

#### **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, speciesappropriate 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, speciesappropriate 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:

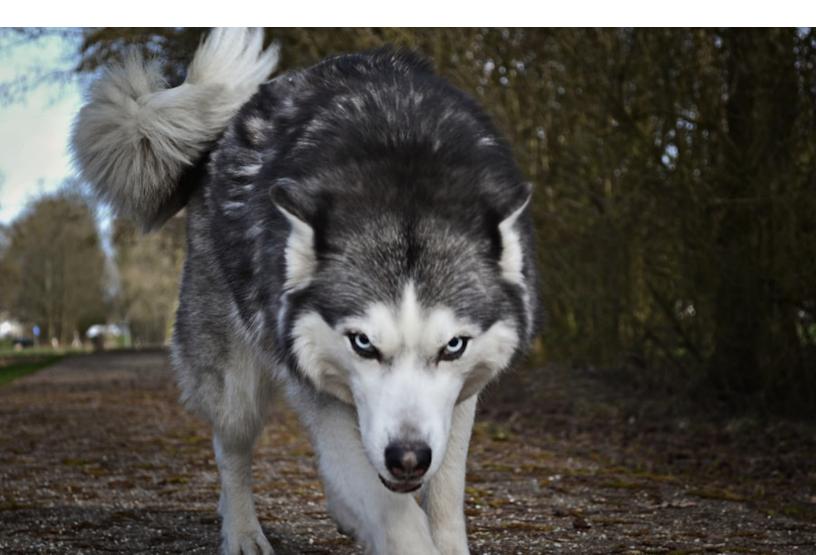
- 1. **Day 1:** Start with **one lean protein** (e.g., chicken or turkey) and feed only muscle meat.
- 2. Days 2-4: Introduce raw meaty bones (RMBs) such as chicken wings or necks.
- 3. Days 5-7: Slowly add secreting organs (liver first, then kidney).
- 4. Week 2: Begin rotating proteins for nutritional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

**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 EEDNG 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.

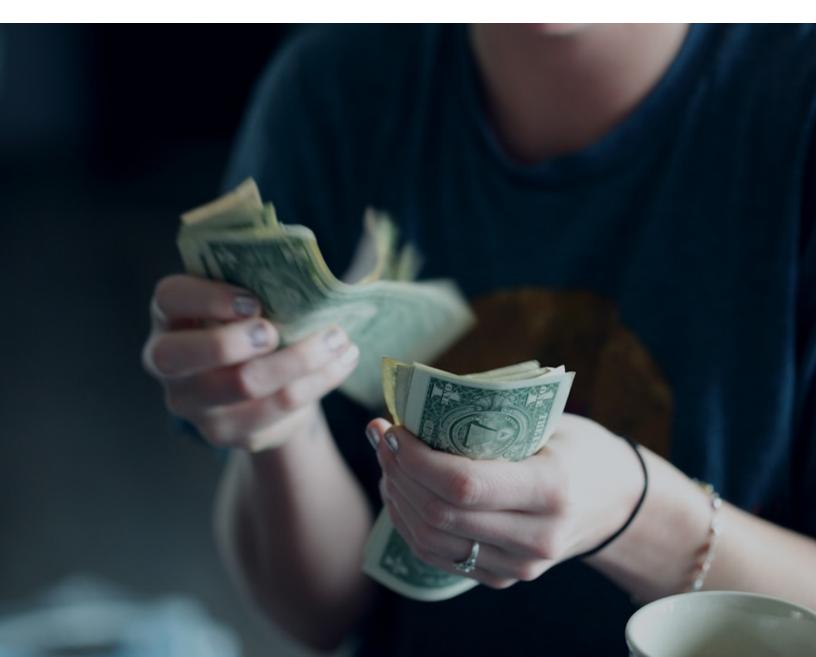


#### "Raw Bones Are Dangerous"

- 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

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!