

DANGER FOODS

**For
Dogs and Cats**

Dr Ian Billinghurst

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Note to Readers

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About Ian Billinghurst

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Veterinary Surgeon, Nutritionist, Agricultural Scientist, Acupuncturist, Author, Lecturer, Nutritional Consultant and Formulator/Producer of Raw Pet Foods.

Ian is regarded as the "father of raw food feeding"... having published "GIVE YOUR DOG A BONE" in 1993... the book, which alerted the world to the HEALTH PROBLEMS... caused by... CARBOHYDRATE-BASED COOKED AND PROCESSED PET FOODS. This book detailed the simple solution... a RAW... WHOLE FOOD... SPECIES APPROPRIATE DIET... as the basis for true health in dogs... and by implication... cats!

Ian has also produced his own brand of FROZEN RAW PET FOODS... and is currently developing a range of RAW FOOD PRESCRIPTION DIETS.

Ian's latest book — "POINTING THE BONE AT CANCER" showcases the science... which reveals that cancer is a disease with mitochondrial/metabolic origins... susceptible to ketogenesis and calorie restriction.

Ian is a world renowned and experienced speaker/teacher of canine and feline nutrition, having spoken in the UK, North America, Canada, New Zealand, Japan, China, Spain, Taiwan... and in Australia... of course!

Ian consults on evolutionary nutrition, conducts clinical and literature research into nutrition, and writes and lectures on... EVOLUTIONARY NUTRITION, RAW PRESCRIPTION DIETS... and ACUPUNCTURE.

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DANGER FOODS

For Dogs and Cats

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1. Processed pet foods

When we vets speak of dangerous or toxic foods, we are usually referring to foods such as onions, chocolates, grapes, green potatoes and so on. This E-book most certainly discusses all those potentially toxic foods and more. However, there was no way I could speak of “DANGER FOODS” and fail to mention modern grain-based, cooked and processed pet foods, **AKA artificial or fake industrial foods** for dogs and cats. These fake and artificial products are the number one danger food for the furry members of our families. And the most insidious aspect of these products is that the havoc they wreak on the lives of our dogs and cats is slow and unrelenting and that havoc is rarely linked to its actual cause. And the havoc I speak of includes every one of the degenerative disease processes, and YES, that includes CANCER. However, as this is a topic I discuss at length in my books and other writings, I will not pursue it further at this point, except to reiterate ... Artificial Pet foods pose an Extreme and Constant danger to the long-term health and well-being of our cats and dogs!

2. Onions

It is well known that Onions can be fatal to dogs and cats. This is because onions contain elements that perform as toxins for dogs and cats, most particularly cats. These toxins destroy canine and feline red blood cells, which is why they cause anemia, weakness, and breathing difficulties, and can be fatal. Some veterinary experts (*toxicologists*) warn that even small amounts can cause cumulative damage over time. The problem appears to include several members of the onion family, including onions and chives—raw, powdered, dehydrated, or cooked—the problem being worse with onions that are cooked, dehydrated and (*most particularly*) when powdered.

So the general advice is to always avoid onions and its close relatives when preparing foods for the dog and cat members of our families.

3. What about garlic?

Given the onion problem, that does raise the question... “Does the same advice—A TOTAL BAN—apply in the case of garlic, which is a member of the onion family, speaking botanically.

And the answer is...

Garlic—like any other food—(*salt would be an excellent example*) **if included at excessive levels, can cause problems...**

However, given its brilliant health benefits, not only for humans, but also for dogs and cats, I have always insisted on including safe levels of fresh garlic in certain commercially prepared diets that I have formulated over the years. In this respect, it is important to understand that garlic contains only a small amount of the problematic substance as found in onions.

The safe level for fresh garlic for dogs and cats... is to include no more than one percent garlic in any mixture composed of other RAW Whole foods such as meat and bone and vegetable materials etc.

That means 10 gm (one third of an ounce) of crushed fresh garlic bulbs per Kg (two pounds) of mix.

This level of Garlic has been used safely for many years in both home produced and commercially produced RAW dog foods, where it has been included because of its well known health enhancing properties.

In all these cases there has been nothing seen but great health and most certainly nothing that would indicate the garlic component of those foods has been toxic.

