

Perfect Health
For Dogs
And Cats

By:

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Perfect Health For Dogs And Cats

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*The Pottenger Experiments come to us through various publications by the Price-Pottenger Foundation <<http://www.price-pottenger.org/>> and there is a wealth of additional information on their website.

PREFACE

This book is short and to the point. It contains the most important concepts and instructions I have gleaned from years of study and personal experience with alternative ways to produce health in dogs and cats, and it is presented here in as few words as possible so that the reader doesn't become lost in an ocean of ideas that cloud the major issues. Though I spent 15 years as a Naturopathic Physician and Nutrition Consultant working with humans, my wife's interest in working with animals on our various farms led me to apply many human principles to the animals ... and vice versa.

If it seems like an oversimplification that the few things mentioned in this booklet can produce healthy animals, but please note that the information contained herein comes from far greater and more experienced individuals than me alone. The simple fact is that diet cures what diet causes, and the most predominant cause of degenerative disease in our animals today is what we feed them or don't feed them. Bacteria and viruses are merely complications which can only occur in an already-imbalanced environment inside their body.

What is written here are a few uncomplicated rules and procedures anyone can do themselves . . . and they work! My hope is that you will love your animals as I do, and make the daily efforts I have suggested for their long life and freedom from disease. . . and make it **before** they become sick!

I can already hear them thanking you.

CHAPTER 1.

HEALTH, AND THE PREVENTION OF DISEASE

One of the great problems of living in a technical society such as we do today is that we tend to become immersed in the vast quantities of information available to us. It seems that the more information we uncover, the more is revealed for us to find. It's like the old adage: "Just when I found all the answers. . . something changed the question!" This, of course, makes the phenomenon of life all the more interesting and continuously challenging so that our sense of wonder and our mental abilities are continuously stretched. Life only becomes boring when we become lazy and unwilling to exercise our mind and imagination. There may be more information than necessary contained herein, but it is for the benefit of those unfamiliar with the basic concepts of health and disease prevention.

We have basically three types of information available to us: that which we can see, feel, smell, hear, taste, or experience in our mind through mental images; that which is beyond the normal range of our sensory organs and so-called "normal" mind, and which requires some form of machinery or mind training to experience (i.e. microscopic images; telescopic images; or altered states of consciousness); and that which is beyond the range of our machinery or ability to comprehend.

For reasons of simplicity, let's say that what we can experience firsthand is "empirical"—it is self-evident. You touch a stove burner and you burn yourself; you stay under water too long, you drown. We don't need "science" to tell us these things.

At the second level of information, "science" shows us how to combine and synthesize the materials of the earth into unique combinations more effective for our use in some cases than the "natural" materials such as, for example, the making of steel from iron-bearing rock; the concentration of energy to propel us into space; and the magnification of sight to make molecules visible.

The third level of information has been the domain of the "belief systems" . . . the sacred cows of religions of the world; the philosophies of what lies beyond the earth; and the visions of prophets, luminaries, or the various levels of "psychic" phenomena.

The empirical evidence is something we can experience firsthand for ourselves; much of the scientific information comes to us secondhand through a printed document, picture,

or series of words which paint mental pictures of a reality which we can not readily see. We have to first believe what the scientist says, and its truth becomes apparent as we attempt to apply the information practically. The same applies to the third level of information the religious philosophies and higher or lower levels of consciousness: its truth or untruth becomes apparent as we apply it to our own experience.

You may wonder what all this has to do with health and the prevention of disease in animals. It has lots to do with it because some of us have experienced the basic philosophy and truths contained in this book in a firsthand manner, where it may all be a theory to others. The key to success in expanding our consciousness and learning new things lies in our willingness to explore them with an open mind. . . with a belief in them if they are logical, and a hope that they are true when applied. This is the positive approach to new ideas. We can then adopt them into our habit patterns and persist with them long enough to prove their worth.

The philosophy of natural health and healing may be one that you have not heard before, and since only a small amount of it comes from the annals of science, it may first be only a “belief system” . . . but do not fear. As you will see, it takes the best of both worlds: the world of scientific evidence and the world of self-evident, empirical truth.

BASIC ASSUMPTIONS

- (1) It should be evident to anyone with even a shred of intelligence who has looked up into the sky at night or wondered about the intricate nature of the human or animal body, that a great deal of intelligence was involved in creating such order out of what otherwise would be emptiness or chaos. Regardless of what we name this intelligence, it is essential that we respect it and seek to know more about it for the very practical reason that this is the ONLY way we can know who we and our animal friends are and how we can all be healthy.
- (2) My second assumption is that just as we use a blueprint to design any of our most intricate creations: a computer, or a space ship, so also there must have been a spiritual “blueprint” or thought pattern behind the earth and the life upon it. My assumption is further corroborated by the knowledge and experience that all things throughout the universe seem to be mirror images of lesser and greater things on a varying scale of higher or lower vibrations.
- (3) My third observation and assumption is that when animals follow the natural patterns established by their inbred instinct and training—which is part of the spiritual blueprint or thought pattern that created them—they don’t become

diseased unless there is a major change in environment (or a minor change such as is a long drought) beyond their ability to adapt.

- (4) Lastly, it was obvious that when minor variations in environment, such as man's intervention, did occur and imbalances or sickness resulted, the animals in the wild had an instinctive way to re-balance themselves. My assumption is that these techniques applied to modern-day problems of imbalance and degenerative disease will restore health ... and my experience has proven the assumption to be correct.

The more I observe life, the more other facets of the blueprint or plan become obvious:

1. That disease, in most cases, only occurs where certain conditions of food, water, air, or exercise are beyond a certain range of naturalness to the point that biological mutation cannot occur rapidly enough in the animal to compensate for the environmental change.
2. That the animal's resistance to outside attack from microbes, parasites, bacteria, and viruses decreases as its natural body constitution is weakened by the lack of the natural ingredients and environment for which it was either designed or toward which it has biologically evolved (depending upon your belief system!).

Since man has produced the greatest aberration in animal environment, and therefore the greatest amount of degenerative disease (which has replaced natural disasters), it is up to man to understand the "plan" well enough to be able to produce health once again. There is a new role emerging in the field of animal care: it is the role of teacher of proper natural health care principles. Our Veterinarians do not have the time to take on this role as their job is primarily taking care of the emergency first-aid care of animals. Seldom will they have to cope with degenerative disease when people learn how to care for their animals in a natural way.

It is to fill this void—the lack of understanding of what makes our animals sick and what makes them healthy—and of understanding what our role as responsible owners of animals really is, that this book is written.

If you study it carefully and make its principles part of your daily life and consciousness, you will need a veterinarian for emergencies and guidance only, and you will have become your own animal physician with the additional joy and responsibility of teaching other pet owners how to give more LIFE to their friends the animals.

CHAPTER 2.

CAUSES OF DEGENERATIVE DISEASE

It is important to understand that disease is not an event that happens to an animal in the same way that an accident happens. Degenerative diseases such as Diabetes, Arthritis, Cancer, and Constipation do not occur overnight. It takes a long time under unnatural stress conditions for them to manifest themselves. . . and diet can be a major unnatural stress condition. Since the condition took its toll over a long period of time, there are therefore no quick cures. There is only the gradual restoration of tissue to normal. . . hopefully faster than the imbalance occurred.

