



Preferred Stock Kennel Diet & Feeding Schedule:

MORNING – AM FEEDING (APPROXIMATELY 7:00AM)

1) ONE CUP APPROX (1/2 CUP FOR PUPPIES)

ADULT CHOICES:

- **PRECISE PLUS ADULT (A CHICKEN BASED DIET)**
- **INNOVA EVO RM (RED MEAT) DIET (GRAIN FREE)**
- **MERRICK B.G. (BEFORE GRAIN) BUFFALO**
- **MERRICK B.G. CHICKEN OR SALMON OR BEEF**
- **TIMBERWOLF DAKOTA BISON**
- **TIMBERWOLF WILDERNESS FORMULA**
- **MERRICK WILDERNESS BLEND (CONTAINS GRAINS)**
- **EAGLES PACK HOLISTIC FISH DIET (CONTAINS GRAINS)**

I LIKE TO ALTERNATE BETWEEN THESE EXCELLENT DIETS. EXCLUSIVELY FEEDING THE SAME EXACT DIET MONTHS ON END (TURNING INTO YEARS) AND PROTEIN SOURCE CAN EASILY RESULT IN FOOD SENSITIVITIES, WHICH DEVELOP INTO ALLERGIES AND LIFELONG SKIN PROBLEMS.

PUPPIES – BREAKFAST CHOICES:

- **PRECISE PLUS PUPPY FORMULA OR**
- **EAGLE PACK HOLISTIC PUPPY (DOES NOT COME IN**
- **MEDIUM BREED. SMALL BREED IS FINE FOR THE FIRST**
- **COUPLE OF MONTHS OR.**
- **INNOVA PUPPY (NOT MY FIRST CHOICE, USES CHICKEN**
- **AND TURKEY) INNOVA “EVO” DOES NOT COME IN A PUPPY**
- **FORMULA.**

- 2) ONE HEAPING TEASPOON SCOOP OF “UDO’S CHOICE PET ESSENTIALS FOR DOGS DISTRIBUTED BY FLORA ” OR “THE MISSING LINK” DISTRIBUTED BY DESIGNING HEALTH
- 3) 500 MG. OF VITAMIN ESTER C (also known as CALCIUM ASCORBATE) WITH BIOFLAVANOIDS TWO TIMES A DAY (AM AND PM MEAL) SPRINKLED ON FOOD. ESTER C CAN BE FOUND IN CAPSULE FORM (OPENED AND SPRINKLED ON FOOD) OR POWDERED FORM. IF POWDERED DEPENDING ON THE BRAND APPROX. ¼ TSP. SPRINKLED ON FOOD.

(SEE SOURCES AT THE END OF THIS SCHEDULE FOR PRODUCTS)

- 4) 1/8 TO 1/4 TSP PURE MSM (OPTIONAL). BEGIN FEEDING MSM AT APPROXIMATELY 6 MONTHS OF AGE. MSM IS AN ALL NATURAL SOURCE OF ORGANIC SULFER. ORGANIC SULFER IS FOUND IN ALL LIVING ORGANISMS (IN THE MODERN WORLD, SOIL AND VEGETATION IS VIRTUALLY DEPLETED OF ORGANIC SULFER, AS ARE OUR FOODS). MSM PROMOTES INTESTINAL HEALTH (NATURALLY ANTI PARASITIC), HEALTHY CELL DEVELOPMENT, COAT, SKIN, CARTILAGE AND JOINT DEVELOPMENT.
- 5) 500 MG GLUCOSAMINE SULFATE. GLUCOSAMINE SULFATE COMBINED WITH THE MSM AND SUPERIOR NUTRITION WILL HELP ENSURE HEALTHY JOINTS AND CARTILAGE THROUGH THE NORMAL WEAR AND TEAR AND ACTIVE LIFE OF AN ATHLETIC DOG.
- 6) 100 MG. NATURAL VITAMIN E WITH TOCOTRIENOLS GEL CAP EVERY OTHER DAY. BEGIN VITAMIN E AT 6 MONTHS OF AGE. VITAMIN E IS A NECESSARY SUPPLEMENT WHEN YOU ARE USING SALMON OR SARDINE FISH OILS, IF THE FISH OIL DOES NOT CONTAIN VITAMIN E. MOST HUMAN GRADE FISH OIL (SEE BELOW) INCLUDE VITAMIN E, MOST OF THE BREAKFAST DIETS WILL ALSO CONTAIN ADEQUATE AMOUNTS OF VITAMIN E, SO A 100 MG GEL CAP WOULD NOT BE NECESSARY.
- 7) 1 TABLESPOON (1 TEASPOON FOR PUPPIES) *TROPICAL TRADITIONS BLACK LABEL ORGANIC COLD PRESSED COCONUT OIL* WITH BREAKFAST. USE DIFFERENT OILS AT DINNER, SEE DETAILS BELOW.
- 8) SPIRULINA AND/OR BROKEN CELL WALL CHLORELLA. TWO GOOD PRODUCT CHOICES THAT INCLUDE THE GREEN BENEFITS OF CHLORELLA AND SPIRULINA ARE *LONGEVITY* OR *UDO’S CHOICE GREEN BLEND*. SEE DISTRIBUTORS AND ONLINE SOURCES AT THE END OF THE “DIET AND FEEDING SCHEDULE”
- 9) POUR A LITTLE WARM WATER OVER THE KIBBLE AND ALL OF THE SUPPLEMENTS INCLUDING THE COCONUT OIL. (IT MELTS IN NICELY)
- 10) FINAL STEP . . . , A TABLESPOON OF ORGANIC WHOLE MILK YOGURT.