Garlic and cats

We will omit garlic from the food we feed our cats if there is any sort of a palatability issue, which is not uncommon with cats. On the other hand, we do not generally find this is an issue with our dogs, so that we always include small amounts of garlic in our dog food formulations, and always at a safe and health enhancing level. I mention this because raw whole foods for dogs—when formulated according to evolutionary principles—are entirely suitable for cats (*unlike the fake industrial foods*) and that includes the presence of garlic... at the one per cent level. In fact, any properly formulated RAW whole food for a dog, with around fifteen to thirty percent raw crushed low glycaemic index vegetables make an excellent prescription-type diet for cats with early renal failure, but that is another story, which I discuss elsewhere.

The bottom line is that with garlic—as with so many other dietary components—moderation, or more precisely, the correct level—dietary balance—of garlic, is the key to enhancing health and ensuring an absence of toxic side effects.

4. Grapes and dried grapes

For many people, especially those who have thrown the occasional grape to a dog whilst eating grapes themselves (*including yours truly!*), find even today, the thought of grapes being a problem for canines simply ludicrous. What could be a healthier, more wholesome reward for a well-behaved dog? **Sadly, that turns out NOT to be the case for many dogs.** In 2002/2003, the ASPCA's Animal Poison Control Center (USA) documented 140 cases of grape/raisin toxicity. More than one-third exhibited serious symptoms, including kidney failure, and seven died. Unfortunately, it is still not entirely clear what makes grapes—and their weathered friends—sultanas and raisins; so toxic to dogs. However, what is clear, is that these fruits contain a fungus, pesticide, or some other toxin that damages a dog's kidneys. And it doesn't take much toxin (*i.e. not too much grape material*) to cause problems; just three gm of fruit or one tenth of an ounce of fruit for every 2.2 pounds (*one Kg*) of your dog's body weight can induce toxic symptoms, including vomiting, belly pain, and diarrhea. **If grape/raisin toxicity is suspected; veterinary attention is essential!**

In severe cases, grapes have caused... severe renal failure and death!

Recent research suggests that not all dogs are susceptible. The problem appears to be genetic. Only those dogs lacking the enzymes that detoxify the poison—whatever it is—are likely to suffer from grape poisoning. What this means from a practical point of view, is that until we can be certain of the genetics or otherwise of this grape toxicity conundrum, AND, until we have a way of detecting (*safely*) those dogs likely to be harmed by grapes, the strongest advice we can hand out is **do not feed any member of the grape family (in any form) to any dog, most particularly to dogs with any type of kidney disease.**

5. Chocolate

Most dogs, including our own, absolutely love chocolate!

Unfortunately... chocolate can cause seizures, coma and death. Cooking or dark chocolate is the most dangerous. The darker the chocolate, the more dangerous it is. But any chocolate, in large enough amounts, can kill a dog. **There have been reports of an ounce of cooking chocolate (28 gm) poisoning a 30-pound (13.6 Kg) dog,** and most dogs will happily consume more than this.

The symptoms may not show up for several hours (*and you might mistakenly think all is well*), with death following within twenty-four hours.

If there is ANY suspicion that a dog has consumed chocolate...

VETERINARY ATTENTION... *should be sought as soon as possible.*

6. Spinach and oxalic acid

Many people are concerned about the level of oxalic acid in spinach, particularly the possibility that this may be problematic if spinach is included as part of a RAW whole food (*evolutionary*) program of Nutrition.

Foods that are rich in Oxalic acid include tea, cocoa, rhubarb, spinach and silver-beet. Oxalic Acid also occurs in substantial amounts in celery leaves, beetroot tops and parsley. In Australia, what is normally referred to as spinach is actually silver-beet, although English spinach is becoming a more popular offering in the major supermarkets, mostly as an extended-life product via gas flushed cellophane bags.

So the question is: “Should cat and dog owners be concerned about spinach or silver-beet because of their oxalic acid content?” And the short answer is... that in the context of a balanced formulation of RAW whole foods, there is insufficient oxalic acid to cause problems.

The longer answer is as follows...

The problem with oxalic acid is that it forms insoluble complexes with various minerals such as calcium and iron. This has the potential to cause calcium and iron deficiencies because when these minerals are attached to oxalic acid, they become unavailable to the body. However, it should be pointed out that this is far more of a problem with cooked food than raw food, as the cooking process enhances or accelerates these chemical reactions. More importantly however, is the fact that whether one is a human or an animal, many kilos of cooked spinach or silver beet would have to be consumed, for these vegetables to have any sort of adverse effect on the body. **The one exception to this** is the case of those (*small numbers*) of dogs, cats and humans that have a genetic tendency to form oxalate stones or uroliths in the urinary system. **It is often this fact which gives rise to the concern re oxalic acid rich foods in RAW whole food formulations.** In these cases, it is best to avoid foods that contain oxalic acid.

