

By Cyndi Smasal

HELP ME !
MY DOG
WON'T
EAT



www.HopeforHealingDogs.com

Cyndi Smasal

Help Me!

My Dog Won't Eat

Cyndi Smasal

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DEDICATION

This book is dedicated to my dog Ty Baby, a Lab mix breed, who would eat anything. When she stopped eating, I knew there was something wrong and that event sent me off to research all the possible reasons why she wouldn't eat and what to do about it. That research was the start of this book.

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DISCLAIMER

This book has been written for educational purposes only and is not designed to provide medical or Veterinarian advice. Every effort has been made to make this book as complete and accurate as possible. However, there may be mistakes in typography or content. Also, this book is current only up to the publishing date. Therefore, it should only be used as a guide.

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This book in no way replaces specific advice from your Veterinarian. If you have any concerns at all about your dog's health, please make an appointment with your Vet and have him examined by a professional.

CHAPTER 1: INTRODUCTION

When you are dealing with a dog that won't eat it's important to first identify the underlying cause. When a dog stops eating this can be cause for alarm. But before we run off to the Vet we can first look at some very basic things to see if there is a simple reason why your dog isn't eating that can be addressed quickly.

If the reason your dog isn't eating is because of something more serious then you should definitely see your Veterinarian for treatment.

If you've already been to your Vet and you are dealing with a health issue and you need help getting your sick dog to eat, then this book will give you some ideas on how to get your dog to start eating again.

WHEN TO BE CONCERNED IF YOUR DOG IS NOT EATING

Even though dogs can go a couple of days without eating before there are significant complications, you should address the problem as soon as possible. If your dog has not eaten after 48 hours you should definitely go see the Vet. If you have a puppy, don't wait more than 24 hours.

You should also see your Vet immediately if your dog displays other symptoms such as:

- Fever (Normal body temperature is between 101 and 102.5 F. A temperature of more than 103 F is considered a dog fever.)
- Constipation
- Vomiting
- Diarrhea
- Refusing to drink water
- Showing obvious signs of pain or discomfort such as whining or panting
- Unsuccessful attempts to vomit along with symptoms such as excessive drooling, hanging head, pacing and/or distended belly. (These are symptoms of torsion/bloat.)

Note: I have had both female and male dogs so I don't want to use only one gender in this book. I also don't want to write he/she. So throughout the book I change genders between "he" and "she".

CHAPTER 2: REASONS YOUR DOG WON'T EAT

There are several possible reasons why your dog is not eating and you should look at each to try and determine the underlying cause.

ILLNESS:

One of the first signs of illness is a decreased appetite. There are minor illnesses that may cause your dog to stop eating temporarily such as an upset stomach. Or if your dog just raided the garbage can they could be sick from the spoiled food and vomiting. Intestinal worms can also cause a lack of appetite in dogs.

If your dog is normally a healthy eater and has stopped eating abruptly or if your dog is exhibiting other symptoms at the same time then this could be a sign of illness. If you have not already seen your Vet you should do so right away.

Other issues that can make a dog stop eating include:

- Pain, usually from an injury or joint condition like arthritis
- Viruses or infections, such as Parvo
- Pancreatitis
- Bloat, also known as Gastric Dilation Volvulus
- Ulcers
- Mega-esophagus

DIGESTIVE PROBLEMS:

If your dog is having digestive problems such as diarrhea, vomiting, constipation, inflammatory bowel disease and so on this might be the cause of your dog's loss of appetite. If your dog stops eating because of diarrhea or vomiting, don't force feed your dog. Fasting (no longer than 24 hours) in this case can actually help your dog feel better. Just remember to encourage her to drink water to prevent dehydration and take a look at the suggestions for how to avoid dehydration when your dog stops eating. Follow the fasting protocol found later in this book.

BACTERIAL OR VIRAL INFECTIONS:

Infections and infectious diseases usually cause your dog to run a fever, which in turn may cause a loss in appetite. In this case, it is natural and beneficial for your dog to go without

food (no longer than 24 hours). A temporary fast allows the body to devote less energy to digestion and more energy to fighting the virus that has made her sick.

SERIOUS ILLNESS:

If you already know your dog is sick and dealing with a chronic illness such as liver disease, kidney disease, dental disease, systemic infections, thyroid problems, heart disease, pulmonary disease or cancer then you will benefit by using some of the suggestions later in this book on how to get a sick dog to eat.

If your Vet recently put your dog on a prescription diet then your dog might not like the taste and you can use some of the suggestions later in this book on how to make special diets more enticing to eat.

INTESTINAL BLOCKAGE:

If your dog likes to steal food, items of clothing or destroy their toys then you should check to see if any of their toys are missing or recently destroyed. Also look for anything of yours that might be missing. The lack of appetite could be caused by a gastrointestinal obstruction from swallowing a foreign object.

If you think your dog has swallowed an object you should take them in to see the Vet immediately and do NOT try to get them to eat. If they did swallow something they will usually vomit up anything they eat after ingesting the object.

It is important to know that sometimes blockages exist even when there is no evidence of them on x-rays (an ultra-sound or CT scan may be necessary in some cases).

DENTAL ISSUES:

Dental issues such as a sore tooth, chipped tooth, abscess, severe periodontal gum disease or heavy tartar buildup can often cause inappetence (loss or lack of appetite).

Check your dog's mouth and look for any obvious signs of dental problems. If you find anything unusual (e.g., bleeding, swelling, obvious signs of damage to teeth) you should see your Vet.

If you already know your dog has dental problems then you can look at making some dietary changes that make it easier for your dog to chew their food. For example, feeding a high quality canned food, lightly cooked or raw food from the pet store can be easier for your dog to chew and alleviate discomfort when eating.

RECENT VACCINATIONS:

One of the side effects of vaccinations is a temporary loss of appetite or upset stomach. If you were at the Vet recently (within 1-5 days) and vaccinated your dog then your dog may be having a reaction to the treatment. If your dog is experiencing any other side effects then it may be time to go back to the Vet and have them checked out again.

MEDICATIONS:

Some medications have side effects of loss of appetite or upset stomach. If you were at the Vet recently and started giving your dog a new medication, then your dog may be having a reaction to the medication. If you are experiencing any other side effects then it may be time to take your dog back to the Vet and have them checked out again.

It's a good idea to take a look at all of the medications and supplements you are giving your dog to see if any of them report loss of appetite, anorexia or upset stomach as a side effect. Any medications you receive from your Vet should come with a consumer information sheet listing side effects or complications associated with the drug. If you didn't get this from your Vet you can find this information online.

If you have identified a medication or supplement that has a side effect of loss of appetite, anorexia, nausea or upset stomach then you will benefit by looking at the suggestions on how to address medications that cause upset stomach.