Even microbial and bacterial diseases and infections can only occur when the animal's internal environment is out of balance. We can eliminate the microbe or bacteria with antibiotics, but what have we done to alter the internal environment? In fact, the bacteria and microbes feed on the waste products of cell metabolism and they are a positive effort on the part of the animal to rebalance its internal environment by eliminating the waste products that are not being eliminated or neutralized by normal mechanisms like the liver or kidney or lymph glands. We must assume that the animal has the capacity to be normal when the stress is eliminated and the internal environment balanced. At this point, then, we must decide what form of stress the animal is subject to, and make some attempt to restore a near normal condition so that stress is only of the positive, building kind rather than the negative, destructive type.

Let me say again that there are no quick cures which immediately restore balance in chronic conditions. Only in acute conditions which have come on rapidly can we expect rapid rebalancing because there have been no major tissue changes. Certain drugs can help restore balance, but most drugs produce as much stress through side effects as they eliminate. Certain types of concentrated foods and herbs have little or no side effects, and though slower to act, accomplish the same purpose of restoring balance.

Using these natural substances properly involves having a working knowledge of the animal physiology and function, and being able to apply the remedy's major function to the organ's imbalance: such as using a broth of watermelon seed tea and bouillon for kidney or urinary tract infections; or beet powder and raw liver concentrate for liver problems.

STRESS

Dr. Hans Selye performed a vast amount of research with rats in the field of stress and found that regardless of the form of stress, whether nutritional, through accident or injury, starvation, extreme heat or cold, or chemical toxicity, the result of stress was always the same:

1. Gross Enlargement of the Adrenal Glands
2. Shrunken Thymus and Lymph Glands
3. High Blood Pressure
4. Poor Digestion and Ulcers

Where dogs and cats are concerned, the most critical result we are concerned with is the poor digestion resulting from stress, as IT IS USUALLY IMPROPER FOODS WHICH CAUSE THE MAJOR STRESS IN THE FIRST PLACE. When improper foods create stress, which in turn results in poor digestion, you can see the problem compounding itself very readily.

Food is more critical to animals than humans because animals don't have the additional length of intestine humans do. Animals have one to three feet of intestine where humans have about thirty feet which gives them greater ability to absorb and assimilate if the stomach function is not up to normal. The stomach is of major importance for digestion in dogs and cats. This better suits them for carnivorous living as the short length of intestine eliminates toxic digestion of carnivorous material rapidly. It handicaps them when their food source is overheated or processed. . . as **all** commercially prepared dog and cat foods are, because the enzymes are destroyed in processing along with many other nutrients. In order to prepare foods for lengthy shelf life, the enzymes which cause the food to break itself down have to be destroyed. **Animals must have live-food enzymes for proper digestion or they will inevitably develop sickness and degenerative disease**

It is vitally important that you realize that by shoveling out that convenient bunch of dried dog or cat food from a bag, and some cooked meat or fish from a can, **you are slowly giving your animal friend arthritis, diabetes, cancer or some similar devastation.** The disease is not something he or she contracts, but a condition we as humans create in our ignorance and laziness.

If you love your animals, feed them some raw, uncooked food daily!

This is not to say that the bagged and canned foods do not have some value; they do . . . **but the animals need more than that.** When we go to the section on feeding, we'll talk about what you can do that takes very little time, effort and money to create good health. In the meantime, let's go back to some other factors which create stress in our animals.

TOO MUCH FOOD!

If an animal's diet consists totally of raw meat and the foods which it eats naturally in the wild, it will eat until its instinct or its body tells it to stop. It will fatten during the spring, summer and fall and will grow thinner during the lean winter months. If it exercises a lot, it will seldom grow fat.

Our domesticated animals don't have the seasons to control their diets, nor do they have the years of feast or famine; **their food is fabricated by man and is only partly natural;** and their exercise is restricted. Since the natural factors which are self-balancing have been eliminated, it means that the health of our domesticated animals is our responsibility. If we are not willing to make the extra effort to keep them healthy, we should not have them under our care.

We do our animals no favors by over-feeding them; we simply give them sickness by overtaxing their digestive and eliminative capabilities. It takes time and experience with our individual animals to balance food quantity with the amount of exercise they receive, but it is a very simple matter, really: If they are fat, feed them less food. . . or less frequently. Each animal's metabolism will differ slightly, but the factor of greatest importance is the naturalness . . . the presence of raw, unheated, unprocessed foods in the daily diet. Overfeeding is one problem, but overfeeding unbalanced, cooked foods is three times the problem.

ENVIRONMENTAL TOXINS

Fortunately, we haven't yet taught our dogs or cats to smoke! . . . But we do some things which may be equally as harmful. Feeding a dog or cat tidbits which contain sugar can cause serious imbalances in calcium. Sugar should never be in any animal's diet. If I'm beginning to sound like the same principles apply to animals as to humans, it's because there is very little difference between the two at the cell level. Human and animal organs such as the liver, kidney, endocrine glands, and so on, all have the same basic RNA/DNA structure and the same vibratory frequency. This is why the animal glandular substances are so effective in the healing process for humans.

Consequently, animal treats should be pieces of raw meat or fish such as liver, heart, kidneys, or other organ meats. Raw bones from the butcher shop are a great treat for the dogs. The processed variety does more harm than good.

In addition to subjecting the processed dog and cat foods to high heat, many companies put preservatives in the food to keep it from deteriorating on the shelf. The problem with these preservatives is that they keep the food from being properly broken down in the digestive tract as well. Read your labels carefully and only buy foods which contain no preservatives; they will have to be refrigerated or else have a high turnover on the store shelves.

The water you feed your animals should be the same as the water you feed yourself: purified or distilled. Unfortunately, our water supplies in this country contain high levels of nitrates, nitrites, phosphates, fluorides and chlorides in high quantities which settle into the water table from crop fertilization, factory pollution, air pollution, and toxic waste dumping. Water travels hundreds of miles underground and there are few wells or water tables in North America that are un-polluted by coliform bacteria, by toxic chemicals, and by having over 700 parts per million total dissolved solids. If you want an education on water, go to your health food store and ask for books on water. Remember, your water company is not liable in any way for the quality of water delivered to your tap. The health department controls the levels of some bacteria, **but the levels of toxic metals, chemicals, and poisons is not controlled at all.** If you or your animals are poisoned by the water supply, you can't collect a nickel in damages. What goes into our body and the body of our dog or cat is our problem alone.

LACK OF EXERCISE

Animals, like humans, are not rigid structures. They are designed for motion, and motion is so important to normal function internally that without it the body gradually loses muscle and tissue tone, metabolic wastes build up in the tissues, and function diminishes to the point of disease and death. An imprisoned animal is like an imprisoned human; do unto your animal friends as you would have done unto you. That doesn't mean they need to run free all the time, but they do need to walk and run every day ...the more the better.

Elimination through the kidneys and bowels is stimulated by exercise as well as food types, and if animals don't eliminate as many times each day as they are fed, they will retain highly toxic, poisonous, irritating, waste products which are the forerunner of degenerative disease.

Humans have the additional capacity to perspire through the skin where dogs and cats do not. The human skin eliminates up to two pounds of moisture and waste products a day; the animals only have the bowels, the urinary tract and the lungs. It is vitally important that you as a pet owner be aware of your dog or cat's elimination patterns. Constipation is a form of degenerative disease; later on we'll discuss some of the specific things you can do for it in addition to making changes in the diet.

The lymph system in animals is the system which carries many of the metabolic waste products of energy production at the cell level from the cell into the blood stream where it is further utilized, neutralized, or eliminated from the body. The lymph fluids move only when the body tissues and muscles move. There are no arteries or veins in the outer periphery of the body which move the lymph as the blood moves. **Lymphatic detoxification at the cell and tissue levels depends almost entirely on exercise and body movement.**

Take your animal friends for a run or a walk with you if you can't let them roam free during the day.

