, anti-cancer, helps remove radioactive materials from body, wonderful for long-term treatment of skin or liver disorders.

Dandelion Root: Nutritive food herb (contains bioflavonoids, biotin, calcium, choline, fats, folic acid, inositol, inulin, iron, lactupicrine, linolenic acid, magnesium, niacin, panthothenic acid, PABA, phosphorus, proteins, sulfur, zinc, vitamins A, B1, B2, B6, B12, C and E), diuretic, purifies and detoxifies the liver and kidneys, stimulates the liver, improves digestion, anti-inflammatory, good for pancreas and spleen disorders.

Fennel Seed: Nutritive food herb (high in calcium, iron, potassium, linoleic acid, vitamin C and A), expels gas, reduces bad breath, relives stomach and intestinal problems, and stimulates digestion, antibacterial, and appetite stimulant.

Caraway Seeds-Stimulates appetite, helps ease diarrhea, flatulence and colic, helps with bronchitis and has astringent properties.

Chamomile-Sedative, anti-inflammatory, stimulates digestion, expels worms.

Irish Moss: Nutritive seaweed (contains protein, polysaccharides, carrageen, beta carotene, iodine, bromine, iron, minerals, vitamin A and B1), traditionally employed as an excellent restorative herb to speed recovery from debilitating illnesses, anti-inflammatory, anti-coagulant (used for stomach ulcers), anti-viral, demulcent, expectorant, excellent for restoring proper lung function, soothes the digestive system, stomach and urinary tract, tones and strengthens glands, has been used as a food for diabetes patients.

Coriander Seed: Nutritive food herb (contains linalool, geraniol, vitamin C and potassium), reduces flatulence, digestive aid, stimulates appetite.

Hawthorn Berry Powder: Nutritive summer food herb (high in bioflavonoids, sodium, phosphorus, silicon, iron, zinc, sulphur, nickel, tin, aluminum, beryllium, vitamin C and B-complex), antioxidant, wonderful heart and vascular herb, protects, regulates and strengthens cardiovascular structures and functions, lowers blood pressure.

Papaya: Excellent digestive aid, reduces intestinal gas, eases the stomach, protects against parasites and expels worms, helpful for allergies.

Summer/Spring Herbs:

Milk Thistle Seed: Protects, strengthens and assists with regeneration of the liver, useful for skin ailments, high in essential fatty acids that reduce inflammation.

Oregano: Digestive aid, germicidal, antiseptic, analgesic and antioxidant, manages yeast, fungal and bacterial overgrowth, expels parasites, relieves diarrhea, expels gas, soothes digestive disorders, eases pain and inflammation.

Rosemary: General cardiovascular tonic, anti-depressant, stimulates bile, promotes liver function, and expels gas, aids in recovery from shock or trauma, antioxidant, anti-microbial.

Vervain: Supports the liver, mild sedative and nerve tonic, anti-spasmodic, anti-bacterial, anti-tumor, astringent, expels parasites.

Barley Grass Powder: Nutritive food herb (excellent source of chlorophyll and enzymes, high levels of beta-carotene, Vitamins B1, B2 and B6, folic acid and choline), cell proliferant, internal deodorant, immune tonic, mild appetite suppressant, relieves fevers, diarrhea and stomach irritations, speeds up regeneration of healthy tissue.

Oatstraw: Nutritive food herb (high in protein, vitamins, calcium, manganese, iron, copper, zinc, bioflavonoids), anti-inflammatory, regulates blood sugar, general tonic, anti-depressant, settles the stomach, expels gas, improves nerve functions, aids in the recovery from nervous disorders or exhaustion.

Fall/Winter Herbs:

Coriander Seed: Nutritive food herb (contains linalool, geraniol, vitamin C and potassium), reduces flatulence, digestive aid, stimulates appetite.

Thyme: Expels worms (especially hookworms) and gas, excellent for digestive and respiratory tracts, fights gingivitis, helpful for asthma.

