

# DESTROY HARMFUL ORGANISMS IN & ON YOUR PET WITH COCONUT OIL

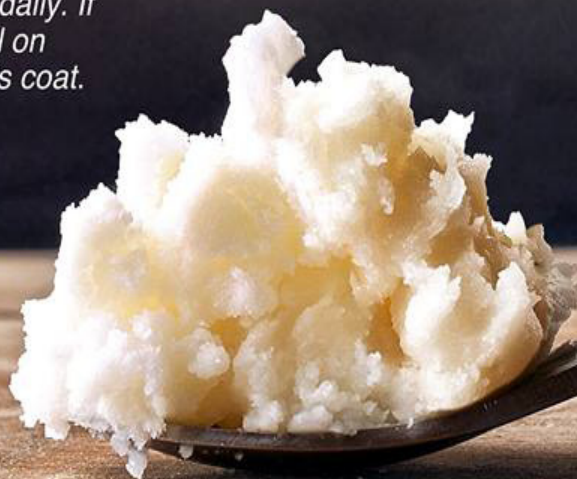


Pet Nutrition Blogger  
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Study after study shows that coconut oil has more holistic beneficial effects in fighting infections compared to any other single component. Coconut oil contains monolaurin, lauric, capric and caprylic acids, all of which have anti-bacterial, anti-viral, anti-microbial and anti-fungal activity.

*Add ½ teaspoon for every 10lbs of body weight daily. If using topically, rub oil on hands & apply to pet's coat.*



# Fridge Foods

## HEALTHY DOG SNACKS



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print & stick on your refrigerator!

### ANTIOXIDANT RICH

bell peppers



spinach



brussel sprouts



blueberries



apple



blackberries  
& raspberries



shiitake



spirulina



pumpkin



ginger

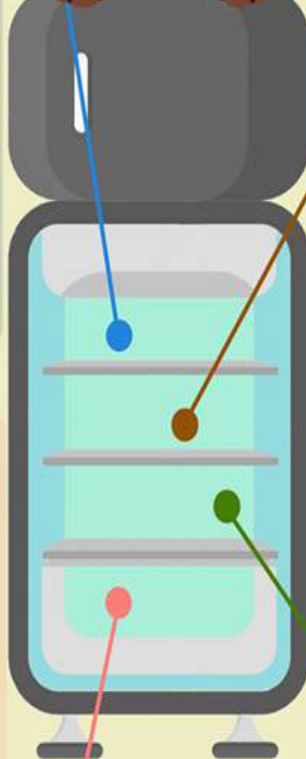


kale



broccoli

### CANCER SMASHING



### ANTI-INFLAMMATORY

pineapple



sardines



turmeric root



cranberries



papaya



asparagus



heart health



probiotic



parsley  
detoxifier



eggs



kelp



coconut oil



wheatgrass



pomegranate



sprouts

### SUPERFOOD CALIBER

almonds  
(ground)  
immune  
booster



(some put in fridge)

pumpkin seeds  
(ground)  
ligament  
health





# WHAT IS PET FOOD INGREDIENT SPLITTING?

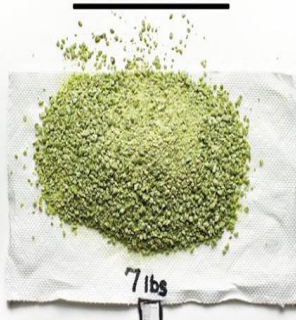
## 1st INGREDIENT REAL MEAT



## PEAS



## PEA FLOUR



## PEA PROTEIN



## INGREDIENTS

Pork, Peas, Chickpeas, Pea Flour, Pork  
Meat Meal, Pea Protein, Pork Fat,  
Dried Whole Egg, Pork Liver, Sweet  
Potatoes, Dried Tomato Pomace,  
Salmon Oil, Cheese, Coconut Oil,  
Flaxseed, Carrots, Apples, Pineapple,  
Mango, Melon, Celery

## NATURE'S ANTIBIOTIC

“If you follow any good gardener around in their garden and they spot one of their trees looking unhealthy, with discolored leaves and fruits that are not quite thriving, they don’t spend too much time looking at those leaves and the fruit. Rather they head straight down to the bottom of the tree and they analyze the roots and the soil around it: the foundation of the entire organism. Our gut is like the roots of those trees and plants. It is where we extract and absorb all the nutrients our body needs to nourish itself.” - Dr Alejandro Junger

As the saying goes: As above, so below.

