



Animal Health Oasis
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Food Guide for Pets (dogs, cats, ferrets)

AVOID

- **Sugar** (cane, honey, agave...). Carbohydrates (starches) are sugar too (= Pasta, Potatoes, incl. Sweet Potatoes)
- **Grains** (especially gluten-containing **Wheat, Breads, Cookies**, even the smallest crumbs and **Pasta**)
- **Soy** (unless fermented and organic/clean)
- **Corn** (almost all the Corn in USA is GMO. And dogs or cats never do well on Corn, even if organic)
- **Dairy** (any kind of pasteurized and homogenized milk products. Truly raw butter is an exception and needs to be kept raw. You can only get it at some health food stores and at AHO)
- **Yeast** (especially Brewer's Yeast)
- **Onion (and onion-like plants. Garlic** is an exception, yet use as little as possible. It can cause nerve damage)
- **Plant-based oils** (especially Coconut, Canola, Safflower, Olive). These cause Liver/Bile issues.
- **Chocolate**
- **Dried fruits** (especially when treated with sulfites – those are **yellow** instead of brown)
- **Fruits** (Apples, Grapes/Raisins, Avocados, Blackberries, Cantaloupe)
- **Veggies** (uncooked Carrots, Beets). **Celery, Cauliflower, Cucumbers** (especially with the peel).
- **Pork** (bacon, ham, and any deli slices, no matter what meat...)
- **Beef** since vaccines contain beef almost every pet is allergic to it
- **Bones and Chew treats** unless checked and approved by AHO

RECOMMEND

Good treats from nature (preferably organic)

WHY **organic**? To get the same amounts of vitamins and minerals as in an apple from 1916 you need to eat at least 26 conventionally grown apples today!!!

To understand it better: look at the study below (just look at the drawings) to get an idea what pesticides will do to the brain function of young lids (see next page).

It seems that most reported reactions to fruits and veggies were to **non-organic** and most likely also GMO modified batches.

Vegetables:

feed variations of the below suggested vegetables. Always keep them free of any spices used on human food (esp. table scraps). Feed one veggie per meal and rotate:

The following can be best fed **raw** and pureed (in moderation):

Zucchini

Squash

Parsley

Cilantro

Sprouts and Greens (**no Alfalfa**)

String/Green beans (raw in moderation)

Kohlrabi

Cheyote

Jicama

The following veggies should be **steamed/cooked** when fed:

Broccoli

Cabbage (red and white)

Brussels sprouts

Green beans (if fed in large amounts)

Peas (in very small amounts)

Fruits:

(never mix with the meal and feed in moderation and only, if no current yeast issue):

Watermelon (never mix with other fruits or any food)

Bananas

Pear

Peach

Apricot

Blueberries (feed always alone and at least 1 hour away from other meals or treats)

Meat (NO kibbles and multi-ingredient treats) :

Always okay to give small bits of raw (hormone and antibiotic-free) un-spiced meat (**no pork or beef**).

Dehydrated/freeze dried treats are good as long as they are without any additives and approved by the Bicom machine at AHO (bring for testing).

Avoid items like **Stella & Chewy's brand Rabbit and Venison**, unfortunately olive oil (see above under avoid) is in these!!!

Good meat choices (unless your pet is allergic):

Chicken, Turkey, Duck, Lamb, Venison, Rabbit, Bison

Healthy green treats:

Chlorella tablets (NOT Spirulina) are excellent treats (see whether your pet likes it; it stops the cravings for grass)