For more information on this topic... See my E-book on oxalate stones.

It should also be noted that Excessive quantities of Vitamin C are metabolized to oxalic acid; in fact, “megadoses of vitamin C (*several grams per day*) are probably a greater hazard than foods that actually contain oxalic acid. On the other hand, rhubarb leaves, are most definitely toxic/ poisonous because of their high concentration of oxalic acid. **Fortunately, high levels of oxalic acid makes food very bitter, which is a deterrent to its consumption by most animals and people.**

7. Avocados

Avocados have been found to be toxic to many dogs (fruit, pit, and plant) and it appears that the toxic component is a substance, which has been called “Persin”. Studies to date indicate that persin can damage heart, lung and other tissue in many animals. **Reported symptoms of persin toxicity** have included difficulty breathing, abdominal enlargement, abnormal fluid accumulations in the chest, in the abdomen and in the sac around the heart... the pericardium.

It is not known how much persin or avocado needs to be ingested in order for these toxic effects to be seen. Nor is it known exactly how persin produces its adverse effects. Mostly GI signs are seen and the vet will treat them symptomatically. In addition, the patient should be monitored closely for other clinical signs related to the cardiovascular system. (This information comes from the American Veterinary Medicine Association, and the ASPCA Animal Poison Control Center.)

Other reported problems with avocados have related to their fat content. In these cases the problems seen were stomach upset, vomiting and pancreatitis. **Note: According to the ASPCA:** “Some dogs can eat avocados without having any adverse reactions, and I can attest to this from personal experience! The Guatemalan variety (*a common one*), appears to be the most problematic. Other strains of avocado can have different degrees of toxic potential.”

So the best advice is to NOT feed avocados to dogs, until we have a better understanding of the toxic principle(s) they contain.

8. Tomatoes and potatoes

Both green tomatoes and green potatoes are poisonous for companion animals. While most people are aware of the dangers posed by green potatoes, the fact that tomatoes can also be poisonous is not so well known. Both these plants can aggravate arthritis in susceptible dogs.

Green Tomatoes

Green tomatoes (and more particularly the tomato plant itself) can be poisonous to dogs. Tomatoes are members of the deadly nightshade family, and like potatoes, when they are green they contain a poisonous alkaloid... which, in the case of the tomato is called tomatine. Tomatine is an alkaloid related to solanine... the green poisonous principal in potatoes. As the tomato fruit ripens, the tomatine disappears, in other words, ripe tomatoes are much safer than green tomatoes.

The clinical signs of Tomatine poisoning include lethargy, drooling, difficulty breathing, colic, vomiting, diarrhea (*or constipation*), widely-dilated pupils, paralysis, cardiac effects, central nervous system signs... e.g., ataxia, muscle weakness, tremors, seizures, coma and death. (*This information comes from veterinarians, and the ASPCA Animal Poison Control Center.*)

As a matter of interest, all parts of the tomato plant except the ripe fruit are poisonous to humans, although some people are also sensitive to the ripe fruit, where it may exacerbate the symptoms of arthritis.

Tomatoes also contain atropine, which can cause dilated pupils, tremors, and heart arrhythmias. The highest concentration of atropine is found in the leaves and stems of tomato plants, with less in unripe (green) tomatoes, and even less in ripe (red) tomatoes.

Green Potatoes

Solanine is the toxin in green potatoes. Solanine poisoning results in gastrointestinal and neurological symptoms. These include nausea, diarrhea, vomiting, stomach cramps, burning of the throat, cardiac dysrhythmia, headache and dizziness. In more severe cases, hallucinations, loss of sensation, paralysis, fever, jaundice, dilated pupils, hypothermia and death have been reported. NOT GOOD!

One study (*in humans*), indicates that a dose of 2 to 5 mg per kilogram of body weight can cause toxic symptoms, and fatalities are possible with a dose rate of 3 to 6 mg per kilogram of body weight. Companion animals are thought to be more sensitive to solanine than humans, so that it is extremely important not to allow our cats and dogs to consume food made from green potatoes. Note also that cooking potatoes in water (*boiled potatoes*) does not reduce their solanine content. On the other hand, frying the potatoes may reduce their toxicity, but almost certainly not enough to render them safe for our cats and dogs.