Here is a brief list of some of the common medications that can cause loss of appetite or upset stomach:

- Antibiotics
- SAM-e can cause nausea and vomiting because it needs to be taken on an empty stomach
- NSAIDS such as Rimadyl, Deramaxx and even aspirin can cause loss of appetite

- Corticosteroids such as Prednisone can cause gastrointestinal ulceration and associated inappetence

SENIOR DOGS:

Sometimes as dogs get older they stop eating because of age-related problems. Check for dental issues. Sometimes it's just a matter of making the food more appealing by warming it up or making it softer to chew. But don't overlook any other symptoms of health problems. You can benefit by using the suggestions on food enticers and toppers.

TRAVEL AND UNFAMILIAR SURROUNDINGS:

If your dog was eating fine before you went on your trip or moved to a new location then your dog might be nervous or uncomfortable in their new environment. In this situation you can take a look at the suggestions for enticing your dog to eat.

CHANGE IN ROUTINE:

If you have recently made any changes in routine like the time of day that you feed your dog, adding a family member or new dog then your dog might stop eating. Dogs like routine and abrupt changes may cause anxiety that can make them stop eating. This is usually temporary and the dog will go back to eating when they feel secure again.

ANXIETY:

Separation anxiety is also a common cause of poor appetite in dogs. Some dogs will refuse to eat when their owner is away. Other dogs will refuse to eat if there is a thunderstorm, fireworks or other triggering event. In this situation you can take a look at the suggestions for enticing your dog to eat.

DEPRESSION:

Some dogs get depressed and stop eating if they lose a family member or move to a new home. In this situation you can use the suggestions for enticing your dog to eat.

BREEDING ACTIVITY:

Appetite loss can occur in male dogs if there is a female dog in heat nearby. A male dog can become obsessed with the scent of the female and lose all interest in normal activities like playing, sleeping or eating. This situation will usually take care of itself but it may help to use the suggestions for enticing your dog to eat with foods he is not usually allowed to have.

PICKINESS OR BEHAVIOR ISSUES:

Some dogs are just picky eaters or they are just very sensitive to what, when and where they eat. If your dog has never been picky before then don't assume that they are all of a sudden being picky. Always look at the other reasons for not eating before coming to this conclusion.

If your dog has a history of going on hunger strikes to get what he wants or refusing to eat new food then you can take a look at suggestions for dealing with picky eaters.

NEW FOOD:

If you recently changed your dog's food or if your dog had a large meal it may take them longer to digest their food so they may not be ready to eat yet. You can wait and offer them food again in a couple of hours or at their next scheduled meal.

See Chapter 7 for more details on how to transition your dog to a new food.

CHAPTER 3: HOW TO GET YOUR DOG TO EAT

There are several options and approaches you can take when your dog is not eating. The best approach to start with will depend on the cause you identified earlier. The solutions, suggestions and options found in this chapter are broken down related to the cause.

HOW TO GET A SICK DOG TO EAT

If your dog is sick you should make sure that your Vet says it is ok for your dog to be eating. Sometimes when a dog is sick it's best to just let things pass (up to 24 hours) before you offer food. For example, if your dog is vomiting or has severe diarrhea it might be best to let your dog go without food for a day to let their system settle down before eating again. In this case you can follow the fasting protocol in Chapter 7.

When your dog is dealing with a chronic illness it is very

important for your dog to eat in order for them to get all the nutrients they need to heal.

Assuming it's ok for your sick dog to eat, here are some things you can try.

Options:

- If your dog is very sick sometimes you just want them to eat anything (within reason). So offer your dog anything they like or something special that they don't normally get to eat. Take into consideration your dog's illness when you are selecting foods to offer. Avoid rich or fatty foods. Be careful to feed them only healthy human food. Here are a few suggestions:
 - Oatmeal (with or without raw honey)
 - Raw or slightly scrambled organic, free range brown egg
 - Lightly boiled chicken (remove the skin and bones before feeding)
 - Lightly boiled lean ground hamburger or turkey meat
 - Raw "natural" or "organic" lean 93% ground beef
 - Cooked rotisserie chicken from the store with the skin, fat and bones removed
 - Meat-flavored baby food (no onions)

- Peanut butter or almond butter
 - Mashed potatoes (no butter or milk)
 - Regular instant pudding – vanilla, made with soy milk (no diet or sugar free versions)
 - Unsweetened natural apple sauce
 - Canned pumpkin (not pie filling)
 - Regular plain yogurt or Kefir
 - Raw honey
 - Canned dog food (High quality only)
 - Canned cat food (High quality only)
 - High calorie food supplement paste like Nutrical
- After a dog gets sick or vomits a meal, they will associate eating that particular meal with getting sick so they may not want to eat that meal again. So changing what you feed your dog may be necessary for a few days before they feel better again.
 - Try heating your dog's food using warm water or a double boiler instead of a microwave because the microwave can make the food taste different. Make sure the food is not too hot. It just needs to be about 100 degrees Fahrenheit. If you use a microwave, make sure you stir the food to avoid hot spots.

- Do not put supplements or medications in your dog's food. Some medications and supplements (especially herbs) taste bad and will make the meal taste bad so they won't eat it. You can hide their medications in food and get them to eat a pill hidden in food, but don't put the medication in their entire meal.
- It's not just the food that you offer, but the way that you offer the food that can encourage eating. Here are a few suggestions:
 - Try hand feeding them from the table like they are getting a table scrap.
 - Try putting their food on a plate like it's your food that you are feeding them.
 - Try spoon feeding them.
 - Try feeding them in a different location, in a different bowl.
 - Try pretending to eat the food yourself and then offer some to them.
 - If your dog does take a bite of their food be sure to praise them and encourage them to eat more.
 - Try eating at the same time as you are feeding them. Some dogs like to eat with their human family members.
- If your dog has cancer or a terminal illness and has

stopped eating a special diet you can add back in the carbohydrates or grains that you might have removed because eating anything is better than eating nothing.

- As a last resort you can try feeding your dog a liquid or liquefied diet through a syringe or turkey-baster. Do not force feed your dog if there is any possibility that you may be bitten – even accidentally. Your Vet will likely sell a liquid diet that can be given or you can try Rebound or DogSure liquid meal replacement products. There are high calorie paste supplements called Nutri-Cal and Nutri-Stat that you can buy at a pet store or you can try the recipes for liquefied diets that are found in Chapter 5. See Chapter 6 for detailed instructions on how to syringe feed your dog.

HOW TO AVOID DEHYDRATION IF YOUR DOG HASN'T EATEN

If your dog has had severe vomiting and/or diarrhea then you should be concerned about dehydration. Besides taking your dog to the Vet for subcutaneous or IV fluids you can try the following options.

Options:

- Try giving your dog an ice cube to lick.
- Try putting ice in your dog's water bowl.