For more INFO go to: Animalhealthoasis.com -> Videos

<https://www.animalhealthoasis.com/general-videos>

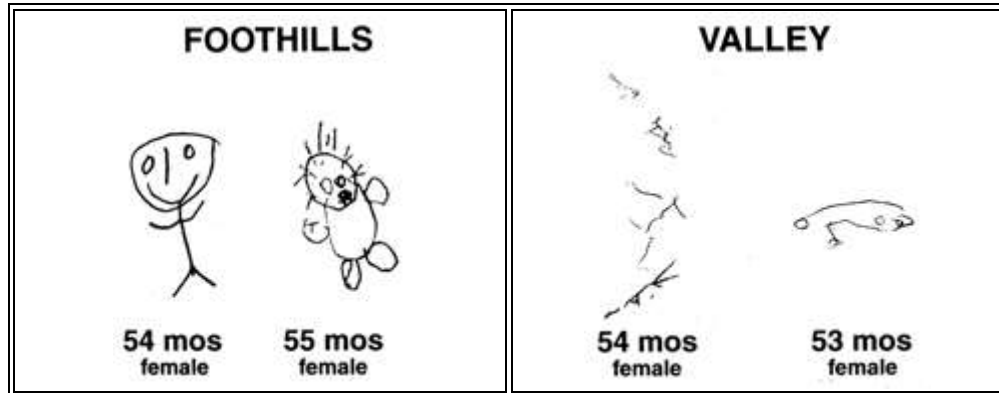
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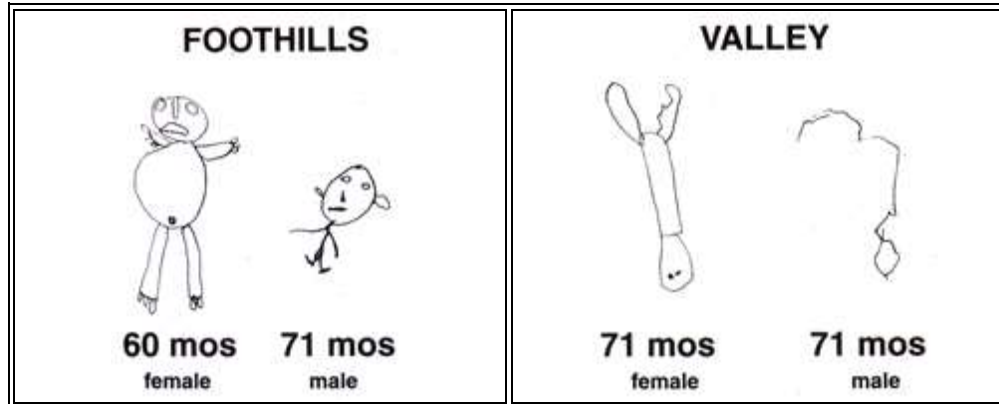
STUDY ABOUT PESTICIDE EXPOSURE AND THEIR EFFECTS:

Figures: These are pictures of people drawn by Yaqui children. Notice the incredible contrast in the representations performed by the ones exposed to lesser amounts of pesticides in the foothill children (left) versus the more-exposed valley children (right). ([Back to text](#))

4 Year Olds



5 Year Olds



Ingredients to avoid in processed foods

Ingredient	Why it is Used	Why it is Bad
Artificial Colors	<ul style="list-style-type: none"> Chemical compounds made from coal-tar derivatives to enhance color. 	<ul style="list-style-type: none"> Linked to allergic reactions, fatigue, asthma, skin rashes, hyperactivity and headaches.
Artificial Flavorings	<ul style="list-style-type: none"> Cheap chemical mixtures that mimic natural flavors. 	<ul style="list-style-type: none"> Linked to allergic reactions, dermatitis, eczema, hyperactivity and asthma Can affect enzymes, RNA and thyroid.
Artificial Sweeteners (Acesulfame-K, Aspartame, Equal®, NutraSweet®, Saccharin, Sweet'n Low®, Sucralose, Splenda® & Sorbitol)	<ul style="list-style-type: none"> Highly-processed, chemically-derived, zero-calorie sweeteners found in diet foods and diet products to reduce calories per serving. 	<ul style="list-style-type: none"> Can negatively impact metabolism Some have been linked to cancer, dizziness hallucinations and headaches.
Benzoate Preservatives (BHT, BHA, TBHQ)	<ul style="list-style-type: none"> Compounds that preserve fats and prevent them from becoming rancid. 	<ul style="list-style-type: none"> May result in hyperactivity, asthma, rhinitis, dermatitis, tumors and urticaria Can affect estrogen balance and levels.
Brominated Vegetable Oil (BVO)	<ul style="list-style-type: none"> Chemical that boosts flavor in many citric-based fruit and soft drinks. 	<ul style="list-style-type: none"> Increases triglycerides and cholesterol Can damage liver, testicles, thyroid, heart and kidneys. Can cause schizophrenia and hallucinations
High Fructose Corn Syrup (HFCS)	<ul style="list-style-type: none"> Cheap alternative to cane and beet sugar Sustains freshness in baked goods Blends easily in beverages to maintain sweetness. 	<ul style="list-style-type: none"> May predispose the body to turn fructose into fat Increases risk for Type-2 diabetes, coronary heart disease, stroke and cancer Isn't easily metabolized by the liver.
MSG (Monosodium Glutamate)	<ul style="list-style-type: none"> Flavor enhancer in restaurant food, salad dressing, chips, frozen entrees, soups and other foods. 	<ul style="list-style-type: none"> May stimulate appetite and cause headaches, nausea, weakness, wheezing, edema, change in heart rate, burning sensations and difficulty in breathing.
Olestra	<ul style="list-style-type: none"> An indigestible fat substitute used primarily in foods that are fried and baked. 	<ul style="list-style-type: none"> Inhibits absorption of some nutrients Linked to gastrointestinal disease, diarrhea, gas, cramps, bleeding and incontinence.
Shortening, Hydrogenated and Partially Hydrogenated Oils (Palm, Soybean and others)	<ul style="list-style-type: none"> Industrially created fats used in more than 40,000 food products in the U.S. Cheaper than most other oils. 	<ul style="list-style-type: none"> Contain high levels of trans fats, which raise bad cholesterol and lower good cholesterol, contributing to risk of heart disease.

Have you checked your ingredient lists recently? Do they contain any of the above?