

Your Pet's Best Health **STARTS IN THE BOWL**



FOR CATS AND DOGS

E-BOOK 

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TABLE OF CONTENTS



- CHAPTER 1: Introduction
- CHAPTER 2: Why I Cook for My Pets
- CHAPTER 3: My Story
- CHAPTER 4: The Health Benefits of Homemade Pet Food
- CHAPTER 5: A Brief History of Pet Food
- CHAPTER 6: Why Feed Your Pet the Original CrockPET Diet?
- CHAPTER 7: Cooking the Original CrockPET Diet for Dogs
- CHAPTER 8: Cooking the Original CrockPET Diet for Cats
- CHAPTER 9: The Original CrockPET Diet for Vegetarians and Vegans
- CHAPTER 10: Food Therapy
- CHAPTER 11: Supplements
- CHAPTER 12: About The Author



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CHAPTER 1

INTRODUCTION

As a veterinarian trained at North Carolina State University College of Veterinary Medicine and the Chi Institute of Traditional Chinese Veterinary Medicine, it's my mission to help pet owners take care of their pets.

But *I'm not just a veterinarian*. I'm also a pet parent just like you, and for that reason, I wrote this book to help you add healthy years to your dog or cat's life.

If you purchased this book in hopes that you'll discover how to improve your pet's life, decrease disease risks, and keep your furry friend here for years to come, you've found the ideal resource in
The Original CrockPET Diet®.

When I speak with dog and cat owners about their pet's health, this conversation frequently happens after the animal has become sick. With the right diet and supplements, you can bypass many diseases before they take hold.

There are also pet owners who come to me for preventative tips to ensure their cat or dog leads a healthy, happy life.

No matter what situation you're in, I always tell my clients that pet health begins in the bowl. Mass-produced, corn-based dog and cat food fills your pet's belly but doesn't prolong his life or optimize her health. And that's why you purchased this book.

It's my intention that the subsequent pages do the following two things for you:



Whenever you're ready to begin preparing the Original CrockPET Diet, you can use the recipes found in chapters 7 and 8 as your guide. (You'll even find a vegetarian and vegan-friendly version of the recipe in Chapter 9.)

But this book serves a purpose beyond learning to cook for your pet. It's equally important to remember why you're cooking for your pet.

Throughout these pages, you'll discover how this diet helps prevent several diseases that impact both pets and the humans who love them.

I wrote this book for pet owners just like you, but I also wrote it for my dog, Arnold. For 17 years, Arnold was my best companion, and even though he led a long and beautiful life, his final months could have been much easier.

When Arnold passed, I had been a vet for 19 years, and yet I still wondered what else I could have done. You'll read more about Arnold (and other pets) in this book. Suffice it to say, I discovered what Arnold's healthcare was missing, and you will find that important information in this book.



***Better pet health begins in the bowl.
Let's get started.***

CHAPTER 2

WHY I COOK FOR MY PETS

As an integrative veterinarian and inventor of The Original CrockPET Diet®, I treat dogs and cats using a combination of eastern and western veterinary medicine. Through decades of training at North Carolina State University College of Veterinary Medicine and The Chi Institute of Traditional Chinese Veterinary Medicine in Florida, I've learned one very important thing about dogs and cats.

**YOUR
PET'S
HEALTH**



**BEGINS
IN THE
BOWL**

I have made it my life's work to provide pet owners like you with information to help guide your healthcare choices for your cat or dog and to prevent disease by controlling inflammation, optimizing internal organ function, and minimizing exposure to environmental toxins and the like.

And all of this happens when you decide what you feed your pet. With all the bagged foods available in grocery stores and pet shops, many people assume there are the only choices, but this book will prove that idea wrong.



You can control the quality of your pet's food. It just requires a bit of change.

You can control the quality of your pet's food. It just requires a bit of change.

Yes, change often feels difficult and uncomfortable. But changing what your pet eats is so worthwhile, especially once you see what happens when you make a simple shift.

In the case of your dog or cat, you'll see a transformation that happens when you integrate the Original CrockPET Diet® into your pet's life.

At my veterinary clinic, I saw so many pets coming back into my office three months, six months, or a year later after starting the Original CrockPET Diet®. They look and feel literally 2 to 3 years younger, which is a lot when you translate that to human years.

This is what I want for pets.

This is what I want for all people.

My goal in this book is to teach you how to do it.

CHAPTER 3

MY STORY

Early Lessons

Before starting my own practice and developing the Original CrockPET Diet, I started out like most young professionals and went to college. I attended North Carolina State University School of Veterinary Medicine and years later went on to study at the Chi Institute of Traditional Chinese Veterinary Medicine. How I got there was in part my own path and the guidance of my own pets.

Zoe Princess Pitbull, protector of the universe was my first dog as an adult and the love of my life. She watched over me during veterinary school and watched over my patients in practice as they recovered from anesthesia. She consoled pet parents waiting in the reception area to see their sick and suffering pets. She was my constant companion and my guide in life.

She died at the age of 12. That sounds like a ripe old age, But the way she died was torture to us both. She survived autoimmune hemolytic anemia, a serious and often fatal autoimmune disease, at the age of nine. In her last year, she developed bacterial endocarditis, an infection of the heart valve, and it took her life.

I did everything I knew how to do, consulted specialists and everybody I could find, but even with all these minds put together, we could not save Zoe.

As veterinarians, our own pets teach us. Sometimes they teach us the things we need to heal other pets, or they teach us what we need to see about ourselves. I also believe they protect us and take our disease burden. I believe she protected me from a heart attack, or worse.

Her death made me vow to find ways to improve pet's lives without tons of medications and their side effects, and understand how to improve their quality of life, regardless of the situation.

My job is to bring hope into a hopeless situation.



On My Way

In my quest to bring the best health to my patients I've studied Functional Medicine and many other modalities. I completed rigorous training programs and then went to work for other veterinarians. I was fairly sure I'd be working 100 hours a week for the rest of my life. At that time in veterinary medicine, doctors took a lot of emergency calls, and with all that stress compounding, I turned to food for comfort.

I ate a lot of fast food, got out of shape, and gained a lot of weight. Once I turned 32, I woke up one morning and, for the first time; I couldn't turn my head to the right side.

I figured I had done a little too much that weekend in the yard. So I took some pain medicine and the pain went away. And then several months later it happened again — I couldn't physically turn my head to the right side. I took more medication and, in several days, the pain went away. But this cycle started happening more and more frequently.

I ate the standard American diet, hit the fast food places for lunch (if I had time), and skipped breakfast. When I got home, I felt too tired to cook myself a reasonable and healthy meal, so I often ate pasta with tomato sauce or more fast food simply because it was quick.

I didn't sleep very well, so I spent most of my days exhausted. When I did take a vacation, I often became sick. When I finally stopped for several days in a row, my body absolutely collapsed, and it would take me a week or two to recover from the cold or flu or whatever else I had developed while I was on vacation.

Dark Days and Nights

Working as a Vet was not as I had imagined it. I had many wonderful clients who were devoted to their pets and loved them deeply, but many didn't understand that pet health, like human health, takes work to maintain.

The things I saw happen to animals through ignorance were horrifying. Now I recognize that seeing so much cruelty and trauma creates a disconnect in the brain, so that you can get through your daily experience without feeling it. Seeing what happened to animals, specifically how their food didn't improve their health, triggered a downward spiral.

Emergency clinic doctors on both the veterinary and human side see much of this as well. It's a daily challenge to deal with sick and injured pets that were delivered harm at the hands of their owners, yet still remain connected to your humanness.

Many medical professionals seek relief from this daily distress through alcohol, food, drugs, and other ways to sedate ourselves. My disconnection ended up making my physical illness worse — until I decided that to help heal sick pets meant I would fulfill my spiritual calling and heal myself first.

Before I had this revelation, my practice grew and my success grew, and food became more and more of a source of comfort and a sign that I had achieved a measure of success. Meals became more elaborate, but the foods I ate were far from healthy.

My Handsome Man

During this time in my life, my beloved dog Arnold was 16 1/2. Children used to see him and call him Falco from The NeverEnding Story. He was an English Setter mix and ran hard and long for much of his life. In his twilight years, he grew thinner and thinner by the day, and was less and less able to move.

I had practiced for 19 years at that point, and considered myself to be at the top of my game in Western Veterinary Medicine. I developed a pain management protocol for my hospital and used all the latest equipment. Yet, here was my own dog, Arnold, who was beautiful, loving, and struggling to get through his days.



Arnold reached the advanced age of 17 with perfect blood work and a healthy heart. I fed him the best food I knew, and helped him manage his arthritis with different medicines, joint supplements, and whatever else I could think of.

But he suffered from crippling arthritis and weakness. He often lost his balance when standing up. He would fall, look around, and get up, as if to say, "Doesn't bother me!"

In his younger days, he adored being called "my handsome man," and a person I know who is skilled in animal communication said that he asked why I didn't call him my handsome man anymore. It broke my heart that I let my friend and companion down and failed to continue to see how handsome he was.

I had become too busy and distracted to see all the beauty in front of me. He was to the point where the mind was willing, but the flesh was weak. His muscles shriveled up, and his gait became odd — it appeared that he was slinging his limbs with rubber bands to propel himself forward.

He loved to eat, but now only if he had his own buffet laid out and with a great deal of coercion.

He disappeared before my eyes. Worst of all, the pain medicine stopped working. As his body continued to fail him, I decided to take him to the same beach where he spent the first few years of his life with me — presumably for his last hurrah.



The plan was to let him do whatever he wanted for the weekend and then 'put him to sleep' on Sunday night. What happened at the beach was nothing short of amazing.

I carried Arnold onto the beach, and while he seemed to enjoy the air, he was not engaged. He picked up his head to watch a kite-boarder go by. He was fascinated; he wanted to get up and go see what that thing was, and so we did. We walked several blocks until the kiteboarder was far off in the distance.

At the end of our day, Arnold was happy, bright, and alive. While nothing changed in his body, his spirit received a kick start from being in a place he loved with the people he loved — a huge boost of energy.