- Try putting water in your hand and offering it to your dog.
- Try giving your dog homemade broth or low sodium canned broth. You can also freeze the broth and then give your dog a broth ice cube. (See broth recipes in Chapter 5.)
- If your Vet approves you can try Pedialyte (for children, found at grocery store).
- If your dog has had an upset stomach and is not holding down food you can try giving your dog a bone broth that has a lot of nutrients (instructions and recipe in Chapter 5).
- Try coconut water, which has beneficial electrolytes.
- If your dog won't respond to any of the other options, force some fluids (especially those that will help restore electrolytes like broth, Pedialyte, and coconut water) into your dog's mouth by syringe. Avoid squirting the fluid directly down their throats or they may aspirate. Insert the syringe gently from the side of their mouth and slowly squirt the liquid in, giving the dog adequate time to swallow. (See Chapter 6 on How to Syringe Feed a Sick Dog)

HOW TO MAKE SPECIAL DIETS MORE ENTICING

If your Vet has put your dog on a prescription diet and your dog is not eating it, here are a few things you can try to make it more appealing.

Keep in mind that if your dog is on a prescription diet the food is likely to be formulated to address a specific medical concern and any additions you make to the diet should be approved by your Vet. So ask your Vet before you try adding anything to your dog's food.

Options:

- If the prescription diet is a canned diet, you can try adding a little warm homemade broth (or canned low sodium broth) and making it very soft and smooth by mixing it in a blender like a smoothie.
- If you don't have broth you can try just adding warm water which may bring out the aroma of the meal.
- Add a very small amount (10% - 25% of entire meal) of one of these healthy food enticers and mix in a blender with warm water or broth. Get Vet approval on all of these.
 - Boiled organic natural lean ground hamburger, turkey or chicken meat (unless the diet is low protein)

- Boiled chicken liver (unless the diet is low protein or low copper)
- Meat-flavored organic baby food (no onions)
- 1/8 to 1/4 teaspoon of fresh minced garlic
- See other suggestions later in this chapter for enticing your dog to eat.

HOW TO ADDRESS MEDICATIONS THAT CAUSE UPSET STOMACHS

It should be pointed out that many times when you have a very sick dog that is on a lot of medications that your dog will inevitably stop eating. When this happens you should take a step back and take a hard look at everything you are giving your dog to determine what is absolutely necessary and what can be cut out temporarily until your dog's appetite returns. You should work with your Vet to determine which medications can be stopped for a while and then what to gradually add back in.

When you make changes in medications or supplements it's a good idea to add in new medications or supplements one at a time so you can determine if that had an impact on their appetite or upset stomach.

If you have identified a medication or supplement that might be causing your dog to have an upset stomach or lack of appetite then try these options.

Options:

- If the medication must be given on an empty stomach and your dog gets sick after you give it to them and then they won't eat, then give the medication or supplement to them 2 hours after they eat instead of before they eat. The medication will still be given on an empty stomach but it will have less impact on the next meal.
- Look for a different brand to see if that makes a difference.
- Tell your Vet and ask them if there is an alternative. Taking another medication to ease the upset stomach is not the best alternative. But if that is your only alternative then look at the suggestions for treating upset stomach and increasing appetite in Chapter 4.

SUGGESTIONS FOR ENTICING YOUR DOG TO EAT

Sometimes if you make the food that you want them to eat more appealing then that will make them eat it.

Dogs smell their food before they eat it. They have more smell receptors than we do and fewer taste buds than we do. So the smell and texture of the food makes more of a difference than the taste.

Options:

- Make the food smell better and taste better by warming it up in a microwave, double boiler or by adding warm water to it. It doesn't have to be hot, just 100 degrees Fahrenheit. If you warm it in the microwave make sure to stir the food to avoid hot spots.
- If your dog has dental issues you might need to make the food softer by adding water and letting it sit for a few minutes.
- Make the food smell and taste better by mixing in a small amount of something extra that has a strong smell or taste like:
 - Sprinkle a few crushed freeze dried liver treats. Grind some up or crush with a mortar and pestle into a powder and sprinkle it on top of their food.
 - Meat-flavored baby food
 - Shredded cheese
 - Water from canned tuna
 - Warm homemade broth or low sodium canned broth
 - Canned dog food (high quality only)
 - Canned cat food (high quality only)
 - Scrambled egg
 - Canned sardines

- Boiled chicken liver or beef liver
- Parmesan cheese
- Feta cheese
- Ricotta cheese
- Raw natural honey

Don't add too much so as not to upset their stomachs, but enough to give them the scent of the food and entice them to eat.

If adding something to your dog's food is the only way you can get your dog to eat then you might want to consider changing his diet to a food he will eat without the extras. If you are always adding the extras to his food this can lead to obesity and becoming a picky eater.

SUGGESTIONS FOR DEALING WITH PICKY EATERS

If you think your dog's decreased appetite is caused by pickiness, sensitivity or behavior problem rather than the result of a health issue then you can try these options to encourage your dog to eat.

Options:

- Cut out all treats, snacks or table scraps until he starts eating again. Then slowly add the treats back in but only if he's eating his regular meal.
- If you have been free feeding your dog or leaving

food out for him to eat all day, then start feeding your dog on a regular schedule twice a day. Put their food down and give them 10 minutes to eat. If they don't eat, pick the food up and then wait until the next scheduled time to eat and then feed them fresh food again. Don't try to feed him the same meal again if it's stale.

- Take your dog for a walk before meal time to make them hungrier. If your dog is panting when you get back from the walk, wait 30 minutes before you feed him.
- Change your dog's feeding environment.
 - If you normally feed your dog with other animals, try feeding her alone.
 - If you normally feed your dog alone and you have other animals, let them come near her bowl to create a sense of competition for the food.
 - Try using a new dish or bowl or plate.
 - Try feeding using a bowl at different heights.
 - Try putting a little food next to her current bowl.
- Change the food that you are feeding your dog. When picking a new food, try a new flavor or texture that he may like better.

- If you recently changed your dog's diet then go back to the food he was eating last and see if he will eat it again. If he eats his old food then add a little of the new food to his old food and let him eat a combination of the old food and new food for several days. Transition to the new food slowly by adding a little bit more of the new food each day and less of the old food until he is eating all or mostly all of his new food. See Chapter 7 on how to transition your dog to a new food.
- Try adding a little canned dog food to the dry dog food and mix with warm water.
- If you normally give your dog table scraps while sitting at the table to eat, stop giving table scraps and try giving your dog their dog food from the table instead or put the table scraps in their bowl with their own food.
- Try a variety of dog foods until you find one that he likes. You can try canned dog food, dog rolls, refrigerated dog food, dehydrated dog food, raw dog food diet, and homemade dog food diet. Or a combination of any of these. Some dogs need a variety. Just make sure you are feeding a healthy diet.

- Try a simple homemade dog food meal with a single protein and a little bit of brown rice, sweet potatoes or oatmeal. (See Chapter 5 with Homemade Dog Food Recipes)
- Make mealtime as fun as possible.
 - Try putting your dog's food in a toy or puzzle that dispenses food when he plays with it.
 - Try giving your dog food as a reward after he does a trick or follows your command.
- Try withholding food for 12 to 24 hours to allow your dog to become hungry and see if that encourages him to eat. Follow the fasting protocol in Chapter 7.
- Monitor your dog closely to make sure he's not eating something that he shouldn't.