IF YOU DON'T HAVE A "TRADER JOE'S" IN YOUR AREA, STONEYFIELD ORGANIC WHOLE MILK PLAIN YOGURT IS EXCELLENT. MY CHOICE IS TRADER JOE'S GOAT MILK YOGURT AND TRADER JOE'S EUROPEAN STYLE ORGANIC WHOLE MILK YOGURT OR STONEYFIELD ORGANIC WHOLE MILK YOGURT.

11) PROZYME ENZYME SUPPLEMENT (BREAKFAST AND DINNER). PER INSTRUCTIONS. APPROX. ¼ TSP PER CUP OF DRY FOOD.

EVENING – PM FEEDING

BRAVO, NATURE'S LOGIC, BILLINGHURST OR PRIMAL RAW FOOD DIETS ARE SOME OF THE RAW DIET CHOICES FOR THE EVENING "RAW MEAL" APPROXIMATELY ½ LB FOR THE EVENING MEAL (LESS FOR A PUPPY.) MAKE SURE YOU ARE GETTING THE "BLENDS". BRAVO, BILLINGHURST AND PRIMAL ALL MAKE A WELL BALANCED GROUND UP RAW DIET, INCLUDING THE PROPER PROPORTIONS OF: MEAT/ORGANMEAT/GROUND BONE AND ORGANIC VEGETABLES. NATURE'S LOGIC USES GROUND EGG SHELL AS THE SOURCE OF CALCIUM INSTEAD OF GROUND BONE.

INITIALLY FOR PUPPIES, YOU CAN MIX IN A FEW SPOONFULS OF THE RAW DIET FOR DINNER (PM). YOU CAN MAKE THE SWITCH TO A TOTAL RAW DINNER WHENEVER YOU WANT TO. RAW FOOD WILL NOT CAUSE DIGESTIVE UPSET. YOU CAN SWITCH FROM CHICKEN/VEG TO BEEF/VEG TO BUFFALO/VEG TO ELK OR SARDINE WITHOUT ANY UPSET.

THOUSANDS OF YEARS OF EATING RAW HAS DICTATED THAT THIS IS HOW THEY SHOULD EAT. THEY DON'T COOK OR PREPARE PROCESSED KIBBLED DIETS AND THEY ARE NOT EQUIPPED TO EAT GRAINS AND BAKED OR EXTRUDED KIBBLED DIETS. THE BEST OF OUR MANMADE KBBLED DIETS ARE GRAIN FREE, LIKE INNOVA EVO AND MERRICK B.G. (BEFORE GRAIN) DIET AND CAN BE INCORPORATED INTO YOUR DOG'S DIET.

1 TABLESPOON (1 TEASPOON FOR PUPPIES) *UDO'S CHOICE 3-6-9 OIL BLEND (DISTRIBUTED BY FLORA)* OR A HUMAN GRADE VIRGIN SALMON OR SARDINE OIL. I LIKE TO VARY THE OILS. I WILL DO THREE DAYS OF ONE OF THE FISH OILS, THEN TWO DAYS OF *UDO'S CHOICE OIL*, THEN REPEAT THE SEQUENCE AGAIN. THE FISH OILS PROVIDE THE CRITICAL EFA'S, DHA AND EPA NECESSARY FOR BRAIN AND EYE HEALTH. THE FLAX OIL IN THE *UDO'S CHOICE ORGANIC OIL BLEND* IS NOT AS USABLE A SOURCE FOR THE ESSENTIAL FATTY ACID OMEGA 3'S FOR DOGS AS IT IS FOR PEOPLE, BUT IT IS SUCH A PERFECTLY BALANCED OIL BLEND IT IS STILL A GOOD IDEA TO INCLUDE IT OCCASIONALLY. THE SALMAN AND SARDINE OILS ARE TRULY BENEFICIAL AND I FEEL NECESSARY.