This was in July of '05. He needed to be outside to get refreshed every day, and so every morning we took a walk on our backyard dock so he could take in the air, see the sun come up, the birds fly, and the crabs scurry.

One of my drug rep friends gave me a sample of a new pain medicine, which helped. He did well for two more months, and then as if he fell off a cliff, he was ready to go. My animal communicator friend said that Arnold had to make sure I would be okay without him.



So on Labor Day morning, Arnold's long life work came to an end. He went quietly on our porch overlooking the marsh, happy that he had done what he was born to do — to be the love that he was and shower it freely on all around him.



***At the end of our day, Arnold was
happy, bright, and alive.***

Another Way

This experience with Arnold made me dig deep to find anything else I could do to make his life better. While my practice at the time was so busy that I couldn't look outside the confines of Western Medicine, it spurred me to take acupuncture classes in February of '06.

I realized how much acupuncture could have helped him. While I regret I did not have the knowledge then, without Arnold's need for more help, I would not have received that kickstart. I was also so miserable in my current life that I realized I needed to follow my original plan and incorporate a more natural way of healing into my practice.

Learning acupuncture at the Chi Institute was a welcome diversion from my current life. There were many veterinarians there that shared my desire to learn a different way to bring relief from pain to their patients.

I saw an acupuncturist in Gainesville who began to offer me relief from the symptoms I experienced. For the first time in many nights, I slept through an entire night and woke up feeling halfway rested. Traditional Chinese Medicine was a completely different system of medicine from what I had learned.

It was very difficult to make sense of because I kept trying to use what I knew about medicine as the framework for understanding Traditional Chinese Medicine.

Once I realized that was my error, and began reading the text as if I had no concept or understanding of medicine at all, it began to make more sense. Learning the acupuncture points was mostly rote memory, but understanding the system of medicine that allows one to select the appropriate points was a whole different matter.

Same Disease, Different Dog

Advances in the treatment of bacterial endocarditis were successful in helping Nepenthe, and I saved her from death, but she was still quite ill. The horror of having one of my own pets suffer from heart disease for the rest of her life filled me with dread. I tried to implement some of what I'd learned from Chinese Medicine.

Nepenthe would not let me do acupuncture. But, I was able to use food therapy and herbs to treat her. I watched on ultrasound as a half-inch mass on her heart valve shrunk down to almost nothing. Nepenthe lived a very happy life to 13 years of age, with a mild heart murmur, one medication, and the food she loved.

I told you this story because Nepenthe taught me that age is a number, and it shouldn't create expectations about how an animal's life should be. Can a 12-year-old dog do what it could at 6? Probably not. But they should be able to go for walks without pain, play for a bit every day, go on family outings, and enjoy life. This is what I want for you and your dog.

Out of the Bag and Into the Light

Teachers compared recipes to commonly used herbal formulas to illustrate the power of food. Even in the early classes, our teachers lectured on food as medicine. I took this to heart and incorporated different types of vegetables and culinary spices into my own diet.

In between classes, I looked for a human acupuncturist in my hometown of Charleston, South Carolina, to help with my health challenges. I tried several different acupuncturists until I found one that was able to help me. Once my pain relief became more consistent, I also began to exercise more.

The next class I took at the Chi Institute was the food therapy course. This course radically changed how I practiced veterinary medicine. When I started using food therapy, it felt like I stepped off of a precipice. Veterinary students were taught to feed out of the bag and the people that taught us nutrition were the folks that made the bags of food.

The reason it was so frightening to recommend my clients to cook real food and estimate the number of nutrients, as well as protein, carbohydrates, and fat in their pet's diet, was because I had spent the last 15 years telling people that this was bad for their pets and that they would create nutritional deficiencies and imbalances that could cause disease, death, and destruction.

This was the dogma that they taught us in vet school and one that I had expounded as a professional for the last 30 odd years. In truth, the way pets ate before we fed on the bag, and what we used to eat before bagged food existed, was whole foods.

People ate what they grew in their gardens or bought at the butcher shop, bakery, or from a farmer. We bought fresh whole meat, vegetables, butter, lard, and grains, and we turned them into wholesome meals.

What we didn't finish we fed to our pets, and often we made a base ration and added in the leftover meat from our meals. We added in the gristle, knucklebones, and bits and pieces that we didn't fancy eating at that time, which really wasn't very much, as well as some muscle meat.

The Chinese have a saying that you should not eat meat of all one color, meaning that you shouldn't eat just muscle meat. You should eat the organ meats as well. These are things like liver, spleen, sweetbreads, and brains. Most of us are horrified to think of eating those bits and pieces today, but in truth they do bring a type of nutrition to the table that we've lost.



The Original CrockPET Diet

Just as I began to develop a level of comfort with home cooking, and began to feed my own dog's home-cooked food, the first major pet food recall hit in 2006. It took a long time to figure out that the contaminant was wheat middlings contaminated with melamine, and for manufacturers to admit there was a problem, and start pulling their products off the market.

All of a sudden, nobody knew which brand of food to trust, or which type of food to trust.



1 in 6 dogs & cats who ate from 130 brands available,
died of complications.

Many people saw their pets sicken and die as a result of melamine-tainted processed wheat. All of a sudden my clients who previously thought I was out of my mind for suggesting they cook for their pets asked me for the recipe. People were walking in off the street to get [The Crockpet Recipe](#) because they had heard about it from their friends or neighbors.

Later, I would talk to people and ask what they fed now, and they would reply things like "we are still feeding that good stuff you recommended, and I got to say that my dog has never looked better," or " he quit scratching for the most part," and "she can get up and down more easily."

I also had guys make statements such as "Doc, she won't cook for me but she'll cook for the dog." (I usually tell those guys to just add salt to the dog food!)

As time went on, people continued to cook for their dogs and cats because the changes they saw were so dramatic. Others decided to go back to regular commercial foods, although they tended to go with more of the natural grain-free or low processed foods. I saw what a difference that food could make in their pets' lives, so even if they couldn't or wouldn't cook, they made choices to feed better quality food.

Since then, I've not had a prescription diet cross my doorway. We started carrying brands that I had previously scoffed at because my clients and I understood the importance of not eating processed food.

Practice What You Preach

I was feeling better and wanted to improve more, so I started looking for more help. I found an M.D. who practiced alternative and functional medicine and who integrated it into his family practice.

Through his intake questionnaire, I realized that not only did I have chronic neck pain, but also, the diarrhea I had experienced for the last 10 years probably meant I had inflammatory bowel disease. As I went further through the health questionnaire, I realized that many of my symptoms pointed to fibromyalgia.

Through specific blood and food allergy testing, I discovered that I also had adrenal fatigue, intestinal parasitism, leaky gut syndrome, as well as fibromyalgia, and the nerve compression associated with bulging disks.

It was overwhelming to receive so many diagnoses at one time. The treatment for all of these conditions in conventional medical practice typically involves heavy-duty pain medication, antidepressants, corticosteroids, and several other medications with unpleasant side effects.

My doctor's approach was simple, start treating leaky gut syndrome, which is responsible for many of the symptoms of fibromyalgia as well as inflammatory bowel disease, by using supplements and a rotation and an elimination diet to help calm down my immune system's overreaction to the food I was eating.

I also took several de-wormers and a prescription antifungal medication to treat the Candida yeast present in my intestines.

At one visit, I asked my doctor how long it would take before I felt better. He asked me how long I felt poorly, and I responded at least 5 to 7 years.

He said it's probably going to take six months to a year before you start to feel more normal. This was frustrating and overwhelming but I didn't see much of an alternative, so I stuck with the program.

Between the diet change, acupuncture, massage therapy, nutritional supplementation, and making lifestyle changes — including reducing my workload — I actually did begin to feel better over the following months.

If You Declare It, It Will Come

I completed the acupuncture certification program, and as I began to figure out how to incorporate it as a larger portion of my practice, I realized I wanted to leave the practice in North Charleston and live a much slower-paced life. Within days of that decision, I received a letter from a veterinarian interested in buying my practice.

Eight months later, we completed the sale and I walked out on the life I allowed to grind me into the dirt to begin a new one. I was fortunate to have enough funds to take six months off and rest. This was crucial to regaining my health. While resting, I thought about a more ideal way to practice veterinary medicine.

At first, I decided to buy a low scale/low overhead mobile office and practiced Traditional Chinese Veterinary Medicine from it. I treated animals with acupuncture, food therapy, supplements, and herbs. However, I grew frustrated with the number of patients that had not been worked up appropriately using conventional Western Medicine. Over time, I realized that I needed to open another office.

In February 2009, I opened Sun Dog Cat Moon (SDCM) Veterinary Clinic. It was a scary prospect; the market had crashed and the economy was in the toilet. No one was certain that they'd keep their jobs, the world was basically turned upside down.

The first year was very difficult. We were the new kids on the block on Johns Island in South Carolina, and my colleagues considered me the “voodoo doctor,” which they would later call me affectionately. People were skeptical of holistic medicine, integrative medicine, or any other word I could think of to describe it.

But we did have some early adopters who were grateful to have an alternative for their pets. Many of them had lived in different parts of the country where alternative veterinary medicine was a more normal way of life.

As we saw success with more pets, owners talked to their friends and word got around that my unconventional approach was working. My colleagues referred cases to me and saw their patients respond to my treatments. They had no clue as to why but noticed that it was indeed working, and so they continued to refer me, patients, directly.

The overwhelming message I got from many of my clients was that they were frustrated with the options that have been offered. They felt like they were only offered ‘Plan A’, and if they were unwilling or unable to pay for ‘Plan A’ (or allow ‘Plan A’ to be administered to their pet due to side effects or other concerns) — that there just was not a ‘Plan B’ available.

Meet Plan B

My frustration with a strictly Western Medical approach is that there's always the 'Standard of Care,' or what is deemed to be the best plan as far as modern medicine knows. What's often not discussed with the client is whether they can afford the best plan, or if they feel that it is not in the best interest of their pet to undergo the 'best plan.'