CHAPTER 4: TREATMENTS TO INCREASE APPETITE

Before you try increasing your dog's appetite you should determine if this is a passing phase that will go away on its own. Some dogs do skip a meal from time to time.

If you have tried all of the suggestions for enticing your dog to eat and you feel like you need something extra to stimulate their appetite, then you can ask your Vet about trying some of these options.

NATURAL REMEDIES FOR DOG APPETITE LOSS

For the occasional appetite loss for an otherwise healthy dog you can try these natural remedies:

- Add a small amount of fresh chopped or minced garlic to the food.

- Homeopathic remedies like Nux vomica and Carbo vegetabilis can help.
 - Nux vomica 30c is effective for dogs that have lost their appetites due to indigestion or constipation. Dogs needing this remedy may vomit or retch and/or appear depressed and irritable especially in the morning.
 - Carbo vegetabilis is effective for dogs that have lost their appetites due to poor digestion. Dogs needing this remedy often have gas and are usually lethargic and weak.
- The essential oils of rose and vetiver are effective in perkling up a poor appetite. One easy way to get the scent of the oils to your dog is to put 2-3 drops of oil on a bandanna and tie it around your dog's neck. Do not put the essential oils directly on the dog's skin.
- If your dog's lack of appetite is due to poor digestion or indigestion you can give him digestive enzymes to help digest his food and absorb nutrients.
- If the appetite loss is due to digestion problems such as diarrhea, gas, or vomiting, then you can try giving him a probiotic supplement in his meals.
- Acupuncture can help many dogs with low appetites. Plus it has many other benefits for sick

and older dogs.

HERBS THAT INCREASE APPETITE

There are some herbs that can stimulate the appetite by signaling the gut to release digestive hormones and increase liver bile which aids in digestion. These herbs can be taken as teas or tinctures. Herbal bitters can help support dogs with appetite and digestion. The effects are usually milder than western drugs but it is gentler and safer on the body. These are good to start with before you move on to heavy medications. You should consult a Holistic Vet or herbalist for the right dosage instructions.

- Yucca
- Gentian
- Blessed Thistle
- Centaury
- Artemisia
- Dandelion
- Chamomile
- Celery seed

Here are some dried herbs you can add to food:

- Peppermint
- Fennel
- Alfalfa
- Dill

Serving Suggestions:

Small pinch – extra small dogs

Pinch – small dogs

½ tsp – medium dogs

1 tsp – large dogs

SUPPLEMENTS THAT INCREASE APPETITE

- The B vitamins are natural appetite stimulants.
- Vitamin B12 has the most appetite stimulating effects but it can be harder to give B12 to your dog without getting an injection from your Vet. So use a B-Complex Vitamin Supplement and add foods to your dog's diet that are high in B12.
- Nutri-Cal and Nutri-Stat are high-calorie dog food supplements that come in toothpaste-like container that can be squirted in your dog's mouth.
- Zinc is an appetite stimulant but you should consult your Vet before giving a supplement.

FOOD THAT INCREASES APPETITE

There are some foods which can increase your dog's appetite. You can try giving these:

- Brewer's yeast is a good source of B vitamins and can be purchased in tablets and given as a treat or as a powder which can be sprinkled on food.

- Cranberry juice or dried cranberries
- Yogurt and unsweetened apple sauce
- Foods that are high in zinc can help with appetite.
 - Beef
 - Lamb
 - Chicken
 - Wheat germ
 - Pumpkin seeds
 - Chickpeas or garbanzo beans
 - Dried bananas
 - Dried apricots
- Foods that are high in Vitamin B12 can help with appetite.
 - Beef liver
 - Chicken liver
 - Canned fish like salmon and tuna
 - Beef
 - Cheese (reduced fat mozzarella, parmesan, feta)
 - Eggs

IF YOU'VE TRIED EVERYTHING AND YOUR DOG STILL WON'T EAT

I said this in the beginning, but it's worth mentioning

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again. If your dog has not eaten **ANYTHING** after trying **EVERYTHING** for over 48 hours, then you should definitely take your dog in to see the Vet so further testing can be done to find the cause of your dog's inappetence and anorexia.

CHAPTER 5: HOMEMADE RECIPES

QUICK & EASY HOMEMADE BROTH

If you are afraid your dog may be getting dehydrated and you need to make some broth for him to drink to boost electrolytes, then use this simple recipe.

Ingredients:

- 1 chicken breast, skinless, boneless
- ½ tsp table salt
- ½ tsp No-Salt ®
- 4 cups of filtered water

Preparation Instructions:

1. Bring water to a boil and then add the chicken.
2. Reduce heat and simmer until the chicken is

completely cooked. Usually 20-30 minutes. Skim off any foam.

3. Remove the chicken meat.
4. Add the salt and No-Salt[®] to the water
5. Bring the water to a boil again.
6. Remove from heat and let cool completely by placing in the fridge for several hours or overnight.
7. Skim all the fat from the top of the broth.
8. Put enough in an 8-16 oz jar or container to last 3-5 days in the refrigerator and freeze the rest in ice cube trays or plastic jars.

It's best to serve this broth warmed to room temperature before giving it to your dog.

HOMEMADE BROTH

One of the easiest ways to make food for your dog smell better and taste better is to add a nice warm broth to it. Here's a simple recipe for a homemade beef or chicken broth.

Ingredients:

Choose primary broth flavor

1 lb of lean ground beef or turkey or chicken

- 1 lb of chicken parts (chicken necks or backs or small whole chicken)
- 2 cloves of fresh garlic
- 1 diced celery stalk
- 1 diced carrot
- ½ cup fresh parsley (about ½ a bunch) or 4 tbsp of dried parsley
- ½ tsp ginger powder or 1 small piece of fresh ginger root (optional)
- 3 quarts of filtered water

Preparation Instructions:

1. Lightly boil the meat in a stock pot with filtered water for about 20-30 minutes. Skim the foam off.
2. Add the vegetables and simmer on low for about six (6) hours.
3. Pour the liquid off and let cool completely so you can remove the fat. Discard the meat, bones and vegetables. (The cooked meat and vegetables can be added to your dog's food as a topper. Just make sure you remove all of the bones.)
4. Put enough in an 8-16 oz jar or container to last 3-5 days in the refrigerator and freeze the rest in ice cube trays or plastic jars.

HOMEMADE BONE BROTH

A bone broth is very nourishing and flavorful and can be fed alone or mixed with other foods to make them more

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appealing. This is especially good for dogs that should stay off food for 24 hours because of upset stomach, diarrhea or vomiting.