Health and disease start from your pet’s gut, the largest immune organ in their bodies. Packed with bacteria, (so much bacteria that they outnumber the cells in their bodies) they keep the immune system functioning properly. However, when the bad bacteria start to outweigh the good, serious disease related problems could start to develop!

Why does your pet need good bacteria?

Good bacteria provide beneficial effects to humans and their pets:

- Preventing onset of allergies.
- Prevents the overgrowth of bad bacteria in the gut.
- Improving gastrointestinal health.
- Reducing risk of reoccurring urinary tract infections.

Recent research also indicates that probiotics may offer anti-cancer benefits. A few strains of bacteria used to formulate probiotics appear to stimulate anti-cancer chemical production while the L. casei strain may lower the risk of bladder cancer in dog breeds prone to this kind of cancer.

Kefir can work miracles for yours and your pet’s body. So go ahead and start incorporating it into your diets to reap the benefits that this wonderful grain has to offer.

Recommended minimum daily intake of kefir:

Small size dogs or cats - 1 tsp. - 1 tbsp.

Medium size dogs - 1 - 2 tbsp.

Large dogs - 2 - 3 tbsp.

For more info: <http://ow.ly/S16Et>

## **What to Expect When You Transition Your Pet to a Raw Diet**

One of the more common myths perpetuated about raw food is that dogs and cats can't get food poisoning. Pets can and do get food poisoning from eating rancid meat. Undoubtedly, this also occurs in the wild, but it acts as a means of population control when predators die from consuming toxic food.

There's actually a website out there that advocates feeding spoiled meat to pets. This is absolutely terrible advice. It will only be a matter of time before this advice kills pets. There's a huge difference between normal opportunistic bacteria loads in fresh healthy meats and spoiled meats filled with endotoxins that will kill any mammal if ingested. So, don't feed your pets any type of spoiled food.

Commercially available raw food diets do not contain any fillers, extra fiber, and certainly no hair, which would be found on any prey animal wild dogs and cats consume. This lack of hair can also mean a lack of roughage or fiber. This means some animals aren't supplied the additional nutrients they need. And sometimes, pets can get constipated. Oddly, instead of simply addressing the fiber issue, some veterinarians tell owners to stop feeding living foods altogether.

Raw food diets usually produce small, hard balls of poop that are easily passed and turn white and crumble and blow away in a day or so if you forget to pick them up. This is totally normal. I've had some people go back to feeding kibble, because no one explained that their pet's poop would radically change on a raw food diet, and that multiple huge piles of stinky poop from dry food diets would be a thing of the past. So, feces will change – and for the better. Raw food poop is entirely different from kibble-fed poop.

Oftentimes, after one to three months on a fresh food diet, pets go through a detoxification process. This is totally normal and is actually something to celebrate.

Detox for your pet will happen through the bowels and skin. During a detox, your pet will act completely normal. He'll be happy, bright, and alert. But you might find that he's shedding a tremendous amount of hair. Pets shed out their old, dead, dull hair, and begin growing a shiny, soft coat. You might also see a lot of earwax or debris being produced from the ear. That needs to be cleaned out. And some detoxing pets will pass blobs of mucus in their stools.

These symptoms of detoxification will pass on their own. They're nothing you need to worry about, but are something you should anticipate or it might freak you out. Pets on a fresh food diet also consume far less water than pets eating an entirely processed diet. You need to anticipate that your pet's water intake will diminish.