Caretakers are rarely offered options, or a Plan B that is not as intensive, invasive, or plainly might be a better plan to address root issues of a condition or disease.



In some instances, a Plan B often provides enough relief from suffering to give the pet owner an opportunity to research the animal's condition and decide on the next steps.

Veterinarians and doctors both dread hearing "I was doing some research on the Internet and..." But in truth we shouldn't dread it. What that tells us is that our client or patient desperately wants more information; even though they may be afraid of some of the answers they receive.

What it also tells us is that we have not been informing our clients fully on what their options are, the likely outcome, and what the outcomes will be with or without treatment. In many cases we truly don't know.

We can give statistics about the median lifespan of a dog with hemangiosarcoma (an awful form of cancer), with chemotherapy and without chemotherapy, with surgery or without it. Yet research in veterinary medicine is funded by drug companies for the most part, or limited to case reviews.

We lack a median survival time for a nine-year-old dog with osteoarthritis under treatment with just Rimadyl, versus if we incorporate Nutraceuticals, diet changes, weight-loss plans, and so on. Without research, we can't tell the client an estimated survival time. More importantly, the median survival time tells us absolutely nothing about the quality of life the pet is or isn't experiencing.

I can't tell you that I have answers to this question and others, but what I can tell you is that the Chinese have a saying that translates loosely as "one must make peace with one's difficult burden."

CHAPTER 4

THE HEALTH BENEFITS OF HOMEMADE PET FOOD

The health benefits of feeding pets The Original CrockPET Diet are many. Many clients have shared that after they made the switch to homemade pet food from raw, bagged or canned food, their pet's health improved.

After feeding our pets dry corn-based diets (which are energetically hot) for several decades, our cats and dogs have developed a host of diseases or imbalances such as diabetes, thyroid disorders, liver disease, heart disease, tooth and gum issues, and cancer.

Homemade pet food can resolve many of these issues.

In Traditional Chinese Medicine Food Therapy, diets are designed to help balance the system and prevent disease, as well as treat it. A particular food is considered to have an energetic (temperature) property, as well as a function. We use these properties to help design a diet that will allow optimal health. Chapter 6 will cover this in further detail.

Most dogs are absolutely delighted with homemade food and quickly trim down to a normal body weight. Because dogs are omnivores, they need to eat a combination of protein, vegetables, and carbohydrates from potatoes, rice, or whole grains.

The moisture in The Original CrockPET Diet makes digestion easier and leaves more nutritious fluids in the body to prevent or manage other issues. It is also a great way to control the quality of food your pet eats.

You may not be able to afford organic ingredients but you'll still have a much higher quality food than if you were using commercially produced foods. It can be personally tailored to fit your animal's specific needs. The diet is designed to cool pets down, as well as tonify Blood, Yin, and Qi.

In Traditional Chinese Medicine, Yin is the dark, female, cooling energy that moistens and cools the body. It's duality, Yang is bright, male, warming, drying. These are the fundamental principles of TCM, as well as being Bodily substances.

The five vital substances are Qi (pronounced Chi) which is energy derived from food (Gu Qi) from the Spleen transforming food to Gu Qi, or broken down from Jing stored in the kidneys to Yang, then to Qi. Qi moves the blood and the body. Blood is a nourishing substance that delivers Qi and nutrients to the tissues of the body and is made in the Liver.

Jing is Essence — the amount of life force you are born with (natal Jing). We can have varying amounts of it, and the only way to make more is to eat well, and in sufficient quantities. The Gu Qi derived from food is converted to Postnatal Jing, and stored in the Kidneys. (In Traditional Chinese Medicine, internal organs are capitalized to differentiate the energetic organ in TCM from the counterpart organ in physiology).

Weight Control

The Original CrockPET Diet is great for animals that need help with weight control because the vegetables in the recipes help make them feel full without adding excessive calories. Veggies like green beans are a great source of fiber which can help relieve chronic anal gland impaction issues.

Processed grains can cause inflammation, so I use whole grains in my recipe. If your pet has itchy skin or joint pain, you can experiment with removing proteins or starchy carbs (grains, potatoes, peas) to see if that helps alleviate symptoms. The Original CrockPET Diet is complete and balanced for all life stages according to standards set by The Association of American Feed Control Officials (AAFCO), as are most commercial pet foods.

If you feed a simple no-carb version of the diet, i.e. no rice, it will help speed up weight loss if your pet is obese. If your pet is lean, then add additional coconut oil to the food to help maintain its weight. For pets with cancer and other health issues, I have developed Keto recipes (high fat, extremely low carb).



Making the Change

When changing your pet's diet, it is important to gradually switch them to new food over the course of one to two weeks.

Cats can take a while to adapt to The Original CrockPET Diet. To make the transition easier, first, make sure your cat has converted from dry food to canned food. Patience is key, and you literally may be starting with 1 teaspoon per meal for several weeks until your cat starts to eat it.

Gradually, mix in more home-cooked food and less old food until they are only eating the diet. Because cats are carnivores, you can take out the simple carbohydrates and provide a diet higher in fat and protein.

It may seem daunting to cook for your pet, but it takes 15 minutes to prep, and then the slow cooker does the rest. The recipe is designed to fit in a 6- to 7-quart slow cooker. You can use a plug-in roaster oven to make triple the standard recipe amount for large or multiple pets. Other cooking options include Insta-pot, stovetop in a stockpot, or in the oven in a roasting pan. The Original CrockPET Diet keeps well for up to five days in the refrigerator. It can be frozen for six months at a time.

To help avoid issues with intestinal permeability, or leaky gut syndrome, I recommend rotating the proteins, oils & carbohydrates. Choose a cooling protein, especially if you live in a warm climate, like turkey, pork, or beef, and use three pounds of one protein per batch.

For dogs, I generally recommend starting with 1 ½ cups each of kale and cabbage from the Brassica vegetable category. Butternut squash or acorn squash in the other vegetable category helps transition the pickiest eater onto home-cooked food.

A Note on Essential Supplements

Any homemade pet food needs proper multivitamin and calcium supplementation to maintain health.

For dogs and cats, a general multivitamin supplement like Holistic Total Body Support (add link) should be added to provide balanced nutrition. My multivitamin provides enough taurine for cats as well as glandular therapy to support the internal organs and provide the raw materials they need to repair and thrive. There will be more info on supplements in Chapter 11.



CHAPTER 5

A BRIEF HISTORY OF PET FOOD

When I was studying nutrition in veterinary school, pet food history was squeezed in. It seemed to me that on the large animal side, more attention was paid to trace minerals and other micronutrients than on the small animal side.

Most of what I learned then, I have to say, is gone. This was in the late 80s, at a time when there was an epidemic of dilative cardiomyopathy, a serious and often fatal heart disease in cats, simply because one pet food manufacturer had not put a sufficient amount of taurine into the diet.

This was the first major pet food blunder that most people were aware of. In the late 70s, when you popped open a can of Alpo, you were likely to see nasty bits like chunks of arteries and other scary looking bits of offal. Alpo prided itself on being real meat.

Unfortunately, this was probably also the last time (until recent years) that pet food was relatively appropriate for the species.

How Did We Get to Where We Are Now with Pet Nutrition?

When I can't find an answer in the veterinary literature, I look to the human side. Early nutrition information from the USDA indicates that children should eat mostly milk and grains. This dates back as far as the 1930s.

The first official food guidelines were issued during World War II to help people understand what they should consume based on their limited resources. Food rationing was going on during the war, and so it was important for people to make good choices in order to keep their nutrition balanced.

Between the '70s and the early '90s, researchers looked at the link between high cholesterol and heart disease, and decided that high cholesterol causes heart disease, and that you got high cholesterol by eating too much fat. (By the way, the Sugar board paid for the study.) So a new food pyramid came out. Grains, bread and cereals became the recommended staple of the American diet.

During this period of time, and continuing into present-day, obesity increased in epidemic proportions. Along with our weight gain, chronic diseases that the food pyramid was intended to decrease, like heart disease, diabetes, stroke, took off like wildfire. The current food guidelines greatly reduce the recommended amount of grains, and increase the amount of vegetables and fruit to be consumed.



Most people don't realize that commercial pet food dates back to the mid-1800s in England. In the 1870s, the operation was moved to the United States, and from there, dog shows began to spring up. Dog shows were the method to market this new concept of commercial food.

From here, canned food for pets began to take off in the 1900s. Canned dog and cat food, largely made from horse meat, became very popular. It was also a means to dispose of dead horses. Many of the major food manufacturers we are familiar with today viewed pet food as a way to dispose of leftovers from the food manufacturing process.

Dry kibble took off during World War II, though the explanations for the boom are varied. Some sources cite the tin shortage, which made canning foods too expensive for pet food. Other stories indicate that Mark Morris, the founder of Hills Pet Foods, developed a new diet amid concerns the government was going to euthanize pets en masse due to the food shortages. Morris developed a diet (to be used for emergency purposes only) comprised of finely ground corn, beaks, and feathers of poultry to supply some protein. Regardless of the reason, dry foods became the primary way to feed pets.

There was a brief period in the mid-'40s when dehydrated pet foods were commonly available. In the late '50s, major manufacturers such as Purina, Gaines, Kennel Ration, and others began to use an extruded method to produce the kibble food we think of as pet food today.

Clearly, the best interest of pets was never at the heart of this process. Pet foods have always been regarded by manufacturers as a way to dispose of unusable foodstuffs in human food. As well as food that may be spoiled, rotten, and otherwise indigestible.

The idea that feeding home-cooked foods would result in a nutritionally incomplete diet began in the late '60s and was promoted by the American Veterinary Medical Association. The American Veterinary Medical Association helped dog food manufacturers promote the idea that adding table scraps was dangerous and would compromise pets' health.

Until 1974, the National Research Council (NRC) determined what nutrients and levels were recommended for pet foods to sustain maximal health. At that point, the American Association of Feed Control Officials (AAFCO) was formed.

They determined that nutritional levels could be determined some by simple chemical analysis, arguing that long-term feeding trials to determine the effect of these levels were unnecessary.

