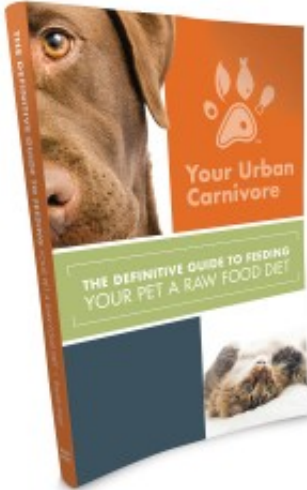


# Your Urban Carnivore



**Price: \$29.95 CAD**

## Short Description

TM

Your Urban Carnivore - The Definitive Guide to Feeding Your Pet a Raw Food Diet - A new book by Brenda Hagel

## Description

**The definitive guide to feeding your pet a raw food diet.**

Based off years of research and first-hand experience with feeding companion animals, Brenda Hagel presents a thorough description of the benefits and methods of feeding your pet a raw food diet. This book is intended as a layman's reference guide to navigating the concept of feeding your pet, understanding some basic health concepts, and learning how it all fits nicely into a program of feeding your pet an evolutionary diet. It is an easy-to-read book for the everyday pet owner who seeks basic information. Some might discredit it as unauthoritative. However, for those of you who deal with our beautiful pets on a day-to-day and hour-to-hour basis, it is highly valuable. It does not prescribe, predict, or take away from the necessary care of your veterinarian. It is simply a guide on how to care for our pets better. It provides basic nutritional background and some detail on how to commence feeding your pet to help give them the healthiest, longest life possible. Of course, there is the added benefit of saving money on professional health care, but that's secondary compared to the

enjoyment a healthy pet brings during the time you have together.

This all came about as a result of answering countless phone calls, letters, and emails in Brenda's effort to attempt to share her limited knowledge of feeding raw before it became mainstream. It was startling to her how many owners of sick pets were searching for answers. Over a period of several years, she researched just about every possible chronic disease associated with cats and dogs. It revealed a predictable pattern of declining health. This pattern inspired her to save all her responses, emails, letters, and related research. Over several years, she was amazed at the bank of information she had stored. She never bothered to footnote or record her references because most of the information was provided as an opinion and a service to help guide people through the darkness of their pet's ill health. She had no idea this would become a book.

Keep this book on your shelf and let it be your go-to reference during the different stages of your pet's life. We hope it serves you as well.

Brenda is grateful for the help of people who are the true pioneers of raw feeding in the world especially to Dr. Ian Billinghurst, B.V.Sc.(Hons), B.Sc.Agr., Dip. Ed. and Dr. Meg Smart, DVM, PhD. Without them, the raw pet food industry would not exist.

## **TABLE OF CONTENTS**

Forward

### **1 A Species Appropriate™ Diet is the Foundation of Your Pet's Health**

Understanding Biological Adaptation

### **2 Carnivore Food is Not Dry Food from the Bag!**

Pet Food Labels

Where's the Beef?

Fungi, Molds, and Mycotoxins

Aflatoxins

Vomitoxin

Fumonisin

Other Mycotoxins

Mycotoxins and Disease

Additives and Preservatives

Pet Food Recalls

### **3 Commercial Raw Diets—An Overview**

Read Labels and Ask Questions

Food First

Bells and Whistles

Fats—Quantity and Quality

Carbohydrates, Grains, and Starches

Vegetables and Fruits

Other Hidden Additives

Missing Bones

Poultry—It Is Everywhere

The Cost Factor

Manufacturing Raw Diets

#### **4 Variety is Key for Vitality**

The Myth of Complete and Balanced Pet Foods

Pet Foods Seldom Address Individual Requirements

Variety in Evolutionary Nutrition

Variety and Moderation Helps Eliminate Sensitivities to Foods in Allergy-Prone Pets

Variety Maintains Enthusiasm for Meals and Encourages a Healthy Appetite

Vegetable Variety

Meat Variety

Fat Variety

Beef Fat

Chicken Fat

Duck and Goose Fat

Pork Fat

#### **5 Raw or Cooked?**

Heat Denatures Food

Food Carcinogens and Mutagens

Cooked Food Mutagens

Raw Food

#### **6 Carbohydrates and Carnivores**

What Exactly are Carbohydrates?

Species Appropriate™

Carbohydrates and the Glycemic Index

Glycemic Load

Diabetes

Cancer

Glue in Gluten Equals Leaky Gut?