Ingredients:

Choose or mix up to 2 lbs of bones

2 lbs of chicken bones from eaten rotisserie chicken

2 lbs of chicken backs and wing bones

2 lbs of chicken necks

2 large beef marrow bones

2 lbs of soup bones

(only certified organic bones with no hormones or antibiotics should be used when possible)

2 tbsp of apple cider vinegar

2 cloves of fresh garlic

1 diced celery stalk

1 diced carrot

½ cup fresh parsley (about ½ a bunch) or 4 tbsp of dried parsley

Preparation Instructions:

1. Put bones in a stock pot or crock pot and add just enough cold filtered water to cover the bones in the pot.
2. Add about 2 tablespoons of apple cider vinegar to the water. Leave the bones in the cold water for 1 hour to let the apple cider vinegar leach the

minerals out of the bones.

3. Add the vegetables.
4. Bring to a boil and then let it simmer for 12 to 36 hours.
5. Pour the liquid off and let cool completely in the refrigerator overnight so you can remove the fat. Discard the meat, bones and vegetables. I do not recommend feeding any of this food to your dog.
6. Put enough in an 8-16 oz jar or container to last 3-5 days in the refrigerator and freeze the rest in ice cube trays or plastic jars.

Note: When the bone broth has been cooled it will have a thick jello consistency. This is good. Most dogs will eat it in the cold jello form. Or you can warm it up to room temperature to bring out the aroma.

HOMEMADE BASIC DOG FOOD DIET

There are many options when it comes to cooking a healthy homemade meal for your dog. Here is a very basic meal that is recommended for sick dogs that won't eat. It can be put in a blender or food processor and liquefied for syringe feeding or used as a topper for whatever you are currently feeding your dog or given in place of their usual meal until they start eating again.

This recipe is not nutritionally complete and balanced and

should not be fed on a regular basis. This is just a simple meal you can feed a dog who is not eating.

Ingredients:

- 1 5-6oz. chicken breast
- 4 tsp olive oil
- 2 cloves of fresh garlic
- 1½ cup of diced sweet potatoes (about 1 medium sized sweet potato)
- ½ cup of diced celery
- ¼ cup of diced carrots
- ½ cup of green beans
- ¾ cup of canned pumpkin (not pie filling)
- 2 quarts of filtered water

This recipe is enough food for one 35-40 lb dog to eat for 1 day. If you want to feed this for several days just double or triple the recipe. You can keep 3 days-worth in the fridge and freeze the rest.

Preparation Instructions:

1. Put the chicken and garlic in a stockpot with water until it's about half full. Bring to a boil then reduce heat to a simmer. Cook for about 30 minutes or until the chicken is done. Skim the foam.
2. Remove the chicken from the water. Do not pour out the water.
3. Add the sweet potatoes to the hot water and bring

to a boil then reduce heat and cook for about 10 minutes.

4. Add the chopped celery, chopped carrots and green beans and cook for another 5 minutes or until the sweet potatoes and carrots are soft.
5. Remove the sweet potatoes and veggies from the water. Keep the broth.
6. Combine the sweet potatoes, olive oil and veggies with a little broth in a food processor and blend. Put veggie mix in a separate container.
7. Chop up the chicken into bite-size pieces or puree in food processor and put in a separate container.
8. Let the broth completely cool off and skim the fat from the top.
9. Keep 8-12 oz. of the broth in a jar or plastic container and freeze the rest in ice cube trays or plastic container for later use. You only want to keep enough broth for 3-5 days of use and freeze the rest.

Serving Instructions:

You now have all of the elements of your meal prepared to be served. You have chopped chicken, blended veggies and sweet potatoes, canned pumpkin and broth. Now you are going to mix it up individually for a meal. I like to keep them

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all separate and mix each meal individually. This allows you to control the amount of protein you give in the form of chicken and how much pumpkin you give for digestive aid. If you prefer to mix it all together you can do that as well.

For each meal you are going to serve:

- 2 parts chicken (give 1 part chicken for low protein, and 3 parts chicken for high protein)
- 4 parts veggie mix
- 1 part canned pumpkin
- Add broth to mix

Example meals:

For 35-40 lb adult dog: (feed 2-3 times a day)

- ½ cup of chopped chicken
- 1 cup of veggie mix
- ¼ cup of canned pumpkin
- 4 tbsp of broth (enough broth to mix completely, or more if you are going to liquefy)

If you are going to serve this as a topper, just keep the same ratios and mix in with their regular dog food meal. Reduce the amount of their regular dog food meal so you aren't over feeding your dog. Several small meals a day are better than 1 or 2 large meals.

Example portion for topper:

- 1 tbsp chopped chicken

- 2 tbsp veggie mix
- ½ tbsp canned pumpkin
- 2 tbsp broth to mix

TOPPERS TO ENHANCE FOOD FLAVORS

If you are looking to increase the palatability of your dog's food, you can try any of the single toppers mentioned earlier or some of these a little more elaborate dog food toppers.

LIP SMACKING LIVER TOPPER

Ingredients:

- 1 cup chopped raw liver (beef, chicken, turkey, duck, lamb – only certified organic liver should be used when possible)
- 2 tbsp filtered water
- 1 clove of fresh, finely minced garlic
- 1 pinch of turmeric (about $\frac{1}{16}$ of a tsp)

Preparation Instructions:

1. Put all the ingredients in a small pan and gently sauté on medium heat for 5 minutes or until the liver is lightly cooked.
2. Remove from the pan and allow to completely cool before serving.

3. You can blend in a food processor or blender to make a pate or add filtered water or broth to liquefy and use as gravy.

Note: This liver topper should only be given in small amounts and not as an entire meal. Dog's with liver related copper storage problems or Hepatitis Encephalopathy should not be feed this because organ meats are high in copper.

POACHED FISH TOPPER

Ingredients:

- ¼ lb cod fish fillet or other white fish (Tilapia or Pollock)
- ½ cup filtered water
- 1 clove of fresh garlic
- 1 tsp of fresh parsley or ½ tsp dried parsley

Preparation Instructions:

1. Put all the ingredients except the fish in a sauce pan.
2. Bring to a boil then turn down to low and simmer for 15 minutes.
3. Add the fish to the water and cook for 15 minutes
4. Remove fish from the pan and allow to completely cool before serving.

DR. CARTER'S CANCER COCKTAIL

Dr. John Carter, a British Veterinary Surgeon and research scientist created this after losing his dog to cancer. You can serve as a topper or a small meal. This can be easily liquefied by adding a little filtered water or broth and fed using syringe if needed.

Ingredients:

- 1 cup chopped raw organic liver (beef, chicken, turkey, duck, lamb)
- ½ cup grated organic carrot
- 3 tsp ground brazil nuts (about 3 nuts)

Preparation Instructions:

1. Put all the ingredients in a blender or food processor and purée.

Notes: This should not be fed as an entire meal more than 3 times a week because raw liver contains high amounts of Vitamin A and can cause excessive bone growth, weight loss and anorexia. Dog's with liver related copper storage problems or Hepatitis Encephalopathy should not be feed this because organ meats are high in copper.

GREEN LEAFY SMOOTHIE TOPPER

If you want to give your dog some healthy green leafy veggies then put a few in a blender with some broth and keep in the fridge for up to 3 days and then add a little to your dog's food.