AAFCO was incidentally formed by the major pet food manufacturers, essentially leaving no independent organization to police their manufacturing policies.

In 1985, the NRC developed protein guidelines based on 10 amino acids rather than raw percentages. Food was tested after it was processed to assure customers that they were feeding their pets a balanced and nutritionally available diet. The NRC also recommended that pet foods be labeled based on 1,000 kcal units so that a consumer could easily compare one food to another.

The pet food manufacturers (AAFCO) were not pleased and still have not implemented these guidelines. Because many of the foods they produce are not easily digestible, they are not bioavailable, which means that the percentage of protein listed on the bag may be indigestible.

As premium dog foods added options for various life stages and different breeds, the consumer was more and more convinced that pet nutrition was well beyond their grasp. However, in the late '80s and '90s, people began to look at the labels on the bags of pet food and wonder if all those ingredients they couldn't pronounce were actually good for their pets.

Consumer pressure prompted pet food manufacturers to remove many chemical preservatives and created a demand for foods that use only whole meat products rather than unidentifiable meal digests or meat byproducts.

Unfortunately, most manufactured pet food is still made up of mostly grains, fillers, fibers, and grain byproducts. What our pets are eating largely mirrors our own diets, one based on highly processed grains.

In recent years, human nutrition has shifted away from vilifying fat and recognized that the studies that sent us into a nationwide high-carb diet were flat out wrong. The cholesterol content of foods has been removed from food labels, with the understanding that the amount of fat we consume does not increase blood cholesterol. However, high sugar and processed food consumption, and levels of inflammation do and are now listed on food labels.

We currently have these paradigms for feeding pets: commercial dry and canned foods, “fresh” foods in refrigerated sections, fresh frozen foods shipped from a company, raw food, (both commercial and homemade), and home-cooked diets. Like many things in life, people have become rather dogmatic, if you’ll pardon the pun, about dog food. Cat food has fewer debates largely because cats are cats and often don’t agree about what food is best for them.

Cats are one of the few species that stress eat and often are covert sugar junkies due to the amount of sugar hidden in most commercial foods. Because pet eating habits don’t always reflect what’s best for them, the following section reveals how and why to give your pet a more healthful alternative.

NOT JUST ANY HUMAN DIET

About six months prior to the major pet food recall in 2007, I started home cooking for my pets and found that not only had my pets not died horrible deaths, but they also started to look healthier. I began handing out the same recipe to my clients about two months prior to the recall.

When the recall hit, almost every brand was affected and people were spooked by processed food. My office had people walking in to get copies of my recipe because they did not know what else to do.

As time went on, I used nutrition as an integral part of healing myself, I began to understand what foods made big impacts on how I felt, and began applying those concepts to pets. Along the way I researched what led us to the current state of pet food, and because those answers were not clear, I looked at the evolution of what is considered to be good nutrition for us.



INSIGHT FROM THE ORIGINAL DIET

Homo Sapiens appeared on the planet about 50,000 years ago, when Homo neanderthalensis was in its heyday and fire was a recent discovery. Cooking is cited as what helped develop our massive brains, as it makes nutrients more easily digestible.

Interestingly, the dog, Canis Familiaris, showed up about the time that the Neanderthal disappeared. The DNA of the dog is different from that of the wolf despite evolving from the same progenitor species. Recent research shows the team of man and dog was instrumental in the demise of the Neanderthal. In other words, dogs evolved with us.

Dogs ate our garbage at first, then our leftovers, and then what we made for them. We had been cooking for 20,000 years so the dog most likely evolved eating cooked foods, not raw ones. Agriculture wasn't developed until 10,000 years ago, so the grains we were baking with were foraged and very different than the ones we have today. Plus, how processed could grains have been when using grinding stones? Our diets still required a great deal of foraging and hunting. Between us and the dogs, you can bet every bit of the animal was eaten then. A large part of our calories had to have come from fat, as it is so calorically dense.

The cat, on the other hand, was and is an obligate carnivore. This means that they must eat meat to get the required amino acids to run the body. Cats remained more aloof to humans until the advent of agriculture and food storage. We found cats helpful in keeping mice and other pests under control when we started storing grains and other food. Mice and cream are what cats found us humans useful for – protein and fat.

Our feeding arrangements remained the same throughout time. The dog's diet, however, changed as ours did. The cat's diet changed more slowly. As we went from eating a diet that was heavily weighted toward fat to one where carbohydrates predominated, several things began to happen. Humans began developing obesity, diabetes, heart and cardiovascular disease, arthritis, respiratory disease, gastrointestinal disease, and cancer in unprecedented numbers. Lo and behold, the same thing began happening with dogs. As cat food made the shift to high carbohydrate, cats developed the same litany of woes.

I've often said that the bag of food was the worst thing we ever did to cats, but in truth, converting cats to glucose burners from fat burners is the worst thing we've done. Between these two dietary changes, we created an obesity epidemic to rival our own, as well as high rates of diabetes, cancer, and urinary tract disease. This was a reflection of sourcing pet foods from the least expensive foods, like wheat byproducts, which caused the 2007 recall. The backlash to that mindset was assuming that super-premium dog foods were healthier.

These super-premium foods purport to use higher quality ingredients and to be nutritionally appropriate for the species they serve. Unfortunately, most foods, even the grain-free ones, are still very high in carbohydrates. Often 65% or more of the diet is made up of carbs, even for cats.

Since 2007, most pet food recalls have been due to salmonella bacterial contamination. The FDA has been watching pet food closely for salmonella contamination because it has caused a great deal of sickness in people feeding their pets. The level of concern is so great, that the FDA has advised washing your hands after feeding pets to avoid contracting the disease.

Salmonella is a bacteria that causes severe gastrointestinal disease including diarrhea, vomiting, and abdominal cramping. It is contagious to most mammals. Salmonella can spread from improper handling of the food source, unclean processing equipment, or from a worker not following personal sanitation rules.

Other recalls include contamination of pet food with excess vitamin D, plastic, metal shards, mice, and ingredients that might cause allergies. This is a good example of why allergy food trials for pets often fail — many respected brands that claim to have a single protein often have contamination from common allergens like beef and chicken.

What Does This All Mean?

All this information leads me to conclude that our food chain is compromised. We can't trust that our own food is safe, let alone the less-regulated food for our pets. Our heavy reliance on processed and precooked foods has altered our health and that of our pets. The upside of this awareness is that many people turn to more locally produced food, natural or organic food.

In doing this, we not only reduce the number of miles our food travels, and the chances of contamination with bacteria and other things that are not supposed to be present. When my clients ask me for recommendations of commercial foods, I have a great deal of difficulty making one. Every brand of food that I had thought was trustworthy has had at least one recall in the last three to five years.

Ingredients change often and I hear from clients when their pet suddenly starts getting sick from their food. My suggestion is to read dogfoodadvisor.com for research. If you use commercial food, choose those with limited ingredients and switch brands and proteins often. To prevent spoiling, buy small bags that your pet will consume in 10 days to two weeks. Feed your pets mostly canned food, especially for cats.

Refrigerated foods in chubs are likely a good idea, but often include gums like xanthan or carrageenan to hold their shape. These food-based binders may cause inflammation and gut function to worsen.

Most conventional veterinarians are against raw food because we have been told by the pet food companies that bacterial contamination runs rampant. Many raw food feeders believe that dogs do not get salmonella if they eat raw food because their GI tracts kill all the bugs. Neither of these ideas is true.

I don't think raw food is a good answer, except for cats perhaps, who often will not eat it. Raw food is promoted as the ancestral diet for dogs, and I have seen it help many pets overcome health issues. However, I've seen many more pets with health issues on raw food return to health on home-cooked diets. Raw foods have had recalls due to salmonella and other bacteria, and I have seen a few pets be sickened from raw food that was handled unsafely. That said, the vast majority of food sickness I see is from commercial dry food.

While many people believe raw food is the ancestral diet for dogs, it's been over 50,000 years since humans and canids existed on raw food. Our ancestors and their dogs have eaten a cooked diet ever since we discovered fire. Dogs evolved with us over the last 30,000 years, and both *Homo sapiens* and *Canidae* evolved to be omnivores. Pets have been eating our cooked leftovers all that time.

I also look at this from the issue of sustainability. Our meat animal production is strained, using intensive resources like grains, water, and fuel, not to mention the inhumane practices of growing and slaughtering these animals.

Plus the effect of food animal production on the environment is profound. Cows are the Number one source of greenhouse gasses. Waste from these animals contaminates the water supply. When there are tons of articles about eating plant-based protein and insects, and companies springing up with insect protein powders, change is in the wind.

Home Cooking

As you might have guessed by now, home-cooked foods are my preference. There was a study published a few years ago by veterinary nutritionists saying that out of 200 recipes available on the web, only seven were complete and balanced. I believe that is true, but does hamburger, rice, whole wheat bread, and a multivitamin sound complete and balanced to you?

Those ingredients are often the basis for the veterinary recommended alternatives to prescription diets that are complete and balanced. I think this is a backlash against homespun nutrition ideas that developed in the void after the pet food recall.

Feeding home-cooked foods allow you to tailor a diet to the needs of your pet. Yes, it generally requires that you give a multivitamin, but it is truly a complete and balanced diet, even with the variations in the ingredients between batches. Vitamins are necessary these days because conventionally farmed foods are grown in nutrient-depleted soils and are unable to give us all we need.

CHAPTER 6

WHY YOU SHOULD FEED YOUR PET THE ORIGINAL CROCKPET DIET

There are multiple reasons to cook for your pet. The most important is that you know exactly what your pet eats.

Pet owners were suspicious of pet foods after 2007 recalls and rightfully so. Many people began looking to home-cooked foods and premium pet foods for safety because they felt those brands could be trusted.

Several brands are manufactured at one plant and if there are problems there, the whole group of products becomes tainted. Another major recall in May 2012 was due to contamination of food with salmonella, sickening both dogs and their owners. The root cause of these widespread recalls have not been resolved and smaller brands are not immune to recalls either. In fact, pet food recalls occur frequent enough that there are entire websites dedicated to tracking and alerting you to them.

