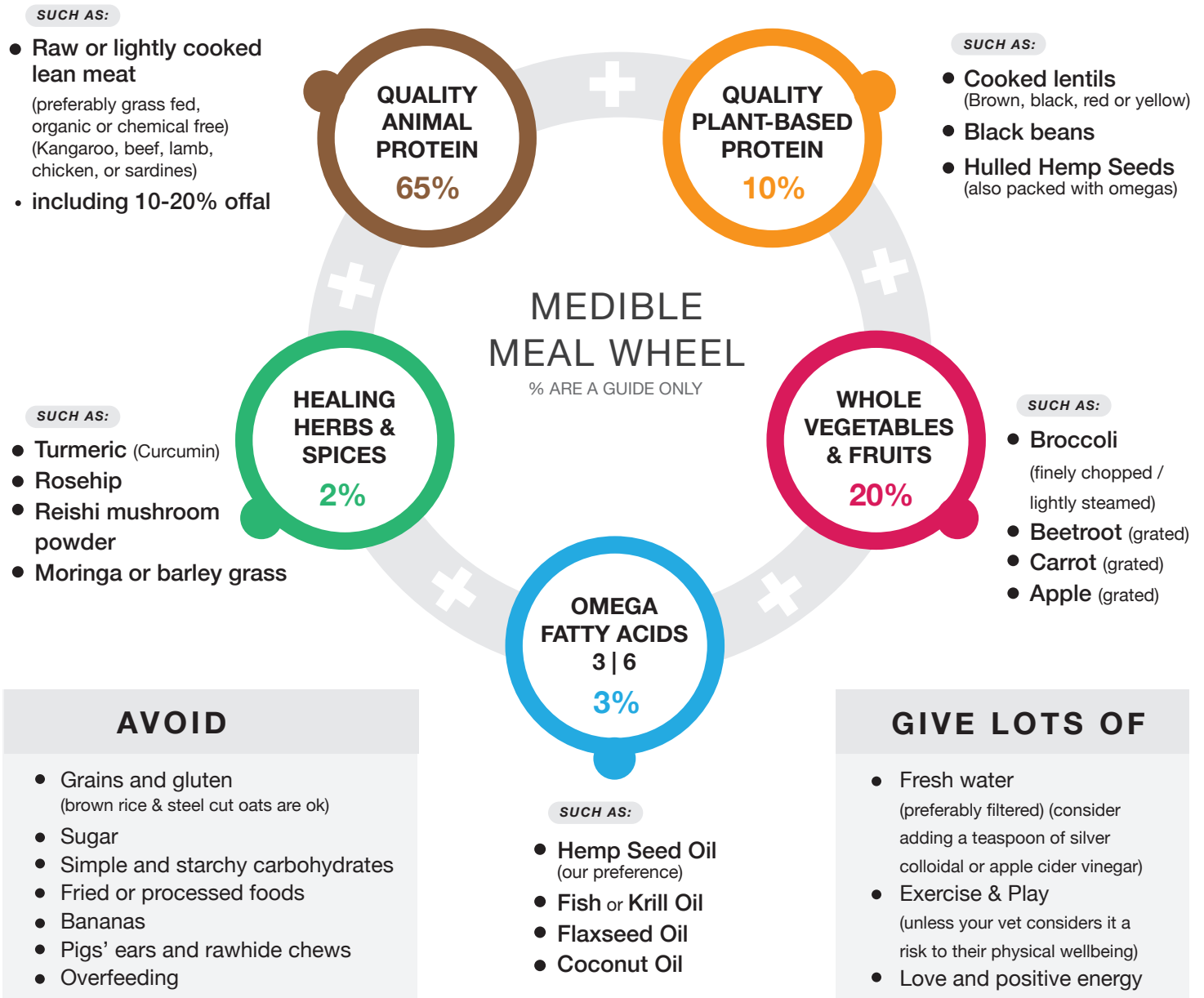


RUBY'S CANCER RECOVERY DIET

When our dog has cancer we want to do all that we can to help them stay strong and healthy. **Every meal is an opportunity to do just that** by giving them the nutritional support they need. Give them quality protein and good fats, as well as wholesome vegetables and healing herbs and spices. **The quality of the ingredients is key.** Focus on fresh clean, chemical free, whole foods as much as you can to maximise the nutrient content and system absorption.