It should be noted that the green coloring in the potato is chlorophyll and chlorophyll is not poisonous. However, the presence of chlorophyll is usually correlated with elevated levels of solanine. Interestingly, the solanine is present in the green potato to act as a fungicide and insecticide to protect the potato tuber against fungal and insect attack. This attack is more likely to occur when the potato is exposed (*to light*); hence the correlation between chlorophyll formation and solanine.

The good news here is that solanine is quite bitter, which will deter most animals from eating green potatoes.

9. Nutmeg

Nutmeg, which as humans we all love, has been reported to be poisonous to dogs. Symptoms include seizures, tremors, central nervous system problems, and death. Clearly this is most likely to be a problem around Christmas or when egg nogs with nutmeg are being made. Not a common problem, but one to be aware of.

10. Caffeine

Caffeine can be harmful to dogs. The symptoms of coffee toxicity are similar to the symptoms of chocolate toxicity, and just as serious, if not more so. Caffeine stimulates the central nervous and cardiac systems, and can cause vomiting, restlessness, heart palpitations, and even death within hours. Coffee grounds and beans have caffeine in them, and dogs that eat them can suffer from caffeine toxicity. Also beware of leaving out bowls or packages of chocolate-covered coffee beans.

11. Alcohol

Alcohol is a poison. It just happens that in moderation, it produces feelings of relaxation and sociability in most humans. As we all know, acute overindulgence can kill us via heart failure and similar, while chronic alcoholism gradually destroys the liver and other bodily functions.

Our dogs are highly susceptible to alcoholic poisoning and at certain levels, it can cause canine fatalities. Symptoms of alcoholic poisoning in your dog include “alcoholic breath”, staggering, slow breathing, increased urination, a staggering or wobbly gait, excitement, depression, disorientation, behavioral changes, low body temperature, seizures and cardiac arrest.

It has been said that there’s enough alcohol in a “mickey” to kill a small dog.

Clearly it is important to keep all alcohol out of your dog’s reach.

12. Baking powder and baking soda

While baking powder and baking soda are not foods in themselves, they are common items in many kitchens. They are both used in cooking to create a gas, which causes doughs and batters to rise. Baking soda is sodium bicarbonate. Baking powder is baking soda combined with either cream of tartar, sodium aluminum sulphate or calcium acid phosphate (or a combination of the three).

If a dog eats a large amount of either baking powder or baking soda, he can suffer from electrolyte imbalances, muscle spasms and congestive heart failure. Clearly it is vital to keep these substances out of your dog’s reach. Any spilled powders should be cleaned up immediately.

13. Xylitol

Pure xylitol is a white crystalline substance that looks and tastes like sugar. It is a carbohydrate, that is extracted or derived from any woody fibrous plant material such as corn cobs. Xylitol has been used as a sweetener in foods since the 1960’s. Xylitol is often found in Diet products. This is because it is only slowly absorbed and partially utilized; the net result is, it effectively supplies around 2.4 calories per gram or 40% less than other carbohydrates. Because the body does not require insulin to metabolize xylitol, it has been widely used as a sweetener for diabetics. It is also recognized as a cavity fighter. Research confirms that xylitol use significantly reduces tooth decay rates. **HOWEVER** - This diet sweetener, while useful for humans, can harm dogs. If your dog should ingest Xylitol it can cause a sudden drop in blood sugar, resulting in depression, loss of coordination and seizures. Unless treatment is given quickly, the dog could die.

*The bottom line with Xylitol containing products...
is to keep them well away from cats and dogs!*

14. Macadamia nuts

These too have been known to harm dogs. Macadamia nuts can cause muscle, gastrointestinal and nervous system problems. The symptoms can include abdominal pain, vomiting, pale gums, stiffness, lameness, difficulty walking, tremors, weakness, paralysis and depression. These symptoms are usually temporary. Although researchers still have not determined what causes macadamia toxicity, as few as six nuts have been problematic, with 40 nuts documented as causing severe poisoning.

Having said that, when visiting a macadamia farm in Northern New South Wales (*Australia*), the owners reported to me that their dogs feasted on macadamia nuts and were all supremely healthy, vibrant, active and long-lived. It was their belief that it was something in the membranes that surrounded the nut in their hard casing, that held the toxic ingredient.