In a recent article in the Journal of Animal Physiology and Nutrition, the authors tested common dog food for allergens of soy, beef, and poultry. They found all of these potential allergens in many high end venison-based foods which were supposed to be limited-ingredient formulas.

The Original CrockPET Diet is not just cooking for your pet, but also a way to use the principles of a Traditional Chinese Herbal formula as the basis of your pet's health. The standard recipe is written for the issues I see most commonly; hot, blood-deficient pets. It is also intended to help prevent cancer and other chronic diseases.

While this base recipe is a huge step up in nutritional quality, I can help you adapt the diet to fit your pet's specific needs and health issues with a video consultation. I do this by reviewing an extensive form you've filled out looking at your concerns and your view of your pet's health, your pet's constitutional element in Chinese Medicine, physical issues, medical records, lab results, x rays, and any other relevant information.

Find out more about that here.



The 5 Elements

One of the more confusing aspects of Traditional Chinese Veterinary Medicine is that a dog, or person, or cat, can be one element, but have health problems in another element. For instance, a dog may have a Fire personality, and as he gets older develops arthritis, a Kidney (organ associated with Water element) problem.

The relationship is that the Water element is responsible for controlling the Fire element so it doesn't burn out of control. If Fire is not well managed over life, then the Water element is overtaxed, and thus issues develop with the bones and joints, hearing kidney disease, and incontinence. These are all functions controlled by the Kidney.

This is why it is important to understand what element your pet is, so we can both support and control it's element, Hopefully preventing disease later in life.

When referring to the physiologic organ, it is usually in lower case, but when referring to the organ in Traditional Chinese Veterinary Medicine it is capitalized.

The Earth Element



The Earth Animal is exemplified by the jolly Labrador who has an insatiable appetite, and who tends to be overweight as a result. Earth animals are eager to please, loyal, obedient, and very sensitive to their human companions' moods and stress levels. The Earth Animal loves to take it easy and is the proverbial "couch potato." If too stressed, this animal often develops vomiting and diarrhea.

The earth's organ is the Spleen (pancreas), and Stomach. These two organs are responsible for receiving and processing the food eaten into Gu Qi (food energy). From there Gu Qi is transformed into the protective immune system, Qi that propels the body forward. Finally, if the diet is good, and there is Gu Qi leftover, into postnatal Jing (essence). This last part is particularly important as postnatal Jing is what extends our quality and quantity of life. It is important that the Spleen is happy, otherwise, the other organs suffer.

To help promote health for the Earth Animal, it is very important that dampness and cold are avoided. Warming foods that are drying in nature, served at a warm temperature are imperative to support the spleen. Excellent foods for the Earth animal are chicken, beef, lamb, herring, mackerel, green beans, squash, carrots, turnips, sweet potatoes, White potatoes, oatmeal, and rice in small quantities, especially for overweight animals.

Damp-draining foods like kidney beans, mushrooms, dry mustard, and dry ginger are also helpful. Avoid lots of fatty foods and dairy as they engender damp. A moderate amount of exercise daily, with two to three days of heavy exercise, keeps the spleen from becoming stagnant and accumulating damp phlegm. Additionally, it is important to have some time of the day to sit quietly with your earth pet so that her mind can be calmed; essentially a meditation.

The Fire Element



The Fire Animal is the most outgoing pet you will ever see. These guys are the life of the party and believe everyone should stop and talk to them, and bask in their glory and beauty. When mom or dad is away, the fire animal is often anxious, hyperactive, barking, and sometimes destructive. When their people come home, they are greeted as if they have been gone for weeks. The Fire Animal also tends to dream and cry in her sleep and is sensitive to overheating. Problems later in life often include heart issues, circulatory issues, and worsening separation anxiety.

The Fire element's main organ is the Heart, but the Pericardium that physically protects the heart serves as an emotional buffer as well. The small intestine is the husband organ for the heart, hence poor digestion for those that are hyped up all the time. The Shen, or mind, is housed in the heart, so if there is too much heat in the heart or too much heat from the liver, the Shen goes up and wanders around, doing things it shouldn't, and causing reactions to a situation or environment that are not useful to the animal.

In general, focusing on cooling the Fire animal is very important. Beef, turkey, white fish, duck, and rabbit are good proteins. Cooling green leafy vegetables, celery, asparagus, as well as millet and barley are excellent. Providing a calming environment, and regular (but not full-bore) exercise are important. Your pet may want harder exercise but that can overheat Fire Animals.

The Metal Constitution



The Metal Animal tends to be more aloof and removed from the action. They are not fearful but don't want to engage in group activities. They are pensive animals and tend to be very smart and figure things out well. Metal Animals like to have a schedule and follow the rules of the house, but don't want to set rules or enforce them. They are disciplined and will complete tasks they take up with gusto. They have a symmetrical body and an excellent hair-coat in good health. When they are not well they tend to have a very dry hair-coat.

These pets tend to have a harder time dealing with grief and sadness and take longer to go through the grief process. They also tend to have chronic respiratory issues, like sniffles, asthma, and bronchitis. They also tend to constipation as the Large Intestine is the husband to the Lung. Allergies are a big issue, especially if the metal is out of balance, and the Wei Qi or defensive Qi (Immune system) is deficient. This means that the Immune system is not functioning as well as it should, and allergens can penetrate the skin and intestines.

Both the Lung and the Large Intestine are sensitive to drying out, and getting cold and as a result, these pets need to eat moistening foods like pork, duck, and greens, as well as blood tonics like beef, sardines and brown rice, and Qi/ Yang Tonics like lamb, chicken, white rice, and cinnamon. To promote health, add tofu, cabbage, corn, figs, honey, and garlic.

Provide a diet that is home-cooked to maximize moisture, and during the heating and cooling seasons, consider using a humidifier periodically to help prevent drying out too much. Gentle exercise, like walking or a light run, is perfect for Metal animals, as is quiet meditation to help center the mind away from thoughts of sadness and grief.

The Water Element



The Water Animal in balance is careful, curious, meditative, slow, consistent, and self-reliant. Out of balance they are fearful, hide from strangers, and may snap if they are hiding under something and someone pulls them out. They are often classified as “fear biters” at the veterinary office, but would never bite at home unless cornered. Left to their own devices, they will carefully observe a situation and then interact. While these pets are loving, they are not the type to fall all over themselves to shower you with attention.

Water Animals often have rear-ended weakness or pain, urinary tract issues, and are often deaf. The Kidney and Urinary Bladder are associated with the Water element, and we often see the infection in either of these western organs or kidney failure as the animal ages. The Kidneys also store Jing or Essence and provide the Yuan or Source Qi that powers the body.

Keeping the Kidney cool and moist is important to support the Water Element. Offering whole wheat, millet, brown rice, any type of bean, peas, sweet potatoes, spinach, asparagus, beets, and celery are helpful. Proteins like rabbit, pork, eggs, dairy, and white fish are good.

The Wood Element



The Wood Animal is the general in the house. He wants to make sure things are done on time and in the right order, and that everyone is acting properly. Out of balance, the Wood Animal will snap or scratch if they do not want to do what is being asked of them.

They may pick fights with other animals, and they tend to growl especially around food or other important resources or even their person if they feel another animal is attempting to horn in. At their best, Wood Animals are great leaders and make sure their “soldiers” are taken care of. At their worst, they make snap judgments that may result in serious injury.



Wood animals tend to have issues with ear infections, eye issues, and skin issues between the toes, groin, and armpits. Often they will have Liver or Gallbladder disease, as these two organs are associated with the Wood element.

Because the Liver is considered to store the blood in Traditional Chinese Veterinary Medicine, blood diseases like autoimmune hemolytic anemia are associated with the liver out of balance. Blood deficiency (in the sense of a nutritive fluid) causes dry skin, hair, itchy skin, and premature graying.



Later in life blood stagnation tumors like osteosarcoma, hemangiosarcoma, and fibrosarcoma may develop. Stiffness, joint problems, and seizures are also associated with an out-of-balance Liver.

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What to Expect

This diet is a long-term strategy for health and the changes may take several weeks to months before you note a difference. However, many people say they see progress earlier, when their pet's coat becomes shinier and silkier within one to two weeks.

Pets will often lose about 3%-5% body weight as they dump the water they retain from dry foods. Pets' water consumption often decreases and the stool volume often decreases as well.

Additionally, The Original CrockPET Diet has been reviewed by a Board Certified Veterinary Nutritionist, who found it to be a balanced and complete diet with specific supplementation, for both dogs and cats.

The most spectacular thing is how much the pets love this food!

Most dogs (and some cats) dance for their meals, and many dogs stare at the crockpot for hours until the food is ready. Pet owners have dogs and cats that loathe eating, but once fed The Original CrockPET Diet, start polishing off their bowls in record time.

Best of all, you, the pet owner can control exactly what the pet eats and see what ingredients work best for them. Also, there is the opportunity to be better at rotating the protein so the immune system in the intestines doesn't see the same ingredient day after day.

The daily barrage of antigens for a pet with leaky gut syndrome often turns that ingredient into an antigen to be attacked. Stopping this process is important because we can reduce inflammation and autoimmune disease.

Most people who face health challenges, or who are interested in living the healthiest lives they can. Understand that the foundation of good health is a healthy diet.

As I like to say, your pet's best health begins in the bowl.



CHAPTER 7

COOKING THE ORIGINAL CROCKPET DIET FOR DOGS

After feeding our pets dry corn-based diets (which are energetically hot) for several decades, they have developed a host of diseases or imbalances like diabetes, thyroid disorders, liver disease, heart disease, tooth and gum issues, and cancer. Homemade pet food can improve or resolve many of these issues.

In Traditional Chinese Medicine Food Therapy, diets are designed to help balance the system and prevent disease, as well as treat it. A particular food is considered to have an energetic (temperature) property, as well as a function. I used these properties to help design a diet that will allow optimal health.

