

# Pet Nutrition Packet

## How to use this packet:

This packet which includes Protein, Fruit, Vegetables, Supplements and Mushroom Blends is intended to provide information to learn how to feed your dog or cat. The percentages given are amounts to feed your pet per their weight. The food calculations are described down below.

## Food Calculations

For puppies, feed 2% of their expected ADULT weight

For adult dogs up to 5 lbs, start at 5% - 6% of their ideal weight

- For adult dogs from 6-10 lbs, start at 4% - 5% of their ideal weight
- For adult dogs from 11-14 lbs, start at 3% - 3.5% of their ideal weight
- For adult dogs from 15-19 lbs, start at 2.5% - 3% of their ideal weight

For adult dogs over 20 lbs, please refer to the below guidelines:

- 1.5% to lose weight
- 2% to maintain current weight
- 2.5% - 3% slight weight gain
- Start with 2% of your dog's ideal, adult body weight and adjust as necessary depending on weight gain or loss

Tips:

- Use your dog's ideal or target weight if your dog is over or underweight
- Food can be fed in one meal once a day or split into two meals twice a day.
- Raw takes 6 hours to digest so if feeding twice a day be sure to have 8 full hours in between feeding.
- Weight your dogs food daily on a food scale, to make sure they are receiving the correct amount.



**EXAMPLE:** To help make easier weight measurements, round up to the whole number. Keep a close eye on your pets weight and body scoring. During the spring and summer when your pets are more active, add an additional 2-3 ounces to their daily diet. During the winter/colder months keep the amount the same or decrease by 1-2 ounces so there is no unwanted weight gain.

$$\underline{\quad 50 \quad} \text{ lbs x } \underline{\quad 2 \quad} \% = \underline{\quad 1 \quad} \text{ lbs ( } \underline{\quad 16 \quad} \text{ oz)}$$

Dogs Exact Weight Total to feed daily

**Break Down:**

Muscle Meat/Bone/Organs

$$\underline{\quad 1 \quad} \text{ lbs to feed daily x } 70\% = \underline{\quad 0.7 \quad} \text{ lbs ( } \underline{\quad 11.2 \quad} \text{ oz)}$$

Vegetables & Fruit

$$\underline{\quad 1 \quad} \text{ lbs to feed daily x } 10\% = \underline{\quad 0.1 \quad} \text{ lbs ( } \underline{\quad 1.6 \quad} \text{ oz)}$$

Carbohydrates

$$\underline{\quad 1 \quad} \text{ lbs to feed daily x } 15\% = \underline{\quad 0.15 \quad} \text{ lbs ( } \underline{\quad 2.4 \quad} \text{ oz)}$$

Fats

$$\underline{\quad 1 \quad} \text{ lbs to feed daily x } 5\% = \underline{\quad 0.05 \quad} \text{ lbs ( } \underline{\quad 0.8 \quad} \text{ oz)}$$

***lbs x 16 = Oz***

## Meats, Game, Poultry - 70%-90% (Dogs & Cats)

<p><b>Beef Muscle Meat, Raw Meaty Bones and Organ Meat: (neutral)</b></p> <ul style="list-style-type: none"> <li>• Rich in B-complex vitamins</li> <li>• High in zinc</li> <li>• Rich in iron</li> <li>• Natural source of essential amino acids</li> <li>• Provides essential fatty acids</li> <li>• Rich in manganese, selenium and potassium</li> <li>• Natural source of calcium</li> </ul>	<p><b>Bison Muscle Meat, Raw Meaty Bones and Organ Meat: (neutral)</b></p> <ul style="list-style-type: none"> <li>• Rich in B-complex vitamins</li> <li>• High in zinc</li> <li>• Rich in iron</li> <li>• Natural source of essential amino acids</li> <li>• Provides essential fatty acids</li> <li>• Rich in manganese, selenium and potassium</li> <li>• Natural source of calcium</li> </ul>	<p><b>Chicken Muscle Meat, Raw Meaty Bones and Organ Meat: (warming)</b></p> <ul style="list-style-type: none"> <li>• Rich in selenium</li> <li>• Rich in B vitamin niacin</li> <li>• Rich in vitamin B6</li> <li>• Natural source of calcium, glucosamine and chondroitin</li> </ul>
<p><b>Duck Muscle Meat, Raw Meaty Bones and Organ Meat: (cooling)</b></p> <ul style="list-style-type: none"> <li>• Low in saturated fat</li> <li>• Rich in selenium</li> <li>• Rich in B vitamin niacin</li> <li>• Rich in vitamin B6</li> <li>• Natural source of bio-available calcium, glucosamine and chondroitin</li> </ul>	<p><b>Lamb Muscle Meat, Organ Meat and Neck Bones: (warming)</b></p> <ul style="list-style-type: none"> <li>• Rich in the minerals selenium and zinc</li> <li>• Rich in Vitamin B12</li> <li>• Natural source of bio-available calcium, glucosamine and chondroitin</li> <li>• Preferred source of protein for dogs and cats with food allergies</li> </ul>	<p><b>Pheasant Muscle Meat, Raw Meaty Bones and Organ Meat: (warming)</b></p> <ul style="list-style-type: none"> <li>• Rich in the trace mineral selenium</li> <li>• Rich in B vitamin niacin</li> <li>• Rich in vitamin B6</li> <li>• Natural source of calcium, glucosamine and chondroitin</li> </ul>
<p><b>Salmon/Trout: (Cooling)</b></p> <ul style="list-style-type: none"> <li>• Provides essential amino acids</li> <li>• Rich in Omega-3 fatty acids</li> <li>• Excellent for skin and coat health</li> </ul>	<p><b>White Fish (Cod, Pollock, Haddock)</b></p> <ul style="list-style-type: none"> <li>• Low- fat and sodium protein</li> <li>• High in Omega-3 fatty acids</li> <li>• Excellent for skin and coat</li> <li>• Supports heart health and a healthy immune system</li> <li>• Easy digestibility</li> </ul>	<p><b>Quail: (neutral)</b></p> <ul style="list-style-type: none"> <li>• Low calorie</li> <li>• High protein</li> <li>• source of the B Vitamins and the minerals phosphorous and iron</li> <li>• eggs can be eaten whole</li> </ul>