LACK OF SUNLIGHT

It is important to realize that both human and animal endocrine glands are seriously affected—adversely—by a lack of the ultraviolet rays of the light spectrum. Though glass, like windows or eyeglasses, allows the visible light spectrum to pass, only 1% of the ultraviolet rays and the rest of the electromagnetic light spectrum can pass through. The therapeutic effects of sunlight have been known in health spas around the world—both human and animal—and short periods of half an hour to an hour a day in the morning or late afternoon sun, without being indoors or behind glass, can have marvelous results.

MENTAL FACTORS

Have you ever noticed that dogs and cats often take on the personalities of their masters? Somehow I prefer to have the animals manifest their own personalities as they are a lot less complex and cause fewer problems physically.

It is a fact that our physical beings are to a certain extent manifestations of what goes on in our minds. So also is this true of our animals and many times neurotic masters produce neurotic animals. Many times we overdo the “training” of our animals and instead of teaching them basic principles of obedience and toilet training and allowing them to have the space *for* their own personalities to blossom, we tend to spoil them with

overindulgence in attention, love, food, or grooming. Not that this is “bad”, but I guess it is just a matter of my own personal preference in wanting the animals to be more the way they are in nature. The forward momentum of all life on the earth seems to be provided by the daily demands for survival, otherwise there is stagnation. Much as I hate to say it, the state of “love” as we know it places few demands on our mental alertness. Survival, whether it be to preserve a relationship or provide food for animal or human, demands a sharpening of the wits, the intuition, and the communicative powers. . . to say nothing of the physical effort involved.

As an ex bush pilot, I particularly remember one very late night in the Yukon Territory when I had headed back north toward our tent base camp on the Arctic coastal plain in the dusky daylight of the Arctic’s 24-hour daylight. I was alone in my helicopter as we rose up above the low mountains just south of the coast when I noticed that a very thick ground fog had moved in over the base camp since I had left, thus making the return to camp impossible until the fog lifted. Flying back as close to camp as I could, I landed in a riverbed, shut down the helicopter, and curled up on the three front seats in my parka to wait out the fog. I quickly fell sound asleep until about two o’clock in the morning when I suddenly came wide awake with a very ominous feeling that I was being watched. . . and I was. Not 20 feet away was a very large black wolf walking slowly and cautiously toward the helicopter to see what manner of strange thing was in his territory. Never as long as I live will I forget the absolute lack of fear, the wildness—the intensity of vigilant focus of attention—in those brilliant yellow eyes as they looked at me. I moved slightly and he stopped, then walked casually back toward three other wolves who had been waiting at the edge of the low bushes. Domesticated wolves don’t have that look in their eyes, nor do any other domesticated animals, and I felt that I’d seen something that would only be seen in the wild where constant vigilance is a matter of life or death.

In speaking of love as I did just previously I don’t mean to imply that it doesn’t have its place. Even animals in the wild understand and respond to the emotion of love, either for their mate or for their offspring . . . even for the beauty of the night itself if you’ve ever heard the wolves or coyotes on a still, clear, moonlit night. The same seems to be true of our domesticated animals as well. It bothers me just as much to see an animal with too little love as it does to see one with too much. They all must have at least a little. Some animals are more demonstrative than others. Some can convey their deep feelings of respect and love with no more than a single glance.

Anyone who is at all sensitive to animals will be able to intuitively know what their inner mental problems are. The better we know ourselves, the better we can sense the characteristics and feelings of all the lesser forms of life. Sometimes we can help them,

and sometimes we have to let them work out their own problems. The more I know about animals, the more like simpler forms of humans with similar characteristics they become. Some day we'll all be able to communicate with them at the level of thought and it will happen as we become more attuned to them and ourselves.

To return again to Dr. Selye's findings on the effects of stress, let me add to his findings that foodless foods—overcooked, processed, highly-heated foods—are the major form of stress and cause of degenerative disease among our animals today.

The most disturbing and troubling thing of all is that animals have such short lives that by the time degenerative disease is apparent, **they may not have the time left to rebuild health from the wreckage of poor eating habits during their formative years.** The only way to having healthy animals is to feed them properly and minimize external toxins and preservatives from conception onward. To bring these points into greater perspective, let's examine the Pottenger experiments with cats.



CHAPTER 3.

THE POTTENGER EXPERIMENTS*

Dr. Francis M. Pottenger of Monrovia, California, performed experiments with 900 cats over a ten year period to determine the effects of cooked foods on their health, their bone structure, internal organ changes, and genetic inheritance patterns. He had found that cats fed on raw meat and raw milk survived longer under adverse conditions, and with less disease, than those fed on cooked meat and milk.

Consequently, the cats were divided into two control groups with careful documentation of their physical condition, previous diets, and genetic background. One group was fed a diet of two thirds raw meat, one-third raw milk, and some cod liver oil daily. The other group was fed a diet of two-thirds cooked meat, one third raw milk, and some cod liver oil daily. Any cats which died were autopsied and detailed examinations performed on bone structure and internal organ condition.

RAW FOOD RESULTS

Throughout the term of the study, the control group fed on raw meat and raw milk produced healthy offspring with no abortion or failure to nurse the young. The cats, in fact, grew healthier and had an increasing resistance to fleas, worms, lice, infections and disease. They had good equilibrium and their behavior was predictable and consistent. The same characteristics continued from generation to generation throughout the term of the study.

COOKED FOOD RESULTS

Those cats in the study fed on cooked meat experienced an incredible deterioration in health and genetic pattern from just the single difference of cooking the meat! Keep in mind that their diets were extremely limited and closely controlled, but the results are none-the-less startling.

Not only was abortion averaging 25% in the first generation and 70% in the second, but many cats had difficult deliveries or died in delivery. Mortality rates for the kittens were very high. Many times the mother cat was unable to provide milk or the kittens were too weak to nurse. A number of the mother cats deteriorated in health shortly after giving birth and died from tissue exhaustion.

Female cats fed on cooked food were irritable and dangerous for the keeper to handle; males became more docile and unaggressive. Sex interest was low or perverted. Parasites were common as were skin lesions and allergies. **These conditions were compounded from one generation to the next**; second generation cats **were born with disease conditions**; third generation cooked-food cats were born sterile and none lived longer than six months, thus terminating the strain.

WHAT DO WE FEED TODAY?

These results should be interesting to all those who have cats - or dogs - as the results will be similar with both. What is canned dog food or cat food but cooked meat? What is canned fish but cooked meat? What is packaged dry food for dogs or cats but cooked and processed foods?

Is it any wonder that our dogs and cats have skin conditions, arthritis, cancer, or other degenerative diseases that make their lives miserable and cause death before their time? Disease is not a virus or germ that “gets” our animals. It is produced over a period

of time by improper stress from poor foods which in turn create an internal environment which allows the disease to occur, together with all the attendant viral and bacterial complications.

Dr. Pottenger found that the principal causes of death among the cooked-food animals were pneumonia and empyema (accumulation of pus in the internal cavities of the body). Diarrhea followed by pneumonia caused the most death in kittens. Other common diseases were: osteomyelitis, cardiac lesions, thyroid diseases, liver diseases, kidney diseases, meningitis, cystitis, arthritis, and many other conditions familiar in human medicine. This should also tell you something about cooked food and the prevailing human health problems of our day and age. Animal bodies are little different from human bodies. Obesity was very common among a different control group of cats fed on sweetened condensed milk . . . the concentrated carbohydrate (sugar) causing serious gland and organ disturbances.