Marshmallow Root: Nutritive food herb (high in calcium and vitamin A), soothes, lubricates and protects internal tissues and mucous membranes, anti-microbial, anti-bacterial, anti-inflammatory, soothes urinary and gastrointestinal inflammation, aids in removing toxins from the body, lowers blood sugar, stimulates the immune system.

Red Raspberry Leaf: Astringent tonic, nutritive food herb (especially high in Vitamin C, contains Vitamins A, D, E, B and calcium), digestive aid, relieves bleeding from gum disease, traditionally used as a fertility and pregnancy herb.

Chamomile: Calming, anti-inflammatory, soothes digestive problems, expels worms, and relieves gas, nausea, indigestion, hay fever and asthma.

Mullein Leaf: Anti-microbial, antiviral respiratory herb, lubricates, soothes and protects mucous membranes, astringent, soothes the bowels and digestive system.

Rose Hips: Excellent winter food herb, high in Vitamin C.

Parsley Leaves and Root: Nutritive herb (rich in vitamins and minerals, including A and C, as well as calcium, thiamin, riboflavin, boron, fluorine, niacin, zinc, potassium and iron), high chlorophyll content acts as a natural breath freshener, this cleansing herb has a carminative, tonic and laxative action, but is primarily used for its diuretic properties, used traditionally as a liver tonic and as a means of breaking up kidney stones, useful in treating hives and other allergy symptoms, the roots carminative action can relieve flatulence and colic.

Balancing Herbs:

Licorice: Immunostimulant, blood cleanser, protects and soothes mucous membranes, anti-inflammatory, antiviral.

Rosemary: Tonic, antidepressant, stimulant, expels gas, antioxidant, and antimicrobial.

St. John's Wort: Good for wound healing, antiviral, anti-depressive, and immunostimulant.

Valerian: Eases both pain and insomnia, sedative, lowers blood pressure, expels gas, anticonvulsive.

Passionflower: Used in treating seizures, hysteria, insomnia, spasmodic asthma, as a pain reliever and sedative.

Sorrel: Anti-cancer/tumor, effective in alleviating many chronic conditions and degenerative diseases, nutritive, relieves internal ulcers, black jaundice and virtually all skin diseases.

More About the Supplement Herbs Used in the Meat/Veggie Meal:

Kelp: Nutritive food herb (rich in iodine, trace minerals, contains protein, calcium, phosphorus, potassium, vitamins A, B, E and D), absorbs toxins from the bowels, anti-tumor, helps remove radioactive materials from body, enhances metabolism, strengthens connective tissues, anti-hypothyroid, anti-rheumatic, and contributes to good pigmentation.

Dulse: Nutritive food herb (rich in protein, minerals, potassium, magnesium, iodine and vitamins B, B12, C, D, an assortment of essential amino acids and trace elements), demulcent, detoxifier, enhances metabolism, and strengthens connective tissues.

Soy Lecithin: Builds connective tissues, promotes healthy brain function, increases immunity to viral infections, cleans the liver and purifies the kidneys.

Wheat Bran: Antioxidant, rich in protein, B-complex vitamins and dietary fiber.

Carob: Protects against hip-dysplasia, rich in vitamins & minerals, high in calcium, relieves diarrhea.

Coconut: High in albumen (good for circulation/blood), high in digestible oils and fiber.

Garlic: Good for the liver, blood, cardiovascular system and immune system. Anticancer, anti-tumor, antioxidant, and nutritive herb.

Ginger: expels internal gas, stimulant, great for digestion, flatulence and nausea. Assists with circulation – a warming herb.

Flax seeds: (*Feed freshly ground or soaked overnight*) Nutritive (high in omega-3 EFAs, lignans and fibers), soothes digestive tract, laxative, antioxidant, helps balance blood sugars, enhances immune system, tonic herb, hormone-balancing effects on the body.

Parsley: Expels gas, lowers blood pressure, nutritive herb, diuretic, helps with arthritic inflammation.

Pumpkin Seeds: (*Feed freshly ground*) Protects against worms and expels worms in the digestive tract.

Sesame Seed: (*Feed freshly ground*) Highly nutritive, rich in vitamins & trace minerals.