Epilepsy

Inflammatory Bowel Disease

Dental Disease

Too Many Carbohydrates

#### **7 The Simplicity of a Raw Diet**

Raw Diet Benefits

Who Feeds a Raw Diet?

Raw Diet Overview

Putting the Diet Together

Raw Meaty Bones

Meat, Fish, and Eggs

Organs and Other Innards

Fats for Health and Energy

What are Essential Fatty Acids?

Supplements

Vitamins and Minerals

Why Supplement Your Pet's Diet?

Whole Food Supplements

Dulse

Kelp

Alfalfa

Wheat Grass and Barley Grass

Spirulina

Water

The Carnivore Menu

Raw Meaty Bones

Meat and Fish

Organs

Raw Vegetables or Fruits and Cooked Vegetables

Supplements and Extras

How to Feed a Raw Diet

The Formula

Menu Suggestions

Switching Dogs to a Raw Diet

Switching Cats to a Raw Diet

Special Considerations

Trouble Shooting at a Glance

Vomiting

Mucus in Stools

Stool Too Soft

Stool Too Hard

## **8 Bacteria—A Discussion**

Protective Activities of the Digestive System

Normal Flora

Raw Research Naysayer Debate

Do raw diets contain bacteria?

What about the concern for people handling feces from animals fed raw diets?

Can people become infected with food-borne pathogens when handling contaminated meat products?

Bacteria are Everywhere

Food Contamination

Which bacteria are responsible for human food-borne illness?

Campylobacter jejuni

Clostridium botulinum

Clostridium perfringens

Escherichia coli O157:H7

Salmonella (over 1600 types)

Streptococcus A

Listeria monocytogenes

Shigella (over 30 types)

Staphylococcus aureus

Are Raw-Fed Pets a Threat?

Kibble Risks

A Word about Antibacterial Agents

**9 Become a Poop Connoisseur**

Treatment of Constipation

**10 Canine Path of Evolution**

Modern Dog Introduction

**11 Canine Design**

The Skeleton

Joints

Ligaments and Tendons

Muscles

The Skull

The Brain

The Mouth and Teeth

The Eye

The Eyelids

Vision

The Ears and Hearing

The Nose and the Sense of Smell

Respiration

The Chest

The Abdomen

The Digestive System

**12 Canine Feeding Behaviour**

What is on the Wild Canid Menu?

Wolf

Coyote

Red Fox

**13 Canine Nutrient Requirements**

Balanced Nutrition

Protein

Fats

Carbohydrates

Fibre

Vitamins

Vitamin A

B Vitamins

Vitamin C

Vitamin D

Vitamin E

Vitamin K

Functions of Vitamins and Symptoms of Deficiency and Excess

Vitamin A

Thiamine (B1)

Riboflavin (B2)

Niacin (B3)

Pantothenic Acid (B5)

Vitamin B6 (pyridoxine)

Biotin (B7)

Folic Acid (B9)

Vitamin B12 (cobalamin)