HOUSING PENS

After the study was terminated, the pens lay empty for several months and another interesting fact became apparent. Weeds grew luxuriantly in the pens which housed the raw-meat, raw-milk animals, whereas few weeds at all grew in the pens which housed the cooked-food animals. Evidently the high levels of ammonia in the urine of cooked-food animals hindered the growth of plant life.

WHY IS COOKED FOOD HARMFUL?

Rather than call the cooked food “harmful”, it is probably more correct to call it “incomplete”. The body needs the enzymes for complete digestion ... enzymes which heat destroys easily.

Protein is composed of amino-acids, and some of these amino-acids are very heat sensitive, being de-natured by heat to the point where they are no longer of constructive use. Cooked protein can therefore be an incomplete protein, even though chemically it may appear to be a complete protein, and therefore will not build tissue of sound integrity.

Those vitamins which are heat sensitive (Vitamin C and some members of the B-complex family) are either changed or totally destroyed. Minerals may be changed by heat from organic to inorganic substances which means that instead of three or four chemical changes for organic, plant-source minerals to be utilized by the animal's body,

the digestive system has to perform thirteen chemical changes before the mineral can be utilized to build new bone, tissue, hormones, etc.

This, of course, is all we know. What we don't know could be more important still, so this is why we rely on empirical evidence—the actual results produced by cooked food versus raw foods.

One final fact: it took a minimum of four generations for proper bone structure, health, and tissue integrity to be re-established in cats which were fed cooked food for only six months!

SURVIVAL IS A MIRACLE

All things considered, it is truly a miracle that our cats and dogs survive as well as they do. The answer is that their diets are fortunately not as closely controlled as they were in the study. They are able to forage for a certain amount of raw food in their wanderings and hunting trips. Those animals with strong genetic patterns will go many years without **outward** signs of degeneration. When disease and degeneration become apparent, the damage may not be reversible.



CHAPTER 4.

THE LIVE FOOD DAILY SUPPLEMENT

Short of preparing your dog or cat's meal totally from raw foods each day—which is the ideal way to create healthy animals—you can make a mixture of concentrated raw foods in your blender every two or three days, put it in a tightly capped bottle, and keep what you don't use in the refrigerator.

This blended “soup” is poured over a dish of dry dog or cat food, and then raw organ meat, muscle meat, or seafood is added. “Muscle” meat is the red meat which is sold as lamb, steak, hamburger, veal, etc. The dry food is primarily for bulk and intestinal fiber, though it does have some carbohydrate and protein value. Most of the minerals and vitamins, as well as the heat labile proteins and fats, have been either heated or subject to some form of chemical fractionating process in separating them from their original food source. As much as 90% of their natural molecular motion is altered and they are no longer effective. There is nothing “natural” about them despite the label claim for being natural. You

can tell a natural food simply because it breaks itself down by enzyme action within a few hours of being disconnected from its life-giving source. This is also true, unfortunately, of most high-potency vitamins and minerals available through health food stores. We and our animals are only eating truly naturally when we receive our vitamins, minerals, carbohydrates, proteins, and fats from unheated, unchemicalized, food sources that are fresh. Since it is no longer possible for many of us to live right out of the garden in this highly mechanized society, we have to compensate by putting some raw, unheated food into our animal's body daily.

Always keep in mind that with proteins, some of the amino acids which make up the protein molecule are very sensitive to heat. They are "de-natured" by heat (at the molecular level) and the body can no longer use them to build new protein despite the fact that in the laboratory they appear to have normal function. Fats and fatty acids that have been subjected to high heat are extremely difficult to "emulsify" ... meaning difficult to go into solution with water so as to be assimilated. An animal or human's bile is not a strong emulsifier because it has evolved over the years on unheated animal fats, and oils in unconcentrated, unheated forms.

To make up your Live-Food Supplement, place into your blender the following ingredients:

LEAFY GREENS with lots of green chlorophyll such as spinach, kale, romaine lettuce, butter lettuce, or parsley. Forget the head lettuce as it is mostly water. Stuff two or three large handfuls into the blender as it will liquify later. The chlorophyll will keep worms and parasites out of the intestinal tract and be a wonderful systemic purifier; you can even add concentrated liquid chlorophyll to your mixture if your animal is recovering from a sickness.

SEEDS: add two handfuls of raw sunflower seeds; a handful of sesame seeds; and three tablespoons of flax seeds. It is sometimes easier to grind these three seeds dry in the blender before adding the leafy greens so they will be in powder form. One can also make the flax seed powder separately by grinding it in a small coffee grinder and keeping it in a closed container in the refrigerator; it lasts for about four or five days before going rancid. All seeds are very highly concentrated sources of B-vitamins, A-vitamins, and every other vitamin - discovered and undiscovered - plus minerals, proteins, carbohydrates, and fatty acids to sustain life healthfully. Use the raw seeds, not the roasted variety. Almonds, walnuts, pumpkin seeds, and pecans can be used alternately with the other seeds, if desired, for variety. But the sunflower seed is an inexpensive and perfect food. Peanuts and cashews are legumes, not nuts, and their protein is not as complete. **Flax seeds and ground flax seed meal will keep your animal's bowels moving easily and effortlessly daily.**

EGG YOLK: add one or two egg yolks depending upon animal size and avoid the white of the egg. The egg is a balanced food with an excellent source of protein, fatty acids, and is also the highest source of natural lecithin to help emulsify fats.

KELP: add two heaping teaspoons of powdered kelp or six or seven kelp tablets for the sea minerals and trace elements which our soils no longer contain.

OIL: add two teaspoons (two tablespoons if the animal has skin problems) of a natural, unheated, cold-pressed oil for the absolutely essential daily requirement of fatty acids. Use wheat germ oil, fish oils, olive oil, flax seed oil ... any oil that has to be kept refrigerated at the Health Food Store. Canola, vegetable oils, and cooking oils cause more problems than they solve.

SALT: Keep in mind that ordinary table salt, though it may claim to be "Sea Salt" is actually thoroughly processed to remove all the most valuable minerals such a potassium chloride, magnesium chloride, calcium chloride, and the hundred other valuable minerals that pure, air-dried sea water contains. Only Health Food Stores carry pure, unprocessed salts which give humans and animals the same essential ingredients that farmers find essential for their cattle.

LIQUID: add fresh, whole, unpasteurized milk from the goat or cow if you can obtain it. Some farmers will sell it for pet consumption only. If unable to obtain unpasteurized milk, then use water or soy milk, or your imagination.

FLAVOR: flavor the drink with some beef bouillon (without MSG or preservatives!!), vegetable broth, or a little raw meat or fish.

Blend this to a soup for a minute or so and cover the dry food with it each serving. It may take your animals a while to learn to like it, but when they're hungry enough they will eat it. If it takes three or four days of fasting before they'll eat it, the fasting will be the best thing in the world for them (see the section on fasting). Some animals won't go back to the bagged foods later, and some take time to become familiar with the new food. . . it's all a matter of the individual animal's nature.

If, in chopping the organ meat or fish into the dish, they eat only the meat, then blend the meat or fish into the blender mixture for a few days until they become familiar with the new food. **Love your animals enough to discipline their eating habits.** They like and eat what they've been programmed to eat since infancy. Seldom is change received with joy by human or animal. Feed animals with intelligence—not by their taste buds alone. The mixture will very shortly become delicious to them.

Some other concentrated foods can be added to the above as a change or as a substitute.

They are:

MOLASSES: High in minerals and B-vitamins

WHEAT GERM: High in vitamins

YEAST: Almost a complete food in itself

COMFREY: High in minerals and B-12, Comfrey has Allantoin which is very healing for internal membranes.