Here are the veggies that you can use:

Romaine lettuce
Green or red leaf lettuce
Kale
Spinach
Beet greens
Cilantro
Dandelion
Parsley

Serving Sizes

1 tsp – extra small dogs
2 tbsp – small dogs
¼ cup – medium dogs
⅓ to ½ cup – large dogs

FRUIT KEFIR SMOOTHIE TOPPER

If you want to give your dog some healthy fresh or frozen fruit then put a few in a blender with some plain kefir or yogurt and keep in the fridge for up to 3 days and then add a little to your dog's food.

Here are the fresh or frozen fruits that you can use:

- Apples (without the seeds or core)
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cranberries
- Coconut flesh shredded
- Kiwi
- Mangos
- Pineapple
- Plums
- Raspberries
- Watermelon (without the seeds)

Serving Sizes

- 1 tsp – extra small dogs
- 2 tbsp – small dogs
- $\frac{1}{4}$ cup – medium dogs
- $\frac{1}{3}$ to $\frac{1}{2}$ cup – large dogs

LIQUEFIED DIETS TO SYRINGE FEED

Here are some options for syringe feeding.

You want to make the food about the consistency of a milk shake. This is important because you don't want the added fluid to dilute the food too much. When in doubt leave the food a little thicker. You can always add fluid to dilute the food more.

- Meat-based baby food (no onions) with broth
- Water down high quality canned dog food
- Water down high-calorie prescription canned dog food
- Canned pumpkin and broth (especially good if your dog is having digestive issues like diarrhea or constipation)
- Commercial liquid diets like Rebound, DogSure, CliniCare
- Commercial high-calorie supplements like Nutri-Cal
- Watered down Homemade Basic Dog Food Diet - Boiled chicken, vegetables (carrots, green beans, celery), pumpkin, sweet potatoes, filtered water and broth (see recipe above)
- Dr. Carter's Cancer Cocktail (see recipe above)

CHAPTER 6: HOW TO SYRINGE FEED A SICK DOG

As a last resort if you have the go ahead from your Vet you can hand feed your dog using a liquid syringe.

DANGER WARNING

If done incorrectly, syringe feeding can lead to aspiration pneumonia which is caused when fluid enters the dog's lungs. If your dog coughs, sputters, or has food coming out of his nose, stop feeding immediately and seek Veterinary attention. Aspiration pneumonia can be fatal. To prevent fluid from entering the dog's lungs, do not syringe-feed while the dog lies on its back. And do not try to squirt the food directly down your dog's throat. Please follow instructions carefully. If you have any doubts about doing this, don't do it.

Equipment:

Feeding Syringe

Made from clear plastic and operates in a plunger-like fashion.

Comes in various sizes, widths and measurements.

10 ml syringe for small dog or puppy

35 ml syringe for average dog

For large amount of feeding use a 50 ml catheter-tip syringe without a needle

You can get them from your Vet or at some pet store's or online

Cut the opening wide enough to easily squeeze out the food or liquid you are feeding. But not too big that you can accidently squirt too much food in your dog's mouth at one time.

Towel

Instructions:

1. Prepare the food that you are going to be feeding.

- a. Puree in a blender or food processor with warm water or homemade broth until it is thick like a milk shake. Avoid making it too thin.
 - b. Make sure the food is warm or room temperature. You can heat it in the microwave or double boiler.
2. Fill the feeding syringe by stuffing the food in the syringe canister with a spoon and then put the plunger back in. If you have to feed several syringe servings, then it's easier to have several syringes filled on hand ready to go rather than refilling the same syringe.
3. If you have a small dog, put her sitting up in your lap on a towel. For larger dogs they should be sitting up on top of a towel.
4. Hold your dog's head at a slight back angle with one hand and use the other hand to put the end of the syringe in the side pocket of your dog's mouth. The food should go behind the dog's back teeth, over its tongue, aimed at the opposite side of the mouth. Gently push in 1 ml (milliliter) of the food and allow her to swallow the food. Do not force the food down her throat because she could choke. She should naturally swallow the food.
5. Continue feeding 1 ml at a time until she has eaten the entire meal.

CHAPTER 7: HOW TO TRANSITION DOG TO NEW FOOD

If your dog will not eat a new diet you may need to transition your dog to the new food slowly so they have a chance to get used to it. Here are a few approaches to transitioning your dog to a new dog food, raw diet or home cooked recipe.

SWITCHING FROM BRAND A DOG FOOD KIBBLE TO BRAND B DOG FOOD

When you are switching between brands of dog food it's best to transition slowly so your dog's digestive system doesn't get upset. Also, if your dog is a picky eater and doesn't like to eat new food, then the slower the transition the better.

Normal Transition

Day 1, 2 – Mix 25% of the new food with 75% of the old food

Day 3, 4 – Mix 50% of the new food with 50% of the old food

Day 5, 6 – Mix 75% of the new food with 25% of the old food

Day 7 – 100% new food

If your dog stops eating during this time, back down to a lower percentage of the new food.

If your dog develops diarrhea, loose stools, stops eating altogether or starts vomiting, then stop giving the new food and go back to 100% of the old food and add a digestive aid to stop the digestive upset. (See list of digestive aids at the end of this chapter.)

Picky eater, super slow transition

Day 1 – Mix only a few kibbles of the new food in with their current food

Day 2 – Mix 10% of the new food with 90% of the old food

Day 3 – Mix 20% of the new food with 80% of the old food

Day 4 – Mix 25% of the new food with 75% of the old food

Day 5 – Mix 40% of the new food with 60% of the old food

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Day 6 – Day 9 - Mix 50% of the new food with 50% of the old food

Day 10, 11 - Mix 75% of the new food with 25% of the old food

Day 12 – 100% new food

If your dog stops eating during this time, back down to a lower percentage of the new food.

Stay at 50% old food and 50% new food for several days or until you are sure your dog will continue to eat the new food.

Then complete the transition by giving 75% new food and 25% old food for another day or two and then feed 100% of the new food.

If your dog develops diarrhea, loose stools, stops eating all together or starts vomiting, then stop giving the new food and go back to 100% of the old food and add a digestive aid to stop the digestive upset. (See list of digestive aids at the end of this chapter.)

SWITCHING FROM DOG KIBBLE TO HOMEMADE DIET

It is usually very easy to switch from dog food kibble to a home-cooked dog food diet. To be safe, it's better to make the transition gradually by adding a little homemade dog food to their current dog food kibble. You can use your homemade dog food as a “topper” for a week and let your dog get used to eating it.

It is best to keep your first homemade dog food diet simple using only a few key ingredients just to make sure your dog is ok with a new diet.

If your dog develops diarrhea, loose stools, stops eating all together or starts vomiting then stop giving the new food and go back to old diet and add a digestive aid to stop the digestive upset. (See list of digestive aids at the end of this chapter.)