*However, until we know more, my strong advice is...
NEVER feed Macadamia nuts (or Macadamia oil) to either dogs or cats!*

15. Walnuts

These too can be poisonous to dogs. When dogs eat the seed hulls, they can get an upset stomach and diarrhea. **The real problem is the fungus or mold that attacks walnuts after they get wet** (from rain or sprinklers), which produces toxins. If the fungus or mold is ingested by a dog, it can become very ill and possibly die. Signs that should alert you to walnut poisoning are vomiting, trembling, drooling, lack of coordination, lethargy, loss of appetite, and jaundice (this is where the dog has yellowing eyes and gums). Severely affected dogs can produce blood-tinged vomit or stools. and a major problem is that dogs can take several days to exhibit serious signs of illness.

*So once again... the bottom line is...
keep walnuts well away from cats and dogs!*

16. Fruit pits

The seeds or pits of stone and pome fruits such as apples, cherries, peach, pear pips, plums and apricots can be toxic to dogs.

These all contain a cyanide containing compound capable of releasing cyanide in the body.

Cyanide is highly toxic!

While a few apple seeds may not cause a problem, the effects can accumulate over time if they are given to dogs regularly. Dogs should not be allowed to chew on a peach pit, cherry pit, apricot pit, or plum pit. Chewing can allow ingestion of cyanide. This can result in dilated pupils, breathing difficulties, hyperventilation, shock, and apprehensiveness. Chewing could also result in the pit being swallowed, causing continuous exposure to cyanide, or could cause the dog to choke or result in an intestinal blockage.

Having said all that, I must report on one of my old dogs, a Rottie called Molly. She was very old and becoming a little arthritic; this was back in the eighties when I was first becoming acquainted with the value of RAW whole foods for cats and dogs. We had an orchard and it was full of plum trees. When plums were in season, she would graze on the fallen and very ripe plums (*there was no way we could stop her*) and we noticed an incredible improvement in her activity. All her droppings consisted of the fruit pits from the plums... with no ill effects! Was Molly a special case, or do we simply not know enough? I have no idea...

However, what I do know, because this was a one-off, we do need to be careful of these fruit pits!!

17. Salt

Too much salt is harmful to any species, but our dogs appear to be more susceptible than most. For example, chronically excessive levels of salt (*as found in many of the artificial industrial foods*) can—when fed over a lifetime—cause kidney and cardiovascular problems because of the constantly raised blood pressure. This is part of the complex of problems seen with the artificial industrial foods, most particularly the dry foods, which are the worst of the worst of these industrial (*non*) “foods”.

More acutely... feeding dogs the left-overs from the Christmas ham or the family’s left over bacon, can cause intractable vomiting, electrolyte imbalance and dehydration, a sequence of events that can be fatal without veterinary intervention.

Super acutely... large and deep chested breeds of dogs, that have eaten a lot of bacon or ham (*“stolen” is the appropriate word usually*), i.e., large quantities of extremely salty food, have been known to follow this up by gulping down copious quantities of water, and at the same time swallow enormous volumes of air. This is a deadly combination. These dogs were observed to promptly develop gastric dilatation and volvulus, also known as bloat! This condition, where the dog’s stomach EXPANDS—as you watch—and then TWISTS—to block off both ends—is a rapidly fatal condition; an absolute emergency, requiring immediate veterinary intervention.

However, having said all that, one of the most valuable foods a dog can ingest is fresh blood; a salty meal indeed! Yes, as gory as that sounds, fresh blood IS PART of the evolutionary program of nutrition. But do note, in this case, the level of salt (*sodium chloride*), together with the other vital electrolytes in blood, are all in physiological balance.

The only “problem” caused, relates to veterinary income, where the ingested blood contributes to the... **Syndrome of Health...** produced by... **Biologically Appropriate RAW** (*whole*) **foods.**

18. Yeast dough

When you bake bread, or make pizza dough, the dough is often left out in a warm moist spot to expand. Dogs love bread dough, so that should your dog eat that dough before it rises, it will expand inside your dog’s stomach. This will happen because the dog’s stomach is a nice warm, moist environment.

The ‘rising’ dough distends his abdomen and can cause pain or worse yet - BLOAT!