SLIPPERY ELM BARK POWDER: A complete food with healing and soothing properties for internal membranes.



CHAPTER 5.

FEEDING YOUR DOG

Animals, like humans, are omnivorous creatures—they survive best on many different foods rather than a limited diet of carnivorous material. Dogs and cats are, however, better equipped to be carnivorous than man because of their shorter length of intestinal tract. Meat and fish, especially when they are not fresh, can be highly toxic to the body. Even fresh animal or fish flesh produces greater metabolic toxins than vegetable, grain, or fruit foods.

Most of the digestion in dogs and cats is accomplished in their stomach. . . the high level of hydrochloric acid enabling them to even break down bone. Keep in mind that flesh, when digested, has little bulk or fiber left to it; it has the consistency of clay and can be quite irritating and constipating even for their short (3-foot) intestinal tract if the flesh has been cooked or processed first.

With dogs, the food is not completely clear of the stomach for approximately 12 hours, and therefore **they should not be fed any more than twice a day at the most** as it confuses their body's ability to secrete the proper enzymes for digestion. In the wild, of course, the animals eat when they can, but it is usually no more than once a day or once every few days for the carnivorous animals. If dogs are fed twice a day, the feedings should be at least twelve hours apart. Humans eat about two or three times as much food as necessary to maintain sound health; they are subsequently fat or obese sooner or later in life, and then attempt to put that same disaster on their friends the dogs.

In my experience **the healthiest dogs I have seen have been working dogs fed once a day** with additional snacks or treats for working well. The single, well-balanced meal of grain or vegetable scraps and raw meat was given either in the morning or evening.

To me, late afternoon or evening (about 5:00PM) is a better time to feed as it takes a good twelve hours for the energy from the ingested food to be available at the cell level, so an animal fed in the evening will have the energy from that meal available by morning to perform the day's work. Animals fed in the morning will not only have to perform the day's work, but also use energy to digest the meal in addition to carrying the extra weight around while they work. Fully 25% of the dog's energy goes into digestion, and like their masters, they digest their meal better when they can relax during and after eating.

My own rationale for one feeding a day is that in addition to breaking down and absorbing the food, the animal's body needs time to cleanse at the tissue level and eliminate the products of metabolism. Again, like humans, the animals that eat less invariably have higher energy levels, better health, longer life, clearer minds, and are better able to produce productive work joyfully. The happiest dogs I know are the mottled grey and black Australian sheep dogs used by shepherds in the high mountain country of Australia, New Zealand, and the western Rockies and Sierra Mountains of the US and Canada. They work hard—many times all day long—but the healthiest are only fed once a day.

When I worked up in the northern Yukon Territory and Northwest Territories of Canada, I noticed the Indian and Eskimo sled dogs were only fed two or three times a week. They looked thin, but were immensely strong and had almost unbelievable stamina. Is it any wonder that two or three meals a day and perhaps an hour at most of daily walking create a stress on the digestive system resulting in toxic, lazy, sick animals? In our land of plenty, we don't realize that human and animal bodies are designed for periods of abstinence to balance them out. Healthy humans and animals can go for 30 days without any form of food whatever before starvation begins. The body's storehouse of fats are consumed first, the proteins are last. Even thin animals can go for days without using up the not-so-obvious fat reserves stored internally. The intelligence built into all living beings escapes most of us completely in our daily rounds of frustrating reactions to life.

WHOLE FOODS

If you're willing to make an extra effort for your dog, or if you live in places where you can't always buy bagged food, you can feed scraps from your own table or make cereals which form the base for the dog's diet. Whole cereals are the seeds of rye, wheat, barley, oats, or millet which are not processed, rolled, cracked, or ground in any way. The whole

grain has a hard shell around it according to Mother Nature's design which holds in all the nutrients, not allowing oxygen or moisture to activate the enzymes or oxygenate the vitamins. The shelf life is indefinite; when King Tutankhamen's tomb was opened a few years ago, the grains found inside were still capable of being planted and brought to life . . . after 2,500 years! Brown rice has been slightly polished and some of the nutrients removed in the process, but it can also be used occasionally.

The way to prepare the grains is by soaking them overnight in warm water, then cooking them at low heat such as you find in a double boiler until the starch has been broken down and no longer tastes starchy. You can make enough for several days, though it is better to prepare it daily. Add real sea salt or salt scraped from an animal's salt block, soup stock, or bouillon, and keep the remainder refrigerated. Baked or boiled potatoes can also act as the base for a meal, but **don't combine starches**. . . feed only one starch at a time.

Chopped raw vegetables can be mixed with the grains for moisture, bulk, vitamins, minerals, and protein. Green, leafy vegetables are wonderful purifiers of the dog's body and should be included in every meal. Use something other than head lettuce or iceberg lettuce as it has little food value and little chlorophyll. Six or seven vegetables can be chopped and mixed together, stored in the refrigerator in a plastic bag for several days, and fed out as needed daily.

Mix two parts vegetable with one part cereal in the dog dish and then add a cup of chopped organ meat or raw fish. You'll find that perhaps twice a week you'll spend an hour preparing the basic ingredients and no more than five minutes a day mixing them. Love your animals like you do your own children, for if the total picture be seen they also are our children. Perhaps also your older children should be trained in the caring for the animals and preparation of their food.

WATER

Make certain that the water dish is cleaned daily, or every other day, and filled with pure distilled, purified, or fresh spring water. Dogs must have water when their instincts tell them to drink or they become dehydrated and constipated. The urine also becomes too concentrated and irritates the urinary tract.

SECOND BEST

It is very disturbing to me to see a busy and well-meaning mother pour out a dish of packaged dog food as the animal's sole means of food. It is interesting to note that the bugs and ants will not touch the packaged food. Our dogs have no choice.

So, mothers and owners, make the effort to fuel your animals' bodies with health-producing fuel. Don't feed them the packaged foods without at least adding two or three cups of the Live-Food Daily Supplement and some fresh, raw, organ meat, hamburger, or fish.

The best way to cure chronic degenerative disease in animals is to prevent it in the first place by feeding them properly. Remember that the animal's body is in a constant state of change and cell replacement; old cells die each day and new ones are formed to replace the dead ones. With what kind of nourishment are we going to rebuild these new cells? It should be obvious by now that only the natural, raw ingredients provide all the nutrients in proper form so that new tissues will not become diseased during the animal's lifetime.

FEEDING PUPPIES

Puppies should be allowed to nurse as long as the mother will let them, but their voracious appetites will often seriously deplete the mother's body. They should therefore have the Live-Food Supplement as an additional food source as soon as they can open their eyes and make their way to the dish. They can be fed the live food drink three or four times a day the first month—same with the mother—and then during the second through the fourth month, they can have a maximum of three meals a day. I don't like to start them on meat or fish until at least the fifth month, during which time I transition them to two meals a day. When they reach one year, I then like to train them to eat one good meal a day. You will not believe how healthy your animals will be on this regimen.

In my opinion, neither dogs nor cats were designed internally to be strictly vegetarian. Their intestinal tracts are not long enough for the proper breakdown and absorption of fibrous foods, **nor do they have two stomachs as do most vegetarian animals.**

FEEDING THE CAT

I must profess to having done little experimentation with the feeding of cats. I have to rely largely on the experiments performed by the Price Pottenger Foundation as discussed earlier. Considering their research, I would also assume that cats can be fed the same food as the dogs and be equally as healthy. They seem, however, to be better able to instinctively fend for themselves when allowed to hunt the rodents and birds of our backyard environments in the cities and on the farms. I do not personally believe that cats should be scolded for killing birds as this is part of the balance which Mother Nature built into the plan for life. I have been close enough to death enough times to know that there is a built-in mechanism in the mind of human and animal such that the mind becomes numb when death is imminent. The spirit leaves the body even before death occurs.

