

WHY YOU SHOULD FEED YOUR DOG VEGGIES

All my life, I was told that it was BAD to let my dogs eat human food. And that if I insisted feeding human food to my dogs, there was some foods that were OK. A couple weeks ago I attended my favorite event of the year, the International Association of Canine Professionals' Annual Conference. The opening speaker shattered all those lies I was fed and unknowingly fed to my dog training families. (No pun intended)

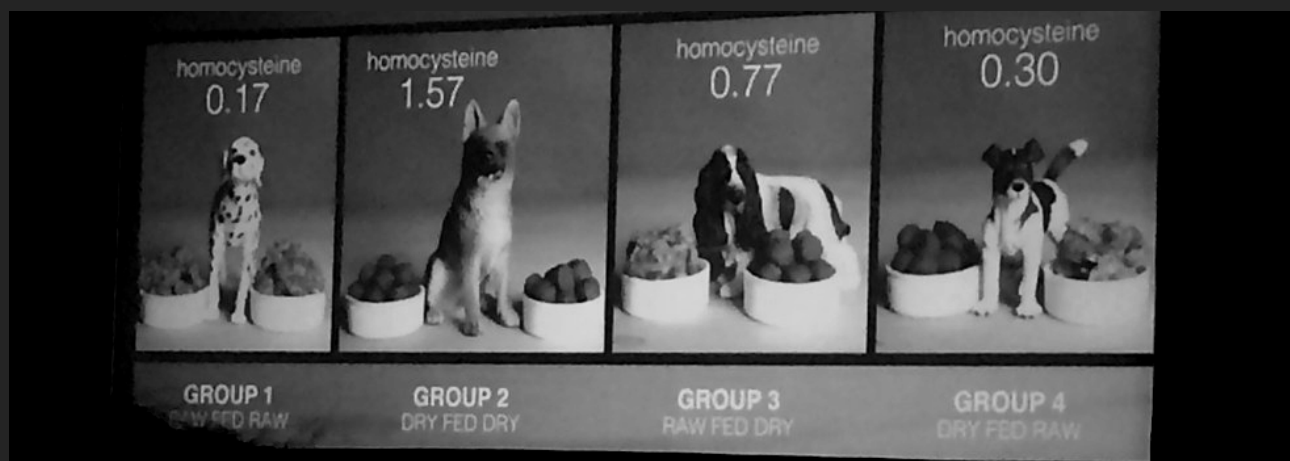
The speech was by Rodney Habib called K9 Bio Hacks for a Better Brain and Body. He talked about how we have increased our dogs risk of cancer by 60%, the rate of diabetes by 900%, and the rate of obesity by 60% since we started feeding them kibble in the 1970's. We have almost cut their lifespans in half! (See below photos)



But there's hope! Whew!

In a study done by Purdue University measuring the different homocysteine levels of dogs fed a raw diet vs a kibble diet. What is homocysteine? (Don't worry, I didn't know either and had to look it up). According to www.drweil.com, "Homocysteine is an amino acid and breakdown product of protein metabolism that, when present in high concentrations, has been linked to an increased risk of heart attacks and strokes. Elevated homocysteine levels are thought to contribute to plaque formation by damaging arterial walls." (whole article here: <https://www.drweil.com/health-wellness/body-mind-spirit/heart/elevated-homocysteine/>)

In Purdue's study they found that by switching your dog to a raw diet you can decrease their homocysteine levels from 1.57 to 0.30! Compared to 0.17 from a dog who was fed raw it's whole life, that's pretty dang amazing. (See below photo)



But what if your not 100% ready to jump to feeding your dog raw food? That's okay! It's a big commitment and takes a bit of research. Rodney also talked about another study that showed that by substituting about ¼ of your dog's kibble with dark, leafy veggies at least three times per week can decrease your pet's risk of cancer by 90%! Adding in yellow and orange veggies decreases your dog's risk of cancer by 70%! Those are amazing numbers and worth sharing a little bit of your salad with your dog. Am I right?

I hope you can make the time to add a little veggies to your dog's diet. I have and I have seen tremendous change in my senior dog's energy levels and happiness. It's only been 2 weeks and we have already cut our Mastiffs pain meds in half! That saves us some serious coin!

PS: To see Rodney's blog about adding veggies to your dog's kibble click on the following link:

<https://www.planetpaws.ca/2015/08/24/human-food-pets/>

PSS: Chopping the veggies will aid with consumption and absorption.

Krystal Nierman, Dog Psychology and Training Center