Another issue with raw dough is the rising process itself. The fermentation process, which causes the dough to rise produces alcohol, which as we have already noted can be toxic if enough of it gets into your dog. **The obvious way to avoid any problems with bread dough, is to make sure that any unbaked dough is kept well out of your dog's reach.** (*And don't feed cooked bread either!*)

19. Cooked/rancid fat

Dogs love rich and fatty foods, just like we do. And there is a sound reason for this! Dogs, are adapted by evolution to require fat as a major source of their energy requirements. For example, our dogs love butter and if we ever have to medicate our dogs, one excellent method we have used over the years is to hide the pill in a cube of butter... YUM! Butter is absolutely fine for the average dog.

Cooked fat or fried foods can cause pancreatitis.

Dogs—being dogs—will source fatty material or grease from wherever they can; such as the trash or garbage can. Sometimes they are given very fatty (*cooked*) foods as treats or the left-overs are dished out to the dogs when the humans have finished eating. Whatever the source... too much **COOKED fat** (*e.g. some extremely fatty mince or a piece of meat that is mostly fat*) can cause pancreatitis in older susceptible dogs (**e.g. have eaten processed artificial food their entire lives!**)

Miniature and Toy Poodles, Shelties, Cocker Spaniels and Miniature Schnauzers... are especially prone to pancreatitis.

Pancreatitis signs include abdominal pain, acute onset of vomiting, and diarrhea. The pain can show through a hunched posture when you pick up your dog. **This condition requires immediate veterinary attention.**

Having said all of that, we now realise that healthy... **RAW...** fats, from both plant and animal sources, have a role to play as part of the... **ketogenic diet...** a specific therapeutic diet (*high in fat, low in protein and containing low to no soluble carbohydrates*), which is used to treat a variety of conditions, including cancer and neurological conditions. *For more information on cancer and the rationale for using the ketogenic diet... please see my book "Pointing the Bone at Cancer".*

20. Wild Mushrooms

As with humans, these can be FATAL... to dogs. Wild mushrooms can cause abdominal pain, drooling, liver damage, kidney damage, vomiting, diarrhea, convulsions, coma, and death. Unless you are one hundred percent certain they are safe... **DO NOT FEED WILD MUSHROOMS TO CATS OR DOGS!!**

21. Grains

Grains are not a biologically appropriate food for dogs and cats. In other words, grains are not part of the evolutionary diet for dogs or cats. Unfortunately, they make up the bulk of modern pet foods and because of that, our dogs and cats suffer enormously from degenerative disease processes. However, the whole question of grains and pet food is a particularly large and complex issue, something I cover repeatedly in other writings. At this point, just let me say that when fed occasionally, in small amounts, to a young and healthy animal, grains will not do any great harm, but they should **NEVER** Be given in large amounts or make up a substantial part of a dog or a cat's diet.

When a dog or a cat is suffering with any degenerative disease process, GRAINS must be COMPLETELY OMITTED from the diet.

Note that rice can be useful when used as a therapeutic food for gastrointestinal problems, but only ever for short periods of time.

When fed for a lifetime, because of their gluten and high carbohydrate content, grains are heavily involved in the production of most of the chronic conditions that bring dogs and cats to the veterinarian's office.

Grains contribute enormously to inflammation, the development of damaging sticky substances in the blood called... "*Advanced Glycosylated End products*" or "**Ages**" and they form the perfect food on which cancers are able to feed. In short, grain-based products promote epilepsy, arthritis obesity diabetes, cancer and so on.

The list of problems caused by grain-based pet foods is endless. Bottom line? Avoid grain-based foods when feeding dogs and cats.

22. Cooked Bones

These can kill dogs.

The bone from a "**T**" **bone steak**—for example—once cooked represents a huge danger to our dogs. Cooked bones can splinter and tear through a dog's internal organs or set like concrete in the large bowel. Basically they are an absolute no-no. By way of contrast, raw meaty bones are the "staple" food item in the Evolutionary programme of nutrition for dogs and cats.

Very briefly, the bones to feed our dogs and cats are the soft raw bones from young animals such as chicken necks and wings.

For more information on bones, please refer to my books... "**Give Your Dog a Bone**"... and... "**The BARF Diet**".

References

For a full discussion of the safest and healthiest foods for our dogs and cats, please see my books...

"Give Your dog a Bone"

"Grow Your Pups with Bones"

"The BARF Diet"

These books detail the foods that have been designed according to...

The principles of Evolutionary Nutrition.

If your concern is... CANCER... please see my book...

"Pointing the Bone at Cancer"

All Dr Billingham's books... available from...

www.drianbillingham.com