It should be very obvious from the Pottenger Foundation's research that raw meat and fish, raw milk, raw vegetables, and slightly cooked grains should be the basis for their diet.

CHAPTER 6.

NATURAL HEALING

Let me reiterate once again that once chronic degenerative disease has become physically evident, your dog or cat may not have enough years left in life to rebuild the tissues which a poor quality food source ruined. Some cells take 90 days to completely replace themselves; some take as long as seven years. It should go without saying that the best way to heal disease is to avoid it in the first place. Many times the onset of degenerative disease in older age will destroy the animal's will or desire to live. In certain acute conditions, however, there are natural healing procedures which produce remarkably consistent results; the procedures work for some chronic conditions as well.

REST

One of the first things an animal in the wild does when it feels something is not in balance internally to is to rest in the shade beside a source of pure water. **They do not eat food until they feel well!**

Keep in mind that these are animals who are governed by their instincts; they survive only by their attunement to instinct. In our domesticated animals, the mental attunement of the animal is not so much upon instinct as it is toward the master and his or her desires. I like to put it another way: the domesticated animal is controlled mostly by **exterior** attunement where the wild animal is guided by **inner** attunement.

Because so little effort is required on the part of the domesticated animal in gathering its food, it will often times eat what is put in front of it when, in the wild, it would have rested. When a dog or cat appears to be "off" their food, it is best to take it away from them **and not feed them at all for several days**. This is one of the best forms of rest you can provide for your animal.

FASTING

Fasting, or going without food, is simply a form of rest. There are some factors which increase the benefits of this form of rest; one of them is making sure the animal's bowels are cleaned out when it first goes on a short or long fast. This is not necessary in the wild where the diet is totally natural, but the processed food diet of our domesticated animals make it beneficial as their bowels will not empty readily. When they stop taking in food, the peristaltic action of the intestinal tract also stops and any waste material remains

inside to be re-absorbed by the blood, overloading an already-toxic liver with more toxic material. The animal should therefore be given an herbal laxative such as Senna or Cascara Sagrada, or a combination of laxative herbs, which have been powdered and encapsulated, or sprinkled in their broth or on their food on the last feeding. Failing that, one capsule for a cat or three for a dog can be pushed down their throat behind the tongue. This is done by holding the mouth open and reaching through the side of the mouth with the capsule between your two fingers. Place the capsule down behind the tongue, and with the index finger, push it down as far as possible so that it will go DOWN with the first swallow. . . not out. If that doesn't work, the capsule can be concealed in a piece of hamburger, and that does work!

During the fasting period, the animal receives only fresh water and a home-made, vegetable-beef, broth. The lack of fiber and solid food allows the digestive tract to cease its 24-hour-a-day churning and rest. This conserves energy, but more importantly it gives a signal to the body to use the fat and nutrients stored in muscle and fatty tissues for energy. As these stored nutrients are released, waste products of cell metabolism are also released from storage in the body tissues and the system goes through a major house-cleaning. **In all cases of animal imbalance, there is toxic metabolic waste which hinders the normal function of internal glands, tissues, and organs.** It may not be the **cause** of the condition, but it is an inevitable by-product of stress of any kind, and it must be removed before body function will be restored to normal.

Remember this: **the body heals itself!** There is no drug, herb, or natural procedure which actually cures a disease or imbalance condition; they only help the body to heal itself. It is the intricate interrelationship between digestion, assimilation, circulation, absorption by the cell, conversion into energy, elimination of waste, rebuilding dead or damaged tissues, restoration of bacterial balance, neutralization of chemical byproducts, restoration of nerve energies, and so on, that gradually returns the body to balance. The remedies only help one or more of the processes mentioned above to perform their function properly or at increased capacity.

The fasting of animals should be done for a minimum of three days and continued for longer periods up to twenty-one days until the animal has completely healed. Animals can live for sixty to one hundred days without any food whatsoever, depending upon their body reserves, before the body's cell systems, tissues, or organs begin to be consumed.

The best indicator of the time to break a fast is the dog or cat's increased level of energy and the clear color of the eyes. Other factors will also be apparent: the disappearance of foul breath odors; increased salivary secretion and hunger; and a clear

color of the urine. Take all the signs together; don't just look for one sign. I have seen animals who looked like they had returned from the dead in ten to fifteen days. **Do not be too quick to bring your animal off a fast.** It takes twenty-one days for major tissue changes to take place and cleansing of the deeper tissues to be completed.

When coming off a fast, your animal should only be fed once a day, and only very light foods at first. . . such foods as soups made in the blender with mostly vegetables and only a very few starches or carbohydrates for three or four days. The digestive mechanism, which has been shut down during the fast, comes back to full capacity very slowly. If you overstress it by putting heavy proteins or starches in the animal's stomach too soon, you can cause considerable stress, sickness, or even death.

Dr. Anton Carlson, head of the physiology department of the University of Chicago, fasted dogs at the University for 40 days and noted that they had a two-fold increase in their ability to assimilate foods, their mental awareness increased, as did their sense of smell.

Dr. Donald Ogden, D.V.M., noted that non-malignant fibromas in the breast of dogs were totally absorbed during the fasts which he used consistently as a therapeutic form of rest and healing.

MORE ON FASTING

After the second or third day, an animal's hunger will dissipate and it will not feel the desire for food unless it is placed nearby. A fasting animal should be off away from the smells of cooking and the bustle of daily life so it can rest.

The daily broth can be served twice a day, but is best in the evening when its function as a relaxant is most effective. It is made by simmering a large pot of vegetables and several soup bones for three or four hours—even all day—at medium heat. After simmering, remove the liquid from the solid matter and throw the solids away. Keep the liquid refrigerated and serve four or five cups warm once each evening, or break the serving into two feedings. One cup is enough for cats. The broth is high in minerals and has small amounts of fat and protein which provide nutrient value without placing a load on the digestive system.

There is nothing cruel about fasting animals. If the truth be known, fasting is the most natural therapy there is, and the cruelty is feeding our animal friends too much food, and feeding them nutritionally empty foods whose inevitable result is disease.

HERBS

There are many herbs on the earth which have healing and purifying ability without producing toxic side effects. Have you ever noticed your dog or cat trying to eat certain of the herbs or grasses from around the house? They instinctively know that the green chlorophyll and other properties can help them.

Comfrey is one of those herbs which is high in nutritional value. It contains also chlorophyll and allantoin—which is a “cell proliferant”—encouraging the multiplication of cells more rapidly than usual to heal wounds, burns, or tissue irritations such as frequently occur in the intestinal tract from prolonged use of processed carbohydrate foods. Comfrey can be purchased at most health food stores in bulk as a tea, then blended into the live-food supplemental drink, or can be simmered in the broth during fasting. The comfrey root is more potent, but must be ground to a powder before being added to soups or blender so it is better utilized.

Slippery Elm Bark Powder is also a soothing, healing, herb for inflamed mucous membranes the same as comfrey. It is higher in nutritional food value than comfrey, but the two can be used effectively together. A small amount is all that is necessary as the Slippery Elm swells considerably upon being mixed with liquid, and even forms a gel if it is too thick.

Flax Seed meal made from flax seeds ground to a powder in a small coffee grinder is, in my opinion, the healthiest supplement humans can give an animal. It is both supremely nutritious as well as mucilaginous, helping digested foods to move through the intestinal tract quickly and easily. It really hurts me to see some poor city dog or cat struggling to have a bowel movement when, with a little human intelligence and effort, the process need not be a struggle at all.