Vitamin C

Vitamin D

Vitamin E

Vitamin K

Minerals

The Major Minerals

Calcium

Phosphorus

Magnesium

Chloride

Potassium

Sodium

Sulfur

The Trace Minerals

Arsenic

Boron

Chromium

Copper

Fluorine

Iodine

Iron

Manganese<sup>4</sup>

Molybdenum

Nickel

Selenium

Silicon

Vanadium

Zinc

Other Trace Minerals

Functions of Minerals and Symptoms of Deficiency and Excess

Calcium

Phosphorus

Magnesium

Chloride

Potassium

Sodium

Sulfur

Copper

Iodine

Iron

Manganese

Selenium

Zinc

Antioxidants and Zoochemicals

Carnosine

Alpha-Lipoic Acid

Glutathione

Coenzyme Q10

L-Carnitine

Conjugated Linoleic Acid

Nutrient Synergy

## **14 Canine Pregnancy and Lactation**

Pre-Conception

Pregnancy

Special Nutrient Considerations for Pregnancy and Lactation

Protein

Fats and Essential Fatty Acids

Carbohydrates

Vitamins and Minerals

Vitamin A

Vitamin D

Vitamin E

Vitamin K

Vitamin C  
B Vitamins  
Minerals  
Zinc  
Iron  
Calcium and Phosphorus  
Magnesium  
Selenium  
Water  
Feeding for Pregnancy  
Feeding for Lactation  
Feeding the Pregnant and Lactating Female  
Meat  
Offal (Organ Meat)  
Raw Meaty Bones  
Supplements and Extras  
Nutrition for Newborn Puppies  
Weaning  
Homemade Milk Replacement  
Eclampsia  
15 Puppy Nutrition  
Puppy Basics  
Nature's Menu  
Wild Pups.  
Neonatal Period  
Transition Period  
Socialization Period  
Juvenile Period  
Pampered Wild Pups  
Urban Pups  
Carnivore-Appropriate Food for Urban Pups  
A Puppy Requires Raw Meat and Organs..  
A Puppy Requires Bone and Cartilage  
A Puppy's Diet Can Include Some Vegetables, Fruits, or Green Tripe  
A Puppy's Diet Should Provide Adequate Vitamins and Minerals  
A Puppy Requires Essential Fatty Acids  
A Puppy's Immune System Needs Bacteria  
A Puppy Needs to Be Fed Appropriate Amounts of Food  
A Puppy Needs Adequate but Appropriate Exercise  
Puppy Development  
16 Stud Dog Nutrition  
Free Radical Damage



Essential Fatty Acids

Zinc

Selenium

Vitamin C

Vitamin E

B Vitamins

L-Arginine

L-Carnitine

## **17 Performance Dog Nutrition**

The Wild Canine Athlete

The Domestic Canine Athlete

Genetics

Training

Nutrition

Food is the Fuel that Drives Your Dog's Body

Converting Fuel to Energy<sup>6</sup>

Other Benefits of Fat for Performance

Protein

Carbohydrate Versus Fat for Performance Dogs

Vitamins, Minerals, and Antioxidants

Vitamins

Fat-Soluble Vitamins

Water-Soluble Vitamins

Minerals

Antioxidants in Food Sources

Water

Signs of Dehydration

## **18 Feline Path of Evolution**

Modern Cat Introduction

## **19 Feline Design**

The Skeleton

The Muscular System

Circulation and Respiration

Digestion

Excretion

Glands

Skin and Fur

Vision

Hearing

Smelling and Tasting.

Teeth and Diet

## **20 Feline Feeding Behavior**

Feral Menu

## **21 Feline Nutritional Requirements**

Balanced Nutrition

Essential and Specialized Nutritional Requirements of the Feline Protein

Fats

Carbohydrates

Fibre

Fat-Soluble Vitamins

Water-Soluble Vitamins

Functions of Vitamins and Symptoms of Deficiency and Excess

Vitamin A

Vitamin D

Vitamin

Vitamin K

Vitamin C

Thiamine (B1)

Riboflavin (B2)

Niacin (B3)

Pantothenic Acid (B5)

Vitamin B6

Biotin (B7)

Folic Acid (B9)

Vitamin B12

Minerals

The Major Minerals

Calcium

Phosphorus

Magnesium

Sodium

Potassium

Chloride

Sulfur

The Trace Minerals

Arsenic

Boron

Chromium

Copper

Fluorine

Iodine

Iron

Manganese

Molybdenum

Nickel

Selenium

Silicon.

Vanadium

Zinc

Other Trace Minerals

Functions of Minerals and Symptoms of Deficiency and Excess

Calcium

Phosphorus

Magnesium

Sodium

Potassium

Chloride

Sulfur

Copper

Iron

Iodine

Manganese

Selenium

Zinc

Antioxidants and Zoochemicals

Carnosine

Alpha-Lipoic Acid

Glutathione

Coenzyme Q10

L-Carnitine

Conjugated Linoleic Acid

Nutrient Synergy.

## **22 Feline Pregnancy and Lactation**

Special Nutritional Considerations for Pregnancy and Lactation.

Protein

Fats and Essential Fatty Acids

Carbohydrates

Vitamins and Minerals

Important Vitamins

Vitamin A

Vitamin D

Vitamin E

Vitamin K

Folate, B12, and B6

Vitamin C

Important Minerals

Water

Feeding for Pregnancy

Feeding for Lactation

Feeding the Pregnant and Lactating Queen

Meat

Offal (Organ Meat)

Raw Meaty Bones.

Supplements

Nutrition of Newborn Kittens

Weaning

## **23 Kitten Nutrition**

Nature's Menu

Urban Kittens..

Carnivore-Appropriate Food for Urban Kittens

Kittens Require Fats and Essential Fatty Acids

A Kitten's Immune System Needs Bacteria

Kittens Need to be Fed Appropriate Amounts of Food to Support Growth and Development

Kittens Need Adequate Exercise and Stimulation for Best Health

Kitten Menu

Whole Animal Patties

Organ Meats

Raw Meaty Bones

Author Brenda Hagel's Biography