

Perfect Health
For Dogs
And Cats

By:

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Perfect Health For Dogs And Cats

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TABLE OF CONTENTS

	Page
CHAPTER 1. Health And The Prevention Of Disease	5.
CHAPTER 2. Causes Of Degenerative Disease	8.
CHAPTER 3. The Pottenger Experiments*	14.
CHAPTER 4. The Live Food Daily Supplement	17.
CHAPTER 5. Feeding Your Dog	20.
CHAPTER 6. Natural Healing	24.
CHAPTER 7. First Aid	31.

*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