Since many of my patients are in chronic disease states aggravated by leaky gut syndrome (bacterial imbalance leads to inflammation of the membranes of the intestine), I started researching the health benefits and importance of food rotation.

By rotating the ingredients in your pet's diet you may discover food sensitivities that you were previously unaware of, in addition to preventing the development of new food sensitivities. Therefore, I recommend rotating all of the ingredients for each batch, including the proteins, vegetables both in the Brassica species and remaining vegetable categories, as well as the carbohydrate sources.

PROTEINS

Since the majority of my patients live in a hot and humid climate, I tend to focus on incorporating a diet consisting of “cooling” proteins. These include the less expensive options of turkey breast, pork shoulder, and beef, but duck and whitefish can also be used. I try to avoid ground products in general because they are most likely to contain pink slime (exactly as gross as it sounds) and have a lower protein content.

Chuck roast is an inexpensive cut of beef that you can purchase in place of ground beef. If you have a butcher that can grind meats for you, this is a great option.

If you can afford grass-fed or pasture-raised meats, these are best as the omega-3 to omega-6 ratio is normal and anti-inflammatory. In conventional corn fed meats, the omega-6 ratio is much higher, and this is pro-inflammatory. Also, grass-fed meats generally aren't contaminated with antibiotics or growth hormones.

If you can't afford these cleaner meats, then feed the leanest cut possible. Examples include beef cuts like London broil, pork tenderloin, or boneless skinless chicken. Fat tends to store all the antibiotics, hormones, and other substances we are trying to avoid, and remove the excess omega-6 fatty acid.

Organ meats can be used to support specific organs (Heart, Liver, Kidneys) but should be less than 5 to 10% of the total protein amount, or about 2.5 to 5 ounces.

VEGETABLES AND CARBOHYDRATES

Brassica vegetables

I generally recommend 1 ½ cup of both kale and cabbage for the first batch. This helps to introduce the dog's digestive system to increased vegetable fiber and prevent discomfort from gas. These vegetables are listed separately for their phytonutrients, vitamins, and fiber.

Other vegetables

I encourage you to use what is locally available and in season. These can include zucchini, green beans, squash, pumpkin, and whatever else is available at your local farmer's market.

Carbohydrates

(Note: this is for dogs only, carbs are never appropriate for cats.) I prefer to start with those that are cooling in nature, which includes rice, white rice, millet, barley, quinoa, and white or sweet potatoes. Try to use organic if possible, and sadly brown rice is more highly contaminated with arsenic than white rice. If you are trying to move your dog to a keto diet, carbohydrates like these are completely removed. One note about Rice. A few years ago, it was reported that rice is contaminated with arsenic, and Brown rice more so than white rice. However, you can use this [technique](#)



HEALTHY FATS AND CALCIUM

Healthy fats

Healthy fats include coconut oil, grapeseed oil, avocado oil, olive oil, and fat from grass-fed or pasture-raised animals. When using vegetable oils, add them after the food has been cooked, and has been allowed to cool. This will help prevent the destruction of the healthful benefits provided by these fats. Just like everything else in the Original CrockPet Diet, rotate the fats between batches. This way it will help prevent any sensitivities developing to the fats.

Fats have been vilified, but are absolutely essential for healthy new cells to develop. The cell walls are made completely out of fat, and the brain and nervous system is also composed of over 70% fat. Many healthy fats are actually anti-inflammatory, help make you feel full so that you don't overeat, and are often associated with weight loss. Coconut oil is high in medium-chain triglycerides, which is a fuel source that your brain can use rapidly, as well as being the fuel source for the good bacteria in the gut. For pets that have had pancreatitis, or breeds that are predisposed to it, coconut oil should be used sparingly, or not at all.

Calcium

It is extremely important to make sure that you use calcium at the required amount listed in the recipe. If you want to make a smaller trial batch, use 666 mg calcium per pound of protein. The calcium provides the proper balance so that the bones and joints stay strong. Calcium citrate is a good choice. Any plain human calcium supplement without Vitamin D is also an acceptable choice.

THE COMPLETE CROCKPET STARTER KIT *For Cats & Dogs*



HOLISTIC TOTAL BODY SUPPORT

Iodized salt

This is also extremely important to use as we are using the iodine provided in the salt to supply this necessary nutrient. Because most iodized salt contains anti-caking agents, and almost all sea salt is now contaminated with plastic, many people have opted to use seaweed as a source of iodine. To do this, add 1/4 teaspoon of kelp or similar seaweed to each batch, as well as 1 teaspoon of mined salt such as Redmond's Real Salt.

A multivitamin

They are needed to keep the diet complete and balance out the food completely. I recommend using my own [Holistic Total Body Support for Cats & Dogs](#) or other high-quality pet vitamins. Holistic Total Body Support Contains glandular products that help support the endocrine system and supplies the raw materials for the internal organs to function optimally. I've seen this supplement take a 14-year-old golden retriever and return it to the level of activity, comfort, and function he enjoyed at 10 years old.

The owner didn't make any diet changes to start with, but after seeing how much better her Goldie felt, they started making The Original CrockPet Diet for her, and the results were spectacular!



HOW IT'S MADE:

TOCPD BEEF: TOP ROUND STEAK RECIPE

Ingredients:

- 3 lb Beef, Top Round Steak,
- Raw, Separable Lean & Fat,
- Trimmed to 1/8" Fat
- 8 tbsp olive oil
- 2 cups broccoli
- 2 cups Yellow Squash
- 2 cups Green Beans
- 1 cup Pinto Beans
- 4 large Carrots
- 1 tsp dried turmeric
- 1 tsp Dried Mustard
- 1 clove raw Garlic
- 3 tbsp + 1 tsp Calcium Citrate
- 1 tsp Sea Salt or Redmon's
- real salt
- 3 scoops Now Kelp Powder

Note:

- Higher Oil amount to offset low-fat top round
- Practice safe food handling techniques including washing of hands before and after handling raw meat. After cutting raw meats, wash all surfaces with hot, soapy water.
- We recommend pre-portioning and freezing any extra food you don't plan to feed after 5 days. Frozen food is best offered up to 3 months after freezing for optimal nutrition.
- All nuts, seeds, grains, tablet-based supplements, and products used in this recipe should be coarsely chopped for better digestibility, bioavailability, and distribution. A food processor works great for this step, or use a potato masher to provide a chunkier texture.
- Fine powder supplements and oils should be thoroughly mixed into the recipe.
- Capsule/Perle ingredients may be opened for better distribution.
- Fish oils or other sources of omega 3 fatty acids should be added at the time of feeding.

What you will need to do:

- **Combine all the ingredients except the grain together in the slow cooker.** Start with the hard stuff on the bottom and work up to the leafy greens on top. They may not all fit in to start but should cook down to allow them all to fit in a couple of hours.
- **Add 4 cups of water if you are adding a grain source or 2 cups of water if you are using potatoes or going carbohydrate-free.** If you are going carb-free, add an additional 6 tablespoons of coconut oil to help prevent weight loss from being too rapid.
- **Let cook for 8 hours on Low or at 275°.** If using an uncooked grain, add it during the last 3 hours of cooking or cook separately on the stove and leave out 2 cups of water from the batch. Turn off the slow cooker, and let cool to room temperature.
- **Keep no more than 5 days worth of food in the refrigerator at one time to prevent spoiling.** You can either portion food into individual meal portions or one container you scoop each meal out of. Any excess food should be frozen and later defrosted as needed. Allow 1-2 days to defrost in the refrigerator, depending on container size.
- Before serving it is recommended to add some warm water to take the chill off of the food. It's best not to heat in the microwave. After the food has been warmed, mix in any herbs and supplements you want to include in the meal. Always check the temperature of the food before serving to your pet.



[Get access to Beef, Pork, Turkey, Keto & many more recipes here](#)

If your pet is overweight, start on the lower end of the recommended volume. If your pet is thin or active, feed on the higher end. Adjust the amount fed based on how your pet responds. If it's losing too much weight, increase the volume of food. To help maintain body weight, add additional oil or starch to each meal in addition to what's already in the recipe. If adding oil, start with $\frac{1}{4}$ teaspoon for smaller pets, working up to 1 tsp per meal. For larger pets, start with $\frac{1}{2}$ tsp and work toward 1 tablespoon. For starches, start with a kitchen spoonful and add until your pet's weight is stable. Often pets eat a lot more than they had been because their bodies have been so starved for nutrition, and it helps their metabolism turn back on.

Always change food gradually, mixing in 50% of the old food with 50% of the new food and phasing out the old food over 1 to 2 weeks. If your pet has had digestive issues in the past, use the two-week process.

I've made a [chart of foods](#) that will help you adjust your pet's body temperature. If you live in a humid, hot area, your pet will need to be cooled down. If you live in an area where winter is very long, and the temperatures are generally cooler, then you may need to use more warming foods. Puppies and kittens grow rapidly and benefit from more warming foods to help fuel that growth. Only use small amounts of fruits to prevent overloading your pet with sugar.

HELPFUL HINTS:

PROTEINS:

Fish

If choosing fish as a protein source, use about 3 ½ pounds to get equal amounts of protein and an extra tablespoon of coconut oil to bring up the fat content. Check this site for the [best and most sustainable fish options](#). Do not add fish to the main batch; let the rest of the food cook first and then mix the fish in, letting the heat in the food cook the fish. Cooking fish in a slow cooker tends to produce a fairly rank odor, and because fish cooks so quickly, any overcooking will destroy some of the nutritional value.

How much should I feed?

I recommend starting at the current volume you are feeding and adjusting the volume fed based on weight gain or loss. If your pet is overweight, reduce your current volume fed by 25%.

Some general feeding guidelines are:

- 1/8 - 1/4 cup (twice a day) for dogs under 10 pounds of lean body weight
- 1/2 to 1 cup (twice a day) for up to 50 pounds
- 1 to 1.5 cups (twice a day) greater than 50 pounds

VEGETABLES:

In general, most green vegetables are cooling in nature. Red, orange, and yellow-fleshed vegetables are more warming.