FOR MORE INFORMATION PLEASE VISIT - ILOVEADOGWITHCANCER.COM



LET FOOD BE THY MEDICINE, AND MEDICINE BE THY FOOD

Hippocrates, 431BC

When feeding a dog that is fighting cancer our goal is to feed the dog, not the cancer. Dogs thrive on nutrition but it's thought cancer thrives on sugars and starch. That's why it's important to avoid sugars or ingredients that turn into sugar, like pasta and white rice, and starches like potatoes or those from grains.

To support their healing give your dog the best nutrition with quality protein and good fats, wholesome vegetables and healing herbs and spices.

QUALITY ANIMAL PROTEIN – 65%

Protein is the 'building block of life'. Nutrient rich protein from chemical free, lean meat and offal is important to your dog. I feed Ruby mostly raw meat due to its high nutrients and live enzymes. If your dog is not used to raw meat yet you can lightly cook it in a pan. I usually lightly cook the offal to minimise any potential nasties. Include bonemeal or ground egg shells if raw bones are not part of your dogs current diet.

QUALITY PLANT-BASED PROTEIN – 10%

Plant based proteins are a fantastic way to increase protein but not burden their metabolism with too much meat to break down. Lentils are alkalizing and a great source of protein, iron and fibre. Beans are also high in nutrients and help regulate blood sugar levels. Don't overdo it though.

WHOLE VEGETABLES AND FRUITS – 20%

Dogs are omnivores. This means they need nutrients from plants as well as meat. In ancestral times dogs got their vegetable matter from the stomach contents of their prey. To access these phytonutrients dogs need the cell walls to be broken down therefore it's important that fruit and veges be grated, lightly steamed or finely chopped so they can get the goodness from them.

OMEGA FATTY ACIDS – 3 & 6 – 3%

Known for their skin and coat benefits, omegas-3 and 6 are increasingly being recognised as vital to dog health, especially in reducing inflammation, and improving joint health and organ function. The ratio in which they are supplied is vital. Current recommendations range from 5:1 to 10:1. Most dogs get far more omega-6 than 3. Some studies indicate omega-3 may slow metastasis in some cancers.

Good sources of Omega-3 are hemp seeds, hemp seed oil, flaxseed oil, fish oils, coconut oil and sardines. Good sources of Omega-6 are meat (esp poultry) and organ meat, egg yolks and some fish oil.

HEALING HERBS AND SPICES – 2%

Herbs and spices have been used for healing for thousands of years and they can play a valuable role in our health today. Turmeric, rosehip, reishi mushrooms and moringa (among many others) are all known for their anti-inflammatory and antioxidant benefits that aid the body's immune system and are easy and non-toxic to use.

Sample easy recipe simply mix up the following:

- 1.1kg** Grass fed gravy beef chunks or mince (raw or lightly seared)
- 100g** Grass fed beef liver (preferably organic) (chopped and lightly seared)
- 220g** Cooked brown lentils
- 200g** Broccoli (lightly steamed or finely chopped)
- 200g** Beetroot (grated)
- 200g** Carrot (grated)
- 70g** Hemp seed oil, flax seed oil or coconut oil
- 10g** Turmeric (mix with the oil plus a pinch of black pepper)
- 20g** Moringa or barley grass
- 10g** Ground wegg shells

Makes about 2 kilos. Separate and freeze to suit your dog's size and feeding requirements or adjust amounts.

Cost approx. \$17-20

(depending on seasonal availability and quality)

BE YOUR DOG'S BEST FRIEND:

A cancer diagnosis is scary and stressful. It's hard to know what is best for your dog. By supporting the quality healthcare and advice from your oncology vet with good food and nutrition you can be confident that you are being the very best human to your dog that you can be at the time that they need you the most. Good food is good medicine.

This is the diet I feed Ruby during her cancer. Thankfully she is now in remission.

I hope this information helps you and your dog and wish you both the best of health.

♥ Donna x

If you are interested in the nutritional supplements included in Ruby's Recovery Program visit - iloveadogwithcancer.com