If your first attempt at transitioning to a homemade diet causes digestive upset then try one of these options:

- Feed new diet separately from the old diet. Feed the homemade dog food a few hours in between their current diet.
- Feed new diet with digestive aid with or separate from the old diet.
- Make each ingredient in the homemade diet separately and add 1 new food ingredient at a time to their current food. Feed just that one new food item for 1 day. If your dog reacts to the new ingredient remove it from the diet. If your dog does not react to the new food item after 1 day of eating it you can add one more ingredient.
- (Example: Add just beef or chicken to your dog's diet. If they are good with the protein then add 1 new vegetable or carbohydrate to the food. Do the same with supplements like digestive enzymes or

probiotics.)

- Fast your dog for 24 hours before you start on a homemade diet. (see fasting protocol later in this chapter)

If you must transition to a home-cooked diet cold turkey without the transition time due to an illness then add a digestive aid in their food for a few days while they adjust to the new diet. (See list of digestive aids at the end of this chapter.)

SWITCHING FROM DOG KIBBLE TO RAW DIET

Making the switch to a raw diet is a bigger digestive change than going from dog food kibble to homemade dog food. For this reason the transition should be longer, much longer.

For young healthy dogs that are not picky eaters, you may be able to make the switch cold turkey. Sick and senior dogs that have been on kibble their entire lives may need a slower transition.

Some dogs cannot handle digesting kibble and raw food at the same time, so you can give kibble for one meal and then a small raw meal in between the kibble meals. Do this for a few days to see if your dog will eat the raw food and to see if they are digesting it ok (i.e. no diarrhea). Then you can give only a raw diet and see if your dog does ok on that.

For the picky eaters who have been on kibble their entire life,

may look at raw food and turn their nose up at it and not eat it. For them, we have a few tricks up our sleeve.

- Turn the raw diet into a pate by adding broth and blending it in a food processor or blender and then make it a topper to their current food so they can adjust to the flavor.
- If you think they prefer a crunchy food you can feed a raw dehydrated food.
- Lightly cook the raw food recipe before adding it to your dogs kibble.

Making this transition usually requires a good digestive enzyme and feeding a raw diet to sick and senior dogs usually requires staying on digestive enzymes.

SWITCHING BETWEEN HOMEMADE DOG FOOD RECIPES

When you first start cooking for your dog you should start with simple recipes that do not have a lot of ingredients. When you are sure your dog is doing fine on home-cooked meals you can start changing them up and adding more variety.

If you do switch to a new recipe and your dog won't eat it or it causes gas or digestive upsets you should go back to a previously well-tolerated recipe and then test each new food in the new recipe until you find what is causing the upset.

Test each new item in meals for 1 day before you add-in or

substitute a new item.

The same goes for adding in supplements to your dog's food. Only add in one supplement at a time for 24 hours.

DIGESTIVE AIDS TO HELP TRANSITION TO NEW DIET

Here are some options for easing digestive upsets associated with transitioning to a new diet.

- Organic canned pumpkin (not pie filling) – feed 1 tbsp per meal for small dogs.

Serving size suggestions

½ tsp – extra small dogs
1 tbsp – small dogs
2 tbsp – medium dogs
3-4 tbsp – large dogs

- Fruitables Pumpkin Digestive Supplement for Dog & Cats – Feed using directions on the can.
- Digestive enzymes (there are many brands to choose from) – give following the directions for the supplement

HOW TO FAST YOUR DOG

You might be thinking, “My dog is not eating, why do I want to put my dog on a fast?” Well the answer is because putting your dog on a fast will give their body time to heal and

correct any issues they may have been having that caused them to stop eating in the first place.

Here is a good protocol for putting your dog on a 24-hour fast. You can do this before transitioning to a new food or if your dog has had digestive upsets because of a previous transition attempt.

Fasting Protocol Day 1:

- In the morning give 50% of their normal meal.
- If they have already skipped a meal then just give bone broth as their meal.
- Do not give any supplements only give medications that they have to have.
- Do not give any treats or any food throughout the day.
- Be sure to provide plenty of fresh purified drinking water.
- Provide fun filled activities in fresh air and sunshine twice during the day of fasting, followed by a damp terry cloth rub down.
- Be sure not to overtire or stress-out your dog. Give them time to rest. During a fast your dog will want to sleep more as their body is going through a detoxification process.
- Give bone broth throughout the day instead of

treats.

- Give bone broth instead of their evening meal.

Serving size suggestions

¼ cup – extra small dogs

½ cup – small dogs

1 cup – medium dogs

1½ to 2 cups – large dogs

Fasting Protocol Day 2:

- Give gluten-free oatmeal in the morning to absorb any impurities left in the digestive tract

Serving size suggestions

1-2 tbsp – extra small dogs

⅛ – ¼ Cup – small dogs

¼ - ½ cup – medium dogs

½ - 1 cup – large dogs

- If your dog will not eat the oatmeal plain, you can add one of these as enticers:
 - ½ - 1 tsp raw natural honey
 - 1-2 tbsp bone broth
 - 1-2 tbsp regular broth
 - 1-2 tbsp tuna water
- Again, provide exercise in the fresh air and sunshine twice during the day after a fast, followed by a damp terry cloth rub down

- Remember to provide plenty of fresh filtered drinking water. If your dog isn't interested in drinking water you can offer them broth or a vegetable smoothie or a fruit smoothie. (see recipes in Chapter 5)
- Be sure not to overtire or stress out your dog.
- For dinner give your dog their normal quantity of a healthy dog food meal. If your dog has a sensitive stomach then you can feed a second meal of oatmeal or add some canned pumpkin to their meal or feed them a canned food meal instead of a kibble meal. The canned food will be easier to digest than kibble.
- Supplements can be added back to their dinner meal.

CHAPTER 8: CONCLUSION

In the end you may need to be patient with your dog. When you are trying to get them to eat make sure you stay positive. Don't show any anger or frustration if your dog doesn't eat right away. Don't spend more than a few minutes at a time trying to get them to eat. If they don't eat wait a couple of hours and then try again.

Remember, if your dog has NOT eaten in 48 hours, or 24 hours for puppies, then you should take your dog to see the Vet for further instructions.

NOTES

Here are just a few notes and additional comments I want to make about the information that is contained in this book.

ABOUT GARLIC

The use of garlic in foods for dogs has fallen under attack in recent years. There are thousands of websites that will tell you that garlic is bad for dogs even though there are even more websites and reputable holistic Veterinarians who are proclaiming the benefits of using garlic in their holistic practices.

Most of the problem is caused by garlic's close cousin the onion. The onion has a high concentration of thiosulphate which can trigger hemolytic anemia. However garlic does not contain the same concentration of this compound and your dog would have to eat 40 raw garlic cloves to cause this same reaction caused by a few pieces of onion.

Garlic can be beneficial to dogs with liver disease, cancer, diabetes, as well as heart and kidney disease. It has been used widely by hundreds of thousands of pet owners with no reported negative side effects – except maybe garlic breath now and then.

If you are still concerned about giving your dog garlic, simply use it in the recipes (like Bone Broth) but do not feed it to your dog.