The Brassica species of vegetables include kale, collards, cabbage, Brussel sprouts, broccoli, cauliflower, turnips, mustard greens, rutabaga, kohlrabi. Rotate 1-2 per batch.

Other vegetables commonly used include spinach, chard, yellow summer squash, zucchini, green beans, winter squashes, butternut squash, pumpkin, tomatoes, eggplant, okra, and other seasonal veggies. Rotate 1-2 per batch.



PREPARING AND STORING MULTIPLE BATCHES:

You can make multiple batches at a time for your convenience or to feed multiple and/or large active dogs.

Roaster ovens

Roasters will hold three dog batches at a time. You can freeze in resealable bags or containers which are perfect for scooping out the food in measuring cups and placing it into an individual pet's bowls. Freeze about five days' worth of food at a time and make sure to keep rotating. For example, by using a roaster oven, it is possible to make a month's worth of food for two large dogs in three triple batches (as long as you have the freezer space).

Instapot

Use the Meat/Stew setting, which automatically sets the time at 35 minutes and let it do a natural release. You may need to cook starch on the side if space is limited. Cooking dried beans in this setting will work as well.

Pressure Cooker

Cook these ingredients for one-and-a-half hours over medium heat.

Stove top

Combine ingredients in a stockpot over Med-Low heat for 3-4 hours.

Roaster

Cook ingredients in an oven at 300 degrees for 6 hours.

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PREPARING AND STORING MULTIPLE BATCHES:

Traveling

To make traveling with The Original CrockPET Diet easier, you can freeze individual meals by using either a muffin pan or a silicone loaf pan. Put the normal volume amount that you would feed your pet at each meal into the individual sections. Freeze until solid (approximately 2 hours). Then pop the individually frozen meals into a bag, or other containers that will keep them from getting freezer burnt. Consider reusable silicone food bags to freeze in five-day lots.

Treats

I recommend using either pieces of whole foods such as carrots, green beans, kidney beans, almonds and apples. Sardines make exceptionally tasty treats for most dogs. There are dehydrated proteins available as commercial treats.

Beef liver is the most common but you can use pork, fish (salmon or cod), and turkey as well. Make sure that all the treats you purchase are manufactured in the United States. You can also make your own treats by thinly slicing the protein, placing it on parchment paper or a cookie sheet, and baking in the oven at 250 degrees for 2 to 4 hours. Home dehydrators are also useful.

Avoiding Toxicities

Grapes, garlic, onions, and chocolate can cause toxicities for pets, but their toxicity is related to the amount eaten. One or two grapes are perfectly fine to give your dog each day. A clove of raw garlic is OK for a 50 pound dog every day. You all know that Labrador that ate the economy size bag of Hershey's kisses and lived to have tinfoil speckled poop. Most of the grape and raisin toxicities come from consuming extremely large volumes roughly equivalent to a person eating 10 pounds of grapes. The only absolute no-nos are macadamia and brazil nuts.

TRADITIONAL CHINESE MEDICINE

ENERGETIC NATURE OF FOOD

Warm/Hot Temperature

Protein: Beef kidney, Chicken (Meat, egg yolk, liver), Goat, Goat milk, Lamb (meat, kidney, liver, mutton), Lobster, Shrimp, Venison, Anchovy, Mussel, Salmon, Tuna

Fruits: Apricot, Blackberry, Cherry, Coconut, Papaya, Peach, Plum, Raspberry, Tangerine

Vegetables: Pumpkin, Butternut Squash, Sweet Potato/Yam, White Rice, Oats, Quinoa, Spelt, Olive oil, Sunflower Seed, Walnut

Spices: Basil, Chives, Fennel, Ginger, Garlic, Hawthorn, Horseradish, Mustard, Pepper, Rosemary, Thyme, Turmeric

Neutral Temperature

Protein: Milk, Beef (meat, liver, bones), Whole chicken or goose, Egg (white and yolk combined), Catfish, Eel, Herring, Mackerel sardines

Fruits: Dates, Figs, Grapes, Pineapple

Vegetables: Black Bean, Black Sesame Seed, Cabbage, Carrots, Cauliflower, Corn, Green Beans, Green Peas, Kidney Bean, Shiitake Mushroom, White Potato

Cold & Cool Temperature

Protein: Clam/Mussel, Cod, Whitefish, Deep-sea fish, Duck, Duck egg, Egg white, Oyster, Rabbit, Shark, Turkey, Pork, Yogurt,

Fruit: Apple, Banana, Bitter melon, Blueberry, Kiwi fruit, Mango, Orange, Pear, Persimmon, Strawberry, Watermelon.

Vegetables: Broccoli, Celery, Cucumber, Eggplant, Kelp/Seaweed, Lettuce, Mushroom, Spinach, Tomato, White radish (daikon), White sesame seed.

Carbohydrates: Amaranth, Barley, Brown rice, Millet, Mung bean. Spices: Whole wheat sesame oil, Salt.

CHAPTER 8

COOKING THE ORIGINAL CROCKPET DIET FOR CATS

To introduce The Original CrockPET Diet to a cat, you may have to literally start with adding 1 teaspoon of it per meal and gradually increase the amount until your cat is fully transitioned. For this reason, I recommend freezing the vast majority of the food, so that you are only leaving approximately 1/2 to 1 cup of food in the refrigerator. One of my cats took 6 months to convert from eating dry food to canned food and then an additional 3 months to convert from canned food to The Original CrockPET Diet. Be patient. The recipe is very similar to the dog version but uses a smaller amount of vegetables. Again choose one protein per batch.



We often recommend starting with turkey or chicken for cats as they seem to like that better.

Ingredients:

- 3.0 lbs Chicken Breast, Light Meat,
- Raw, No Skin
- 6 Tbsp Avocado Oil
- 1/2 cup Kale
- 1 cup Yellow Squash
- 4 large Carrots
- 4 tbsps + 1/2 tsp **Now Calcium Citrate**
- 1 tsp Sea Salt or Redmon's real salt
- 3 scoops **Now** Kelp Powder

Directions:

- Combine ingredients in a slow-cooker, add 2 cups of water and cook for 8 hours on low or 275 degrees.
- Turn off slow-cooker and let cool.
- Keep no more than 5 days worth of food in the refrigerator at one time to prevent spoiling.
- Any excess food should be frozen and defrosted as needed.
- Mix in multivitamins, and any herbs or supplements just before mealtime.
- A Multivitamin with Taurine like **Holistic Total Body Support** is required with this diet.

Upgrade to access
more cat recipes



COOKING THE ORIGINAL CROCKPET DIET FOR CATS

What you will need to do:

- Combine all the ingredients together in a slow cooker, layer the ingredients, and add 2 cups of water.
- Let cook for 8 hours on low or at 275°.
- Turn off the slow cooker, and then let it cool to room temperature.

Many cats will eat more vegetables, so experiment with increasing the veggie content. Our Cat Pepe eats the dog version, minus the starchy carbs.

Get access to several cat recipes, videos & more!



Before serving, it is recommended to add some warm water to take the chill off of the food or heat in the microwave (this may be the only way for cats). Mix in any herbs and supplements you may be given after the food has been warmed. Always check the temperature of the food before serving it to your pet. Keep no more than 5 days' worth of food in the refrigerator at one time to prevent spoiling. You can either portion food into individual meal portions or one container you scoop out of stored in the refrigerator. Any excess food should be frozen and defrosted as needed. (Allow 1-2 days to defrost in the refrigerator depending on batch size.)

I recommend using my Holistic Total Body Support for Cats & dogs. A multivitamin that includes enough taurine for the day. The multivitamin is necessary to make the diet complete and balanced. Insufficient taurine can cause a severe heart condition called dilative cardiomyopathy, which is often fatal. Remember that it can be very difficult to get cats to eat something different. For the first batch, I generally modify the recipe to make it more palatable. Unless your cat is one of the few that eats anything that is not nailed down, I'd suggest using the recipe below to start.

COOKING THE ORIGINAL CROCKPET DIET FOR CATS

INTRODUCTORY BATCH or STARTER RECIPE

- 3 pounds of one protein (chicken, turkey)
- 6 tablespoons of coconut oil
- 1 cup butternut squash
- 4 carrots
- 1 teaspoon dried turmeric
- 1 teaspoon dried mustard
- 1 clove uncooked garlic
- 2,000 mg calcium
- 1 teaspoon iodized salt

Volume

The recommended volume once your cat is eating only The Original CrockPET Diet is 1/8 to 1/4 cup twice daily. If your pet is heavy, start with the lower end of the feeding range. If your pet is thin and active, use the higher end of the range, and adjust based on how your pet responds. Once your cat has fully transitioned to eating The Original CrockPET Diet then it is time to make some variations. With the next batch, add 1 cup of kale in addition to the 1 cup of butternut squash. In the third batch, add in 1/2 pound of dry kidney beans in addition to all the other ingredients.

Eventually, rotating the proteins and the vegetables will be very important to help prevent your cat from developing sensitivities to what is being eaten. Please be aware that cats are reluctant to change, therefore if a recipe change is not accepted you may have to resort to the previous variation of the recipe.

Treats

For treats, I recommend using foods like carrots, grapes, kidney beans, almonds, apples. Sardines make exceptionally tasty treats. (Many cats find them delicious.)

There are dehydrated proteins available as commercial treats. Most commonly, beef liver is easy to find although pork, fish, and turkey are available as well. Make sure that all the treats you purchase are made in the United States. You can also make your own treats by thin slicing the protein, placing it on parchment paper, or a cookie sheet at 250 degrees for 2 to 4 hours or more. Home dehydrators are also useful.

Avoiding Toxicities

Grapes, garlic, onions, and chocolate can cause toxicities for pets, but this is related to how much the pet eats. One or two grapes are perfectly fine to give your cat each day. Most of the grape and raisin toxicities come from consuming extremely large volumes roughly equivalent to a person eating 10 pounds of grapes.

