



BEGINNERS GUIDE TO RAW FEEDING

Feeding your dog a **raw diet** is one of the best ways to support their overall health, longevity, and well-being. Kibble is a highly processed, unnatural food that contributes to disease, allergies, and chronic health conditions. Dogs are **carnivores**, designed to thrive on fresh, species-appropriate raw food. In this ultimate guide, you'll learn **why raw feeding is superior, how to transition your dog safely, the dangers of kibble, and how to create a properly balanced raw diet.**

WHY FEED RAW?

A raw diet mimics what dogs would eat in the wild—**whole prey, meat, bones, and organs**. This nutritionally dense, species-appropriate food provides the essential nutrients dogs need for optimal health.



Benefits of Raw Feeding:

- **Improved digestion** – Less bloating, gas, and firmer stools
- **Stronger immune system** – Fewer allergies, infections, and inflammation
- **Healthier skin and coat** – No more itching, dry skin, or excessive shedding
- **Better dental health** – Naturally cleans teeth and reduces plaque buildup
- **Increased energy and vitality** – No more lethargy or weight issues
- **Fewer vet visits** – A biologically appropriate diet reduces the risk of chronic diseases
- **Better weight management** – Raw-fed dogs maintain a healthy, lean body condition
- **No artificial ingredients** – Free from preservatives, synthetic vitamins, and harmful chemicals
- **Reduced stool volume and odor** – Dogs absorb more nutrients, leaving less waste

Kibble, on the other hand, is loaded with **carbohydrates, synthetic vitamins, and toxic preservatives** that contribute to **obesity, diabetes, kidney disease, and cancer**.

THE HIDDEN DANGERS OF KIBBLE

Kibble is marketed as “complete and balanced,” but the truth is that it’s one of the worst things you can feed your dog. It is a **highly processed**, carbohydrate-laden, synthetic food that lacks bioavailable nutrients.

- **High in Carbohydrates** – Most kibble contains **40-60% carbs**, which dogs do not need. Excess carbs contribute to **obesity, diabetes, and inflammation**.
- **Synthetic Additives** – Because processing destroys natural nutrients, kibble is sprayed with **artificial vitamins** that dogs struggle to absorb.
- **Rancid Fats** – The fats in kibble oxidize quickly, leading to **chronic inflammation and disease**.
- **Toxic Preservatives** – Many brands contain **BHA, BHT, and ethoxyquin**, which are linked to **cancer, organ damage, and hormone disruption**.
- **Contaminated Ingredients** – Kibble is frequently recalled due to **salmonella, mold, and toxic levels of vitamin D**.
- **Contributes to Dental Disease** – Contrary to popular belief, kibble does not clean teeth. It actually **sticks to teeth and promotes plaque buildup**, leading to decay and infections.

Why Kibble is Harmful:

Dogs fed kibble often suffer from **constant itching, ear infections, digestive issues, chronic inflammation, and a shorter lifespan**.



HOW TO TRANSITION TO A RAW DIET

Switching your dog to raw **doesn't have to be complicated**, but it's important to transition properly.

Cold Turkey vs. Gradual Transition


- **Cold Turkey (Recommended):** This method **immediately replaces kibble with raw** after a **12-hour fast** to allow the digestive system to reset. This is the best approach for **healthy adult dogs** with no history of digestive issues.
- **Gradual Transition:** For **sensitive dogs**, those with **gut issues**, or **older dogs**, transition slowly by **introducing raw proteins one at a time over several weeks**.





Transitioning Steps:

1. **Day 1:** Start with **one lean protein** (e.g., chicken or turkey) and feed only muscle meat.
2. **Days 2-4:** Introduce **raw meaty bones (RMBs)** such as chicken wings or necks.
3. **Days 5-7:** Slowly add **secreting organs** (liver first, then kidney).
4. **Week 2:** Begin **rotating proteins** for nutritional variety.
5. **Week 3 and beyond:** Introduce **additional organs, eggs, fish, and tripe.**

 **Note:** Some dogs may experience **temporary detox symptoms** (loose stools, itching, or mild digestive upset) as their body expels toxins from kibble. This is **normal** and **temporary**.

**COMMON
RAW
FEEDING
MYTHS
DEBUNKED**

"Raw Food Causes Aggression"

- There is **no scientific evidence** that raw feeding makes dogs aggressive.
- Aggression is a **behavioral issue**, not a dietary issue.





"Raw Food Lacks Essential Nutrients"

- A properly balanced raw diet **contains all necessary nutrients** in their natural form.
- Kibble, on the other hand, is deficient in real nutrients and must be artificially supplemented.



"Raw Bones Are Dangerous"

- **Cooked bones are dangerous** because they splinter.
- **Raw meaty bones (RMBs)** are soft, digestible, and essential for dental and gut health.

"Raw Feeding Is Too Expensive"

- Raw feeding can be affordable if you **buy in bulk, source locally, and use a variety of proteins or make it yourself.**
- The cost of raw food is **far cheaper than future vet bills for chronic disease caused by kibble.**



FREQUENTLY ASKED QUESTIONS (FAQ)

Can I mix raw and kibble?

No. Kibble and raw digest at **different rates**, which can lead to digestive upset.





Can I cook the raw food instead?

- No. Cooking destroys vital enzymes and amino acids. Dogs are **designed to eat raw meat**.



What if my dog won't eat raw?

- Some dogs need a **short fast** or an introduction with a lightly seared meal before fully switching.



Is a raw diet safe for puppies?

- Yes! Puppies thrive on raw.

HEALTHY RAW FOOD TOPPERS

For variety and **additional nutritional benefits**, consider adding these **raw food toppers** to your dog's meals:

- **Fresh eggs with shells** – Only if sourced locally and chemical-free. The shell provides calcium.
- **Sardines** – Rich in omega-3 fatty acids for brain and heart health.
- **Chicken feet** – A natural source of glucosamine and chondroitin for joint support.
- **Chicken or turkey necks** – Great for **dental health and added calcium** from bones.

These toppers **enhance your dog's raw diet naturally**, without the need for synthetic supplements or commercial additives.



FINAL THOUGHTS: MAKE THE SWITCH TODAY

Raw feeding is **more than just a diet—it's a return to what dogs were meant to eat.** The benefits far outweigh the risks of commercial pet food, which is loaded with synthetic ingredients and harmful fillers.

By switching to raw, you'll be **investing in your dog's long-term health, reducing vet bills, and giving them the best possible quality of life.**





Ditch the kibble, feed real food, and watch your dog thrive!

If you're ready to start raw feeding but need help, please reach out—we're here to support you!