EXERCISE AND SUNLIGHT

Particularly during fasting, an animal should have the opportunity to be out in the fresh air and sunshine. Confinement to a large pen or back yard is better than allowing the animal to roam the countryside where he or she can rummage up feed and ruin the effect of the fast. A daily walk or run is as essential during fasting as at other times, as it keeps the body fluids moving.

ACUTE AND CHRONIC CONDITIONS

The difference between acute and chronic conditions is simply that ‘acute’ means a condition which has come on rapidly such as a fever, an infection, an injury, or influenza,

to name just a few. The 'chronic' condition is one of long standing which worsens such as constipation, arthritis or rheumatism, cancer, or skin diseases which do not clear up readily. To the naturally-oriented physician, the name of the disease is not important. He is concerned more with the organs which are involved and the causative factors. Symptoms are difficult to ascertain with animals and must be obtained visually or with palpation. . . or by blood test, urinalysis, or other laboratory method. If using the methods set forth in this book, you need only follow the principles of rest, fasting, proper feeding, and the use of non-toxic therapeutic substances. You'll find very few conditions that don't respond favorably to these methods.

If there is any doubt in your mind, however, visit your local veterinarian for a consultation and examination. Obtain his opinion as to how he would handle the problem, and what the probable results would be. . . then make your own decision as to which path is best for your animal. Not all Vets are familiar with natural healing procedures, so they are not qualified to tell you how effective they will or will not be. They also have to make a living with the knowledge they have, so the final decision is up to you.

GENERALITIES

SYMPTOM: lack of energy; going off by themselves; loss of appetite.

These symptoms can often be signs that your animal is not feeling well internally. Check the temperature rectally with a rectal thermometer; the temperature range for dogs is between 100.2 and 101.3. For cats the range is between 100.5 and 102 with the average around 101.5.

If the temperature is high (and even if it isn't) you should give an herbal laxative and begin a fast of at least three days as directed under the fasting procedure. Continue until well past the point of your animal's feeling well.

SYMPTOM: foul body odor; bad breath; coated tongue; acrid urine.

These are external signs of intestinal inflammation and constipation, even though the bowel may seem to be working. If the stool is hard and bowel movements are difficult and long, the waste material is remaining in the intestinal tract too long and there is not enough fiber or moisture content for proper elimination.

A short three to five day fast is very beneficial using comfrey and a little slippery elm bark powder in the broth. When you begin feeding again, be sure there is Flax seed meal or slippery elm in the live food drink for at least six months afterward, even permanently.

SYMPTOM: infection; wounds that don't heal rapidly.

Look first for thorns that may have worked their way into the flesh causing continuous inflammation. The Vet may have to use a local anaesthetic and cut it out if you are not able to remove it with tweezers or pressure. Otherwise, **wounds that do not heal rapidly are a sign of very toxic body condition** and low endocrine gland function. These conditions are both best remedied by fasting for seven to ten days or more.

SYMPTOM: fleas.

Fleas will not live or remain long on a healthy animal; they prefer to live and multiply on unhealthy fur and skin. Since this condition took a long time to happen, it also takes a long time to bring the animal back to a high level of health. In the meantime you will have to use the chemical flea and tick powders available for such purposes. Herbal remedies such as Pennyroyal can be simmered as a decoction and sprayed on the animal's fur for a mild repellent, but they are not strong enough if your animal is not healthy or is near a flea-infested barn or house regularly.

SYMPTOM: hair loss: skin irritation.

Both of these conditions stem ordinarily from poor function of the liver, kidneys or bowels. . . which comes on from poor diet. This same dietary cause shows up in different animals as different afflictions because of genetic weaknesses peculiar to the breed of animal coupled with other factors of diet and lack of exercise.

This is a chronic condition and should be followed by a long fast of fifteen to twenty-one days to allow the residual toxic waste products to be thoroughly cleansed from the system. Then follow the whole food diet or the Live-Food Daily Supplement regularly. The diet should have at least two tablespoons of a cold-pressed oil dailypreferably flax seed oil.

If the animal is old and thin, follow only a short fast period of three days and then give the whole food diet along with the Live Food Daily Supplement. It will take a lot longer to heal this way, but is less stressful to the animal.

SYMPTOM: emaciation; worms; tapeworm; rubbing anus on the floor. .

Worms are parasites just like fleas and they only live in environments conducive to poor health. Chlorophyll is a great cleanser for eliminating worms, and there are certain herbs which can be used before going to the highly toxic chemicals which Vets use. Black Walnut bark taken three capsules a day is most effective for dogs; one capsule a day works for cats. Tapeworms may need the heavier medication available from Vets. In either case, any kind of worm infestation takes about 30 days to clean up completely because

of the worms eggs that remain unhatched. Be sure to begin using large amounts of leafy green vegetables in the diet and the problem will not come up again.

SYMPTOMS: arthritis; sore joints; rheumatism.

These conditions seem to result from prolonged use of processed carbohydrate foods. It is difficult to reverse the symptoms, but the daily food source should contain yeast in the Live-Food Daily Supplement in addition to Wheat Germ Oil and Blackstrap Molasses (2 tablespoons a day at least). The Blackstrap Molasses contains an anti-stiffness factor which is very beneficial in joint stiffness. B-vitamins are high in yeast and seeds as well as wheat germ; they are specifics in the condition also. I have also seen a remission of arthritic symptoms within 45 days from the lowering of inflammation through ingestion of fifteen to twenty grams of buffered sodium ascorbate (vitamin C, available by special order from drug stores in powder form) mixed with their food daily, plus a daily serving (2 – 4 Tablespoons) of Knox gelatin mixed with beef or chicken bouillon to make a gelled bouillon ... joint food!

REMEDIES

There are certain non-toxic substances which can be used therapeutically in the above conditions in addition to the herbs and foods mentioned:

BEET JUICE: Freshly juiced beets is one of the best liver cleansers; use 2 ozs. for the dog; 1/2 oz. for the cat.

RAW LIVER: This is a specific for all skin conditions, and can be used for the other conditions as well. It is not only a cleanser for the most important organ in the body, but it also provides RNA/DNA to re-build the liver. In skin conditions the liver always needs help as much as the intestinal tract.

WHEN NOT TO FAST

When an animal has been sick for a long time and is debilitated or unable to move, such as occurs in conditions of cancer, severe hookworm disease, or advanced distemper, the animal should be fed on the Live-Food Daily Supplement only. . . no fasting. Older animals should be treated the same way, though short fasts can be very helpful.



CHAPTER 7.

FIRST AID

Individual judgment and your own past experience with injuries and wounds will be the final determining factor as to what point it is necessary to call on the veterinarian. If you live in the outback of Australia, the wilds of northern Canada, or the veldts and grasslands of Africa, you may be called upon by necessity to perform tasks using your common sense rather than your life experience.

