

Holistic, Grain-free Diet is Not Enough By Margaret Auld-Louie and Russell Louie

If you are a regular reader of our column you know we advocate feeding a species-appropriate diet. Dogs and cats are carnivores (meat-eating) whose native diet is primarily raw meat and bones. In nature, canines eat 60–80% meat (protein + fat) and minimal grains. The grains they eat are fermented in the stomach of their prey and wolves will often pass on eating the stomach, preferring meatier parts of the animal and organs. Cats are “obligate carnivores”, meaning they must have meat to survive. Cats need 70–95% meat in their diet. Domestic cats are descended from the African wild cat, whose natural diet included rodents, birds, eggs, reptiles and insects. They got their moisture from their food and not drinking water, as they lived in the desert. Their prey contains 65–75% water. Cats do not have a strong thirst drive so they will not drink water until they are already dehydrated. This wild cat was domesticated by the Egyptians 4,000 years ago to protect their granaries from rodents. The cat was ideally suited to this task, since it **did not eat grains**. Yet today, we feed our cats dry kibble that contains more grains than meat and only averages 10% water. Could this be why so many cats get kidney disease or Chronic Renal Failure (CRF)?

Many holistic vets are now recommending a diet of raw meat, organs and bones for dogs and cats. We follow their advice and feed a raw diet to our pets and add bio-algae concentrates to their food. Yet even our pets are not in perfect health—why is this?

We adopted our Chihuahua-mix from a shelter at age 5. We quickly transitioned her to a raw food diet with added bio-algae concentrates. Now at 14 years she has arthritis, poor digestion and bad teeth. She has had 7 years of an excellent diet; however it takes several generations of raw-fed dogs or cats to produce optimal health. When you adopt shelter and rescue animals as we do, the animal is often coming from a background of poor diet and over-vaccination, both of which compromise their health. You may not be able to totally overcome their background, despite an optimal, holistic, grain-free diet.

Also, even a raw diet is not perfect unless one can afford to feed farm animals that have been raised on a perfect diet themselves, not given hormones or antibiotics and not fed genetically modified (GMO) corn and soy (factory farming). The perfect diet for cattle and sheep is grass and other pasture plants, rather than being crammed together in a feedlot and fed corn or soy. Chickens need to be outside foraging on pasture and eating bugs. Only “pastured” chickens bought direct from farmers meet these criteria. “Free-range” and “organic” chickens found in health food stores are typically raised indoors in barns crammed together, with a little door at the end that leads to a dirt patch no chicken uses. We confess that our pets do not get 100% pasture-raised animals as it is cost-prohibitive.

Besides diet, there are other factors affecting our pets’ health, including over-vaccination. Our 9 year-old tabby cat was previously owned by a vet tech who made liberal use of annual vaccinations. Only the rabies vaccine is required by law and some municipalities allow a 3-year protocol as supported by recent research. Although we transitioned our cat to a raw diet and fed bio-algae concentrates, she developed lymphoma a year ago. We feel her poor diet in the past plus a high amount of vaccinations led to her illness. Our 3 years of feeding her good food was not enough to prevent cancer but it was enough to help her be very responsive to holistic treatment. We do not know if her cancer is gone but she is currently symptom-free and has outlived the vet’s prognosis by 11 months without doing radiation or chemotherapy. You can read on our personal blogs what worked for Iris’ lymphoma:

- RussellLouie.com (<http://russelllouie.com/wholistic-lessons/lymphoma/>)
- The Pursuit of Wholeness (<http://auld-louie.net/?p=95>)

Our pets’ health is also compromised by environmental toxins, such as chemicals in the home or outside. You may keep your home and yard free of chemicals, but all parks are sprayed with pesticides. So, if you feed a holistic, grain-free diet but also...

- Adopt or rescue pets
- Feed meat from the grocery store or buy pet food with meat that is not organic and pastured
- Vaccinate annually
- Expose your pet to weed-free, perfectly groomed lawns and parks

...you might want to be proactive and take other “holistic” measures, such as adding bio-algae concentrates to their diet to balance ALL the glands and organs for prevention.

Holistic Pet Care

Save Money, Buy Fewer Supplements

Would you like **ONE** product to holistically help with:

- Lipomas (fatty tumors)
- Auto-Immune Diseases
- Chronic Renal Failure (CRF)
- Inflammatory Bowel Disease (IBD)
- Urinary Tract Infections, Stones, Crystals



- Arthritis
- Allergies
- Diabetes
- Digestion

Wake up your pet’s natural ability to heal with bio-algae concentrates!



OPTIMUM CHOICES, LLC
Healthy choices for people and pets



(303) 271-1649
www.OptimumChoices.com
info@OptimumChoices.com