

## **GETTING STARTED:**

Okay! So now you've done all your research on this wonderful diet and you are ready to let me help you make your dog the healthiest it can be!!!! I like to introduce the diet to the dog by only feeding chicken as Raw Meaty Bones (or rmb's as I will refer to them as) for the first 2 to 4 weeks. This is the staple food of the diet that consists of chicken backs and/or necks - this includes the bone, meat, fat, and skin! The dogs usually love them and you will love the benefits you see! I always give one ground meal and one whole meal. I grind my morning meal because I add additives and supplements to that meal (there is a handout dedicated to additives and supplements). In the evening, I give just rmb's whole to the dogs. I chose evening because I'm home to watch them and plus I have more time in the morning to add special things. Feeding whole rmb's is an important part of this diet even though I realize how scary the concept is. The whole idea is to simulate a wild dog's (includes wolves, foxes, etc.) diet the best we can. Wild dogs NEVER grind, wash, or cook their food. Nor do they leave anything from a kill behind besides fur and feathers! Chewing those bones is essential for their teeth, plus mental and physical exercise. Many people feed whole rmb's for every meal and others grind every meal. It is whatever works for you - I will work with you as to what you want - I'm just explaining how I do things and why. If you ever question whether or not you can feed your dog something the best answer is always "Would a wild dog have access to that in the wild?" Not only are dogs hunters (in which they get grasses, veggies, etc from the prey's gut), but they are also scavengers, opportunists, and omnivores.

**Before you actually start this diet, please fast your dog for at least one meal (see "what to except" for why) and preferably one whole day.** I know those soulful eyes are so pitiful when pleading for food but dogs in the wild do not eat everyday. Finding food is the luck of the draw for them so your dog will survive a day without food! It is in his best interest! By fasting them, you allow their body to totally empty and cleanse itself.

Obviously, you cannot free-feed your dog on this diet. You will have to set up a schedule to where you feed the dog once or twice a day (I do twice) and the dog eats all that is put in front of him. If not, you pick it up and he'll get fed again at the scheduled time. Many raw fed dogs fast themselves - this is what healthy dogs do!! I do fast my dogs every so often. Every dog is different, but this diet improves **ALL** dogs!

Some dogs don't take immediately to the diet because it is so different from what they are used to. Sometimes you get this look like, "I thought I wasn't allowed to have people food?" But after some encouraging, most dogs will eventually take to it just fine. You know what is best for them so just be patient with them and don't be concerned if they refuse it the first few times you offer it to them. Just try to make it more interesting by adding some fruit yogurt, chicken broth, cottage cheese, etc. If you still have no luck you can lightly fry the ground chicken meal like you would hamburger meat. Then, if that works cook it less and less each time until they will eat it raw. Some dogs just may even prefer their food at room temperature and not cold!

### **WHAT TO DO:**

Your meals will be packaged in freezer bags in one pound increments. There is a chart below to help you find how much to start out feeding and it will be up to you to watch his weight to see whether we need to increase, decrease, or maintain the amount. The calculation is based on body weight and age, but we can't determine the metabolism of each dog so we just have to monitor the dog. If your dog weighs 15 # it is always a good idea to round up instead of down so you would feed a 15 # dog like it was 25 #. You, of course, would cut back the amount if the dog got too heavy at that amount. I highly recommend that you weigh your dog before you start this diet because it is sometimes hard to evaluate their body condition since a raw natural diet changes their body type. Raw natural diets promote lean muscle with little fat so their shape may change but not their weight. Or their weight may significantly change even though they appear to be the same thickness to you.

Once you know how much to feed your dog per day you will want to lay out the food to thaw the day before you plan to feed it. It takes about 8 hours for a pound to thaw out in the sink (what I do) and it takes about 24 hours to thaw out in the refrigerator. If thawing in the sink (or anywhere at room temperature) make sure you keep your evening meal refrigerated after it's thawed. Once again, I do the ground meals in the morning and the whole rmb meals in the evening.