You may not even have to be far away from civilization at all. I recall the first time I ever put an animal to sleep. A large Doe (Deer) had been hit by a truck on a busy freeway on Donner Pass Highway in Nevada. She was still in the road, unable to move her rear haunches at all because her back had been broken. Obviously in pain, she was bawling and struggling to move by pulling herself upright with her two front feet. I pulled her clear of the traffic and into the bushes at the roadside. Putting my hand on her head and neck, I patted her lovingly as I explained to her what I, with my limited abilities as a human, would have to do to put her out of pain. I explained to her that I was sending her back to the place she had come from. . . and she relaxed, putting her head down in the grass with a long and mournful look. It was then that I noticed the bell and leather collar around her neck; she was not wild, then, but had known man's friendship and love before. From the truck I was driving, which was loaded with all my personal household goods during a move, I dug around for my revolver which was the most painless way I could think to help under the circumstances of immediacy. Anyone who has a profound respect for life, and I think all of us do if we are in touch with it, take the life of another with great reluctance . . . though nature herself is quite indifferent. To her, life and death are merely parts of the same process—the processes of change and growth. I find it more pleasing and logical to believe in the continuity of life—the continued appearance of the soul or spirit in the earth plane in different learning vehicles (bodies) and environments until we and the animals have experienced enough to go on greater, ever-higher levels. It is comforting to find that other original thinkers—those not programmed by a belief system—feel the same.

So that is the first lesson in First Aid for animals: rely on your own inner judgment to determine which way you can help the most.

TREATING WOUNDS

Shallow puncture wounds that do not penetrate to the inner body cavity can be cleaned with a swab and a little disinfectant such as peroxide or a highly diluted (2 drops in 2 ozs. of water) solution of Iodine. If the animal is wild or eats natural foods only, the level of body toxicity will be low and the fear of infection or tetanus practically non-existent. However, in the highly toxic bodies of most of our pets who live indoors, eat processed foods, and have little exercise, it may be essential to administer a tetanus shot as well.

In the case of deep puncture wounds into the body cavity, one must be careful of internal bleeding. If a veterinarian is available, that is naturally the best first step. If not, there are a number of herbs which are very helpful in stemming internal bleeding. The best is Shepherd's Purse, but any of the astringent herbs such as Cranesbill Root or Witch Hazel, taken internally as a capsule every hour or so will help. Even Cayenne Pepper has been known to stop internal bleeding. The puncture wound is best left open to the air so it can drain, unless it will gather dirt; if so, it can be covered with a light gauze.

DEEP LACERATIONS

Deep lacerations are, of course, best treated by local anesthetic and suturing from the vet—if available. If a vet is not available, tie off any broken veins or arteries, using a tourniquet above or below the wound to stop bleeding. The veins or arteries will normally have pulled back under surrounding skin and they may have to be fished out with whatever you have at hand. A sharp, hooked object can be quickest to pull the ends clear to where they can be grasped by tweezers or needle-nose pliers cleaned with alcohol. The tube can then either be tied off with a light thread, cauterized with a white-hot piece of steel, or mangled with the pliers by squeezing and twisting the ends together. The latter avoids string in the wound, but blood pressure will have to be kept low for several days while it heals.

Tourniquets should be released at least once every 20 minutes allowing the blood to flow. Be certain to give the animal water if there has been blood loss. The water will pass almost immediately into the capillary system of the intestine to maintain blood volume.

Even deep lacerations will eventually pull together of their own accord and heal, but suturing can be done with a small suturing needle, or a small sail needle, and thread. If you live in the "Outback," ask your vet to provide you with instructions and material before the need arises.

SHOCK

In cases of severe shock, such as happens when an animal is hit by an automobile, and if it's a long way to the veterinarian, you can use an herbal anti-spasmodic—several drops on the tongue. These anti-spasmodics are available in tincture form through most of the health food stores. If the animal is unconscious or in shock, but still breathing, **an ordinary antihistamine pill from the drug store (non-prescription)** can be ground into a few drops of water and put into the throat a few drops at a time as long as the swallowing reflex is working; otherwise, the liquid can be injected rectally or a tablet can be put in the rectum for absorption. The animal will go into a deep sleep and awaken much relieved.

These are ideas that some veterinarians will understand, and some will not. I have used them effectively in many cases of shock, and they are certainly better information than nothing at all. Once you use them you will understand.

INTERNAL INJURIES

There is a substance on the market called DMSO (dimethylsulfoxide) which is derived from the inner bark of a tree. It is quick to penetrate deeply into muscle and skin tissue, being very effective in increasing circulation and healing for deep internal injuries to muscles, torn ligaments, and tendons. It is nontoxic so far as we know at present, but is only available through veterinarians.

THE END

As with all things in life, the end is merely the signal of the beginning of something new. From here on it is up to you to apply the principles, learn new ones, and teach others what you have found. Only with this kind of effort can we establish a close unity with our friends the animals of the earth.

I hope the information provided to this point helps you to realize that we have not yet bridged the gap between the science of convenience foods and the natural birthright of healthy animals. Until we have bridged that gap, it is our responsibility to see that the faith our animals have in us is well founded.

Our response-ability—our ability to respond to our animals' needs—means this: when we make the intelligent decision to add an animal to our family, we do so only if we are willing to make as much effort to feed, house, exercise, and love them as we do with our own children. For, in the eyes of our Creator, the animals are our children just as we are His.

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The first three chapters of each book can be read for free on the above website and they are available as Paperback Books or E-Books in Adobe .pdf format.

Leaves In The Wind: a story of diffident origin about a biker who formed his own major motorcycle club in L.A. and Vegas ... and lived to tell me his story.

Master Of The Welded Bead: a fictitious short story comparing the lifestyles and attitudes of two men: one who chooses to live a whimsical and humorous life on the “road less traveled”; the other who chooses to live a life of selfish interest on the road too-often traveled. It is an entirely personal idea of how I imagine a disinterested Master Of The Universe might lead an unusual yet entertaining life in a predominantly negative and otherwise boring world.

An Arrow To The Heart: a fictitious short story placing the hero of Master Of The Welded Bead in a close-encounter family situation with the “Mother from Heaven” and the beautiful, desirable, precocious “Daughter from Hell”.

The Chasm Crossed: an autobiographical story about the unusual experiences and events of my 70 years of spiritual journey from youth to present.

Ride the Wind Laughing: An Illustrated autobiographical story describing the mystical events and experiences which contributed in major ways to my building a 51-foot sailboat in my mother’s back yard in rural Nova Scotia— an event which began with no money in an effort to test the Laws of Manifestation and prove to myself the efficacy and practical value of my years of spiritual training.

Soul And Man: is a major work attempting to define and describe the parameters of the word “Soul”— particularly as it applies to the human soul. The very nature of its perspective brings together the various schools of Religious, Scientific, Philosophical, Spiritual, and Mystical thought suggestive of a unified frame of reference and vocabulary for all. This book is not easy reading. It can be discomfoting and thought-provoking for those new to the Spiritual Journey. I wrote it primarily to further define and synergize my own thinking ... and for the benefit of those compelled—as am I—to journey into areas of the unknown, uncertain, and impossible to define.

On Pegasus' Wings: is a collection of personal poems and song lyrics begun in 1962 solely as a means of inner expression and never intended for the eyes of the world. Only in later years have I realized that in their number and variety there might be at least a single poem among the many for each person. The knowledge of such would give me great satisfaction.

The Tears Of Power: is a fable for all ages from ten to eternity about a mouse named Victor who lives in Edgeville—which is at the edge of everything: the river, the fields, the forest, the mountains, and the sky. Edgeville quickly becomes too small for his adventurous soul so he ventures out into the world of the great unknown, learning to pilot tugboats, fly helicopters, and meet some unusual friends like Oddie the Otter, Mo the musical Mole, and Minkie, his flight instructor. It is Eagle, though, who finally tells him what the tears of power really are. 24 great illustrations by illustrator Scott Peck.

Flying The Yukon's Bush: is the recounting of my adventures as a helicopter bush pilot in the Yukon Territory in 1962. Part 1 is the story in writing, and Part 2 is a slightly different story in pictures. Both parts can be downloaded from my website for free.