I INCLUDE A TABLESPOON (1 TSP FOR PUPPIES) ORGANIC APPLE CIDER VINEGAR ALONG WITH THE OILS IN THE EVENING MEAL. IT HELPS KEEP A HEALTHY DIGESTIVE AND URINARY TRACT AND COMBATS YEAST, WHICH CAN OVERCOME A PUPPY OR DOG'S SYSTEM VIA THE STOMACH, IF YOU ARE FEEDING A DIET WITH GRAINS.

I ALSO RECOMMEND OCCASIONALLY USING ORGANIC COD LIVER OIL. AGAIN CHECK THE WEBSITE ADDRESS LIST AT THE BOTTOM OF THIS PAGE.

AS MENTIONED UNDER THE BREAKFAST DETAILS ABOVE, I AM ALSO NOW ADDING CERTIFIED ORGANIC COLD PRESSED COCONUT OIL TO EVERYONE'S DIET IN THE BREAKFAST MEAL. IT IS PRODUCED AND DISTRIBUTED BY TROPICAL TRADITIONS (CONSULT THE WEB SITE LISTINGS BELOW.) I THINK THE COCONUT OIL IS AS ESSENTIAL TO YOUR DOGS HEALTH AS THE REST OF MY NUTRITIONAL PRESCRIPTION. I DON'T BUY THE ORGANIC EXPELLER PRESSED COCONUT OIL, I PURCHASE THE ORGANIC "GOLD LABEL" COCONUT OIL. THE TROPICAL TRADITIONS WEBSITE TOUCHES ON MANY OF THE BENEFITS. THE BOOK THEY SELL (AT A DISCOUNT WITH AN ORDER) IS WONDERFUL. . . WITH GREAT RECIPES FOR HUMANS TOO.

UDO'S ORGANIC OIL BLEND CAN BE PURCHASED AT HIGH END HEALTH FOOD STORES OR THROUGH THE INTERNET AT THE WEBSITE ADDRESSES BELOW AT BETTER PRICES.

PUPPIES UP TO 12 WEEKS OF AGE CAN HAVE A SMALL THIRD MEAL MID DAY.

ALL OF THE OILS I.E. VIRGIN SALMON, SARDINE OIL AND THE UDO'S CHOICE ORGANIC 3-6-9 OIL BLEND FROM FLORA MUST BE REFRIGERATED. THE COCONUT OIL SHOULD NOT BE REFRIGERATED.

www.vitacost.com (search here for Udo's Choice Pet Essentials For Dogs)

It is only \$11.67 (retails for over 18.79) you can buy several at one time and just keep them refrigerated or freeze the extras.

Vitacost.com has the Udo's Choice 3-6-9 Oil Blend also. You can also get the Udo's Choice Green Blend (or see the "Longevity" from Sprintimeinc.com below).

The "Missing Link" for Dogs (by Designing Health) can be used as a backup for the "Pet Essentials" and can be found at most high end Pet Stores.

www.petfooddirect.com

Product search Nature's Logic North Atlantic Sardine Oil. It is a good price at Petfooddirect.com and I like that the Sardine Oil is lower in environmental toxins than most Salmon Oils. I still occasionally use a Virgin Salmon Oil. . . try

www.swansonvitamins.com for a tiny bottle of Salmon Oil or search the net.

<http://win-edge.com/codliveroil.shtml>

For the Icelandic Cod Liver Oil

www.tropicaltraditions.com

For the Certified Organic Virgin Coconut Oil

www.vitaminlife.com

Vitamin Life is where I order the “Source Naturals” Glucosamine Sulfate loose powder form (1/8 tsp), Source Naturals or NOW brand Ascorbic Acid (Ester C) powder or crystals (1/8 tsp approx 500 mg. Breakfast & Dinner). You can also get a Good brand of Vitamin E 100mg at Vitamin Life.

It is important to mention that unless the fish oils are supplemented with Vitamin E, it is necessary to add the Vitamin E as mentioned above.

www.springtimeinc.com Where I buy the LONGEVITY, which is one of my favorite ways of adding green foods, spirulina and broken cell wall chlorella.