

The self-healing power of whole foods and holistic medicine for your pets and family.

When your pet has GI issues, such as vomiting or diarrhea, your veterinarian will no doubt ask: “Did you feed your dog or cat table scrub?”. This question is usually delivered with subtle criticism, with the implication being: “This is why your pet is sick and you must pay the bill you deserve.” The owner then starts feeling guilty and usually blames her husband, “I told him not to give him human food but he never listens to me.” Have you ever wondered why our four-legged friends are not supposed to eat any freshly served food, and instead must rely only on dry or canned food? I know I have.

There is a reason why the canine and feline species began living with humans a very long time ago. Yes, humans offered friendship and shelter, but more importantly, they provided cooked delicacies. Remember that humans are the only species that can make fire and know how to use it! For the past sixty years, food production convenience has weakened the strong bond people and pets once shared over cooked food. Following World War II, over-produced crops and grain—mainly corn, wheat and rice—ended up in the animal food industry in rural areas. In addition, people no longer had time to cook for their pets, and created palatable dry food (with added ingredients to deceive the pet’s sense of smell and taste) as a replacement. Dry food offered so many benefits to pet owners: it was very economical, convenient, long lasting, and hardened stools for easier clean up. The pet food manufacturers put a lot of grain, especially corn and wheat, into the dry food. I cannot imagine a tiger or wolf eating corn in the wild, and in fact, the feline family shunned this dry offering. Manufacturers then created canned options for cats. Now here we are, with pet stores primarily stocked with a dry dog food section and a canned cat food section. Could you eat dry cereal or canned food for whole your life?

I do not know who started the theory that pets shouldn’t eat human food. Of course I agree that they should avoid salted or chemically flavored food, but I strongly believe that their quality of life will dramatically increase if given fresh whole food instead of just dry food. It is the same for human food. Would you want your kids to eat cereal in the morning, canned instant food for lunch, and frozen food for dinner every day? I see many new health issues in pets and humans after subsisting on unhealthy food choices. Over the last two decades, I have witnessed an increase in diabetes, allergies, early arthritis, and kidney problems related to what our pets are consuming.

Let me explain how a proper diet may prevent disease, and even help the healing process, according to holistic medicine. A 12-year-old male German shepherd, named Ali, came to my clinic for arthritis, urinary incontinence, and panting. He was overweight and overly excited. He always wanted to lie on a cold hard floor and tried to go outside even during the winter. The owner fed him lamb and chicken dry food his entire his life. Ali definitely showed that he was over heated and could not cool down. Something was wrong – and his diet was to blame. The dry food, with its combination of hot energy from the lamb and chicken meat and an excess of grains, was detrimental to this heat excess patient. I changed Ali’s diet to cold energetic food and used acupuncture to relieve the heat in his body. In just two months Ali became a totally different dog. He is now very well behaved (not overly excited, less panting, prefers to lay on the bed or couch with owner) and all his medical issues are gone.

Let me give you an opposite example: George was an 11-year-old greyhound who came to my clinic for the same medical issues as Ali (arthritis, urinary incontinence), but was instead very thin, fearful, shaking and always liked to stay indoors and in bed even during the summer because he was cold. For the past five years, George’s owner fed him rabbit and duck canned food. Unfortunately, the energy of rabbit and duck is very

cold and canned food already retains a decent amount of water. I switched George's diet to hot energetic food and used acupuncture to stimulate heat inside the body. Several weeks later, George started jumping like a puppy and often wanted to go outside with his owner. He became more sociable and enjoyed the company of other family members.

These lessons can apply to human food therapy as well. You should avoid chicken, lamb, and spicy food if you are overweight and cannot tolerate hot weather. Stay on cold energetic foods such as duck, turkey and vegetables. If you cannot tolerate cold weather, you should eat hot energetic foods such as chicken, garlic and lamb. A proper diet is the key to keeping your pets and family happy and healthy.