CHAPTER 9

THE ORIGINAL CROCKPET DIET FOR VEGETARIANS AND VEGANS

Many of my clients are vegan or vegetarian. While they want the best for their pets nutritionally, they may be unsure about, or unwilling to handle meat.

Cats are obligate carnivores and do not digest carbohydrates well. Cats must eat animal protein to get all the nutrients they need or risk developing serious health issues

While there are vegetarian dry diets for dogs, I find that over the long haul these diets tend to elevate liver enzyme levels and often result in poorer muscle and skin conditions. So if you don't eat meat for health or ethical reasons, what can you do to help keep your pet's health optimal?

If you are willing to handle animal proteins, ask the butcher to cut and wrap a 3-pound portion to minimize handling. Keep it well-chilled before using, and wash your hands thoroughly after placing it in the slow cooker.

Get access to all crockpet recipes, videos & more!



If you just can't bear the idea of cooking animal proteins, let alone handling them, then consider using a canned 95% protein pet food like Wysong or Evangers makes. If you choose this route, make the remainder of the recipe including the calcium.

THE ORIGINAL CROCKPET DIET FOR VEGETARIANS AND VEGANS

When it comes time for feeding, give your dog the normal volume of food you would with other diets by adding $\frac{1}{3}$ of the canned protein and $\frac{2}{3}$ of that volume of The Original CrockPET Diet. For cats, feed $\frac{1}{2}$ canned and $\frac{1}{2}$ The Original CrockPET Diet

If the canned protein is still giving you the heebie-jeebies, try a high protein dry food like Acana, and use it at the ratios above

Make sure you use [Holistic Total Body Support](#) for cats & dogs in any either case so the diet stays complete and balanced.



CHAPTER 10

FOOD THERAPY

Before I discuss food therapy, there are two stories I'd like to share with you.

The first is about Murphy, a 6-year-old Labrador who was diagnosed with cutaneous hemangiosarcoma. This is a tumor that generally recurs after it has been removed and becomes more invasive until it shows up in the internal organ, or debilitates the pet. Within eight months after diagnosis the average pet has died or been euthanized.

Murphy had his tumor removed, and the owners did not want to pursue chemotherapy for him. I treated the blood deficiency and stagnation with a diet rich in blood tonics, as well as a simple herbal formula. After six months, we discontinued the herbal formula, and three years later, Murphy is still free of cancer.

The second story is about Thunder, an 8-year-old Mastiff that had terrible arthritis in her knees. She was also morbidly obese. Western medications did not provide much relief for her, and symptoms became more and more painful, especially when walking.

Thunder's owners were running out of hope and options. Thunder did not think much of acupuncture, and even less of the herbal formula that I prescribed. She did think that the cooked food was a super yummy idea. Amazingly, in six weeks, she could walk without pain and have lost 20 pounds.

These two patients — Murphy and Thunder — made clear to me the power of food to heal, when used as a recipe to treat the health problem.

So What Is Food Therapy?

The basic idea is to create a recipe for the pet's food based on correcting a Traditional Chinese Veterinary Medicine pattern or to keep a healthy pet healthy.

The recipe will mimic the actions of an herbal formula prescribed for the pattern imbalance if the animal is ill and if healthy, feed the pet's constitutional element. Each element has factors that support health and other factors that weaken it.

For a Fire element dog, cooling foods will keep the fire from blazing out of control and slow the progression of heart disease, separation anxiety, and senility. Warm, drying foods would have the opposite effect and worsen these conditions.

What Does a Recipe for a Healthy Pet Look Like?

A general tonification diet for healthy Fire or Wood element pets might consist of beef, turkey, and pork with kidney beans, carrots, sweet potatoes, and leafy greens.

The general ratios would be 30% protein, 30% fat, and 40% carbohydrates, including vegetables, once cooked down. With home cooking, it is important to maintain proper calcium: phosphorous ratio to prevent bone issues.

Proper ratios can be accomplished in a variety of ways. Calcium citrate is a readily absorbable form of calcium. We've discussed using bone meal in the past, as well as raw bones, but raw bones can fracture teeth. I generally recommend using a balanced daily vitamin supplement like my Holistic Total Body Support to make sure all the nutritional bases are covered. Home-cooked diets are best for most pets since they are easy to digest, but foods should be warmed before feeding. Adding warm water is the easiest way to do this

What If I Don't Cook?

A food therapy plan can also serve as a shopping list of proteins and carbohydrates to look for in commercially prepared foods. Canned diets are the next best, and dry is the third option. Many clients are opting to use canned products like Evo and Core that are all protein and have little carbs and then add cooked vegetables and carbs. This works especially well for vegans or vegetarians who want their pets to eat properly.

For folks that need to continue with dry food, I recommend adding warm water to the dry food and letting it soak for a bit. This does at least seem to make it easier to digest. Adding some cooked frozen Brassica vegetables is also a great option. Digestive enzymes are helpful to assist the digestive process, especially for animals with chronic issues.

What about Raw Diets?

In the raging battle between raw and cooked, Traditional Chinese Veterinary Medicine stands on the side of cooked, as the spleen/stomach is considered to be the cooker of the 100-degree soup

What about No-Grain Diets?

The most important thing we can do to protect our pet's health is to reduce inflammation. Grains that are highly processed cause inflammation, first in the gut, then elsewhere in the body. As the dog develops leaky gut syndrome, chunks of protein are absorbed into the bloodstream without being properly broken down. This leads to immune complexes being formed against foods that are absorbed this way, and as the immune system responds, a whole host of problems from skin disease to diarrhea ensue.

Often we may start with no grains, and as the health of the pet improves, add back in whole grains that the pet has not eaten in the past. The only situation where I recommend feeding absolutely no grain or carbohydrate is for cancer patients. Tumors prefer a quick source of glucose, and if we take away grains, we feed the dog and not the tumor.

How Much Will Your Pet's New Diet Cost?

A four-day supply of CrockPET ingredients for two 50-pound dogs would cost \$12-\$15 per batch, so feeding the two dogs would run about \$1.25 to \$1.75 per day per dog. Beneful, for example, it costs you about \$1.25 per day, so they are priced similarly and you have dramatically improved your pet's nutrition and health with the CrockPET Diet.



CHAPTER 11

SUPPLEMENTS

I'm closing this book with a list of supplements so that you always have a resource to give your pet better health. I didn't write this book just so you would have information. I wrote this so you would have the resources and knowledge to give your dog or cat the best possible life. Thank you for reading, and even more so, thank you for caring about your pet as much as your pet cares about you.

Below you'll find important information on supplements that improve your pets' health.

Holistic Total Body Support:

is a multivitamin that offers so much more. This carefully balanced multivitamin with Glandular materials to support the endocrine system and in particular, the adrenal glands are available in this tasty powder you can add right to the top of your pet's food.

Calcium citrate:

is an easily absorbable form of calcium that will support your pet's bones and joints. Because there is not phosphorus as in a bone meal product, it is safe for pets with kidney disease. To prevent toxicity in pets, no vitamin D is added.

Extra virgin organic coconut oil:

is a healthy fat that is easy to digest, fuels the intestinal cells. It is also heat tolerant and retains its beneficial properties even when cooked.

Omega Pawz - Liquid Fish Oil

Our premium fish oil supplement is packed with omega-3 fatty acids, EPA, and DHA to promote healthy skin, coat, and joint function, improved memory, cardiovascular health and more!

Our liquid formula is easy to administer - simply add a few drops to your pet's food or water each day. Unlike many fish oil supplements, Omega Pawz is made with pure, high-quality fish oil and is free from artificial additives and preservatives.

Fidospore:

is the highest quality probiotic supplement for pets I know of. Included is an organism found on grass, as well as 2 strains of bifidobacterium that provide good support for all the organisms in a healthy microbiome to thrive. By using this sporulated probiotic, you can help your pet's good guys get back in charge. Probiotic organisms are responsible for 90% of the neurotransmitters in our bodies, as well as 70% of immune function. They truly are responsible for so much of our health, both in the intestines and the rest of the body.



CHAPTER 12

ABOUT THE AUTHOR

About Dr. Ruth



Dr. Ruth Roberts is an integrative veterinarian with 30 years of experience who treats dogs and cats using a combination of eastern and western veterinary medicine.

As the inventor of The Original CrockPET Diet, her life's work is to provide people with information to help them guide their healthcare choices for their pets. Dr. Ruth is Your Pet's Ally.

You can connect with Dr. Ruth Roberts online and join our interactive coaching program for pet parents, enjoy weekly live Q&A, access to all online courses, videos, and transcripts!



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ENROLL NOW

holisticpethealthcoach.com

In my practice, I've had the honor of helping thousands of dogs and cats overcome health hurdles such as chronic kidney disease, GI illness, allergies, and cancer.

I combine scientific facts, decades of clinical work, and a holistic, integrative approach to help you find solutions that'll nurture your furry friend back to optimum health.

I'm Your Pet's Ally - A trusted source of information for you & your pet.

If you want to take charge of your pet's health at your own pace then these DIY courses are right for you.

Get access to Pet Health Education, E-Books, Videos, Supplement guide, and worksheets.

The graphic displays three smartphones, each showing a different pet health course from DrruthRoberts. Each phone is accompanied by a red circular badge that reads "20% Off".

- Top Left Phone:** Displays the "Kidney Health Starter Kit". The text on the screen reads: "Kidney Health Starter Kit. The Kidney Health Starter Kit was created to give you the knowledge you need to understand what Kidney failure means for your pet, so you can be the best advocate for your furry friend."
- Top Right Phone:** Displays "The Comprehensive Kidney Health Program for Dogs and Cats". The text on the screen reads: "Improve kidney health, and alleviate your cat or dog's discomfort caused by kidney disease and renal failure."
- Bottom Center Phone:** Displays the "Gut Instincts: Natural Digestion and GI Health Course". The text on the screen reads: "Restore and maintain your pet's GI system with a combination of Western Veterinary Science and holistic techniques."

At the bottom right, a red coupon code is shown with a barcode and the text: "*use code to get 20% off CROCKPET20".