ABOUT RAW EGGS

Along with feeding a raw diet, raw eggs are often touted as a dangerous food for dogs. Opponents of raw eggs say that they cause biotin deficiency, pose a risk of salmonella poisoning and that they are too high in cholesterol. Raw feeding proponents profess that eggs are a safe source of raw food and that they are one of the most complete and nutritious meals you can give your dog.

Naysayers can't deny the nutritious benefits of raw eggs. Raw eggs are a good source of:

- Vitamin A
- Vitamin B12
- Iron
- Selenium
- Riboflavin
- Folate
- Fatty Acids
- Egg shells have calcium

The problems with eggs can be addressed and raw eggs can be fed safely.

1. It's the egg whites that are the problem, not the whole egg. So don't feed your dog raw egg whites. Always feed the whole egg or cooked egg whites.
2. The risk of salmonella poisoning can be reduced by only buying eggs from organic, free-range chickens and always keep your eggs in the fridge to keep the harmful bacteria away.
3. Feed your dog raw eggs only a few times a week and not every day.

ABOUT GIVING YOUR DOG CAT FOOD

As a general rule, I do not recommend giving your dog commercial cat food. Cat food is very different than dog food because it is specifically balanced to meet the nutritional needs of cats, not dogs.

However, as a last resort, I have found that the smell and taste of high quality canned cat food is a very good enticer for dogs who will not eat. In fact, it is my litmus test for really sick dogs vs. just picky eaters. A picky eater will almost always eat cat food. But a dog who refuses cat food is probably sick and needs to see the Vet.

I do not recommend giving canned cat food to your dog on a regular basis and I do not recommend serving it as a

complete meal to your dog. Only use a little bit to enhance the smell and flavor of your dog's food.

If your dog gets into your cat's food, it will not hurt them. They may have runny stools, but in general there is nothing out of the ordinary in canned cat food that dogs cannot have.

FOODS YOU SHOULD NOT FEED YOUR DOG

Here's a list of foods you should not feed your dog.

- Apple seeds
- Avocado leaves, seeds, and bark are toxic
- Avocado fruit has some persin in it and should be minimized or avoided
- Bacon can cause pancreatitis
- Baby food with onions
- Bread dough and yeast
- Caffeine (coffee, tea)
- Candy & chewing gum
- Chocolate
- Cherry pits
- Citrus oil extracts
- Cooked bones
- Corn on the cob (corn is ok, cob is not)
- Cranberry sauce with grapes or sugar
- Ethanol and alcohol
- Fat trimmings can cause pancreatitis

- Grapes, raisins & currants
- Green potato peel contains solanine which is toxic to both humans and dogs
- Hops
- Human vitamin supplements containing iron
- Macadamia nuts
- Moldy or spoiled food
- Some mushrooms (Although most mushrooms are generally nontoxic, it is very hard to tell them apart so unless you know they are safe then don't give them to your dog. Also make sure and remove mushrooms that grow in your yard.)
- Onions and chives
- Xylitol
- Dairy products with high lactose like whole or skim milk and ice cream (yogurt, cottage cheese, cheddar cheese and goats milk are usually ok)
- Raw salmon (cooked salmon is usually ok)
- Raw fish
- Seeds/pits of peaches, plums, pears and apricots
- Persimmons
- Rhubarb leaves
- Tomato leaves
- Sugar
- Salt
- Tobacco
- Walnut hulls

NOT ALL FOODS ARE GOOD FOR ALL DOGS

If your dog has a chronic disease it's a good idea to find out what specific foods should be avoided. For example, dogs with liver disease should avoid organ meat because it is high in copper. You can find out more at the Hope for Healing Dogs Resource Center – <http://hopeforhealingdogs.com>.

RECOMMENDED RESOURCES

If you are interested in learning more please check out the Hope for Healing Dogs Resource Center at <http://hopeforhealingdogs.com>. All of the latest information can be found there.

Here's a brief list of my favorite resources:

Dr. Becker's Real Food for Healthy Dogs & Cats

– 4th Edition

By: Beth Taylor

Natural Pet Productions, 2013

This is one of the best books on homemade dog diets.

K9 Kitchen – Your Dog's Diet: The Truth Behind

The Hype – 2nd Edition

By: Monica Segal, AHCW

Doggie Dinner, Inc., 2009

This is another good book on homemade dog diets.

**Dr. Pitcairn's Complete Guide to Natural Health
for Dogs & Cats – 3rd Edition**

By: Richard H. Pitcairn, Susan Gubble Pitcairn

Rodale Press, 2005

This is a must have for dog owners interested in a natural lifestyle and health for their dog. It was one of the first books I ever read on the subject. It's a great start.

Three Simple Steps to Healthy Pets

By Lisa S. Newman, N.D., Ph.D.

AuthorHouse, 2005

This is a comprehensive approach to holistic animal care and holistic lifestyle.

**Herbs for Pets: The Natural Way to Enhance
Your Pet's Life – 2nd Edition**

By: Mary L. Wulff, Greg L. Tilford

i5 Press; 2009

If you are interested in using herbs with your dog, then this is a must have resource. It's also a good guide for holistic care, natural treatments for cancer and other health issues and parasite prevention and treatment.

ABOUT THE AUTHOR

Cyndi Smasal is the author of *Hope for Healing Liver Disease in Your Dog* and is currently an Animal Health Coach and Pet Communicator who uses a unique method of coaching pet parents on how to take care of their dogs with a combination of natural holistic treatment and communicating with the dog to determine their physical and emotional health all along the way.

Cyndi is also the founder of the Hope for Healing Dogs Resource Center.

Cyndi has a Bachelors of Science in Computer Science and had a 15 year career in Software Quality Assurance and Testing as well as over 10 years experience as an Internet Marketing Consultant. Her love of saving dogs led her to leave the computer world and embark on a new journey to communicate with animals and coach others in nutrition and holistic healing.

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Cyndi has had training in canine nutrition, holistic animal care, animal naturopathy and animal communication.

On a personal note, Cyndi was born and raised in San Antonio Texas. She lived in Wimberley Texas for 6 years and in Austin Texas for 4 years. She is married to Marilyn Levin and currently lives in San Antonio with their 2 dogs: Biscuit, a 12 year old Boxer mix and Joy a 1½ year old solid black Norfolk Terrier mix rescue dog. Cyndi has no children, so her dogs are her kids.

ABOUT THE HOPE FOR HEALING DOGS RESOURCE CENTER

What started out as the love for one dog turned into a passion for saving all dogs. We believe that all dogs should live a long healthy life. Our motto is “Dogs are not our whole life, but they make our lives whole.”

We want to give you the resources you need to heal your dog if they are sick or enhance their overall well-being if they are not sick.

By purchasing this resource you are entitled to a Free Basic Membership and lifetime updates on this product.

Please register your copy of this resource to gain all the benefits, bonuses and rewards of membership and a lifetime of free updates.

To register your product, please go to:

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