<u>WEIGHT OF DOG</u>	<u>ADULT AMOUNT FED PER DAY</u>	<u>PUPPY AMOUNT FED PER DAY</u>
(In Pounds)	(In Pounds)	(In Pounds)
5	1/8	¼
10	¼	½
25	½	1
37	¾	1 ½
50	1	2
62	1 ¼	2 ½
75	1 ½	3
87	1 ¾	3 ½
100	2	4
112	2 ¼	4 ½
125	2 ½	5
137	2 ¾	5 ½
150	3	6
162	3 ¼	6 ½
175	3 ½	7
187	3 ¾	7 ½
200	4	8

**WHAT TO EXPECT:**

Dogs digest kibble much different than they do a raw natural diet. This is because when a dog eats a kibble meal they have to pull water from the rest of their body to break it down. Most kibbles are atleast 40% grain - dogs don't eat much grain in the wild if any! The kibble (which is a large amount in the stomach already compared to raw natural whole foods) now swells up to really fill the gut up physically. So when

you start your dog out on the raw natural diet what you have is a dog that thinks he's hungry because his body is being satisfied but his stomach doesn't feel physically full! Not only that, but dogs LOVE this diet so much they are going to ask for more. So, I promise we won't starve your dog. We may need to up the amount given daily but we will do so before the dog actually "starves!" It takes a dog 24 hours or longer to digest a kibble meal but only about 4 hours to digest a raw natural meal! You can also expect your dog to drink much less water and defecate less as well! The stools will also be smaller, harder, and almost odorless! Since there is no grain in the diet and stool it will also dry up and blow away very quickly! It's so awesome!!

Make sure you read up on detoxing by checking out the links on my site. Many dogs go through a healing crisis where they have loose stools, flatulence, skin breaking out, a good shed, an odor, excessive water intake, etc. All this is normal and this is how they get rid of toxins from time spent on kibble. Better to get these things out than keeping them in - or continuing to put them in! Some lose weight at first too, but this shall pass as well and be replaced with lean muscle mass and glowing coats!! Also no more weak stomachs or allergies!

#### **OTHER THINGS:**

It is totally natural for dogs to eat feces! Even their own. I know it is gross but there are actually tons of enzymes and nutrients in it. Enzymes and probiotics help with digestion and are found in raw natural foods and many additives and supplements. Probiotics are actually good bacteria which have a natural flora in the gut. So, having a lot of good bacteria makes for a healthier dog because it combats the bad bacteria. This is one reason why dogs don't get sick from eating raw meat - E.coli and Salmonella. Another reason is because dogs are designed to eat such foods! Have you ever seen a dog bury a bone then go back and gnaw on it 2 weeks later? It stinks and it is half rotten but the dog survives just fine! Dogs even survive on road kill and garbage, however, I recommend feeding fresh foods!! Many people are also concerned about parasitic worms but eating raw meat doesn't give dogs worms. The worms can't survive past the acid in the stomach. Plus, parasites just don't target truly healthy dogs (raw naturally fed dogs) - there is plenty of kibble fed dogs out there! This same idea goes for fleas as well! This diet does help control fleas. In fact, my dogs don't even get fleas!

I also suggest getting some digestive enzymes and probiotics. We use and carry Bak-Pack Plus. Fasttrack for horses will also work. These help acclimate your dog to eating a raw natural diet because it is digested so much differently than kibble. Just sprinkle some (1/4 a teaspoon or less) on each meal for 4 or 5 days,

then once a day for a week or so. Then use every other day for another week until you wean them off of it. It is a good thing to keep on hand in times of stress or stomach upset.

Below are the most popular books associated with raw natural diets. I highly recommend that you read a couple of them to understand more about the diet!

*Give Your Dog a Bone* by Dr. Ian Billinghurst

*Grow Your Pup with Bones* by Dr. Ian Billinghurst

*The BARF Diet* by Dr. Ian Billinghurst

*Raw Meaty Bones* by Tom Lonsdale

*Natural Nutrition for Dogs and Cats: The Ultimate Pet Diet* by Kymmythy Schultze

*Natural Health for Dogs and Cats* by Dr. Richard H. Pitcairn

*Reining Cats and Dogs* by Pat McKay

*Food Pets Die For* by Ann Martin

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**Quick Reference for Suggested Feeding**

Midori's Mix (veggie mix) – 1-3x/week

Deco's Delight (pork heart mix) – 1-2x/week

Phoenix's Pride (whole chicken backs) – 2-7x/week

Shebang's Secret (chicken) – all the other times in between!

*🐾 The first few meals your pet has should be ground chicken meals (Shebang's Secret) so your pet can adjust to a raw diet.*

*🐾 We suggest that you feed chicken only (Shebang's Secret or Phoenix's Pride) for the first 2-4 weeks your pet is on the diet to acclimate them and cleanse their system.*

*The length spent on just chicken depends on the pet's age and health status.*