<p><b>Sardines/Herring/Mackerel:</b></p> <ul style="list-style-type: none"> <li>• Rich in vitamin B12, selenium and Omega-3 fatty acids</li> <li>• Support cardiovascular health</li> <li>• Rich source of bone-building vitamin D</li> </ul>	<p><b>Turkey Muscle Meat, Organ Meat and Neck Bones: (cooling)</b></p> <ul style="list-style-type: none"> <li>• Rich in the trace mineral selenium</li> <li>• Rich in B vitamin niacin</li> <li>• Rich in vitamin B3 &amp; B6</li> <li>• Natural source of bio-available calcium, glucosamine and chondroitin</li> </ul>	<p><b>Green Tripe /NOT bleached: (neutral)</b></p> <ul style="list-style-type: none"> <li>• Natural digestive enzymes</li> <li>• Metabolism and Immune system booster</li> <li>• Source of calcium and essential fatty acids</li> </ul>
<p><b>Rabbit (cooling):</b></p> <ul style="list-style-type: none"> <li>• Low in saturated fat</li> <li>• Low calorie &amp; cholesterol</li> <li>• Rich in selenium</li> <li>• Rich in Vit B6</li> <li>• Natural source of bio-available calcium, glucosamine and chondroitin</li> <li>• Preferred protein for dogs &amp; cats with food allergies</li> </ul>	<p><b>Venison Muscle Meat, Organ Meat and Neck Bones: (warming)</b></p> <ul style="list-style-type: none"> <li>• Low in saturated fat</li> <li>• Rich in minerals, iron, selenium, zinc and copper</li> <li>• Preferred protein for pregnant/lactating females due to the high content of iron</li> <li>• Rich in vits B3, B6 and B12</li> <li>• Natural source of calcium, glucosamine and chondroitin</li> <li>• Preferred protein for dogs &amp; cats with food allergies</li> </ul>	

## Fruits 3% (Dogs Only)

<p><b>Apples / no seeds:</b></p> <ul style="list-style-type: none"> <li>Rich in vitamins A, B, and C, calcium, fiber and pectin</li> <li>Helps to promote good digestion and a healthy lymphatic system</li> </ul>	<p><b>Blueberries, Cranberries &amp; Black:</b></p> <ul style="list-style-type: none"> <li>Natural antioxidant source</li> <li>Promotes urinary tract health</li> </ul>	<p><b>Bananas / no peel:</b></p> <ul style="list-style-type: none"> <li>source of potassium, magnesium, vitamin B6, vitamin C, fiber, biotin and copper</li> </ul>
<p><b>Strawberries:</b></p> <ul style="list-style-type: none"> <li>Healthy nutrients - manganese, magnesium, iron, copper, phosphorus, potassium, and vitamin C, E &amp; K</li> <li><i>TRY ONE AND WATCH FOR ALLERGIC REACTION</i></li> </ul>	<p><b>Kiwi:</b></p> <ul style="list-style-type: none"> <li>Contains fiber, Vit C and Potassium</li> <li>Antioxidant: flavonoids &amp; carotenoids</li> <li>Strengthens the immune system</li> </ul>	<p><b>Honeydew Melon:</b></p> <ul style="list-style-type: none"> <li>Rich in Vit B&amp;C</li> <li>Potassium</li> <li>Contains traces on iron &amp; copper (great for red blood cells)</li> <li><i>DO NOT FEED TO DIABETIC DOGS</i></li> </ul>
<p><b>Mango / no pit:</b></p> <ul style="list-style-type: none"> <li>Rich in carotenoids, potassium, vitamins and trace minerals,</li> </ul>	<p><b>Oranges / no peel:</b></p> <ul style="list-style-type: none"> <li>Rich in Vit C</li> <li>Helps flush toxins</li> <li>Helps skin and coat</li> </ul>	<p><b>Pineapple:</b></p> <ul style="list-style-type: none"> <li>Contains bromelain helps digest meat</li> <li>Contains vitamins, folate, and zinc</li> <li>Great for digestion and immune system</li> </ul>
<p><b>Pears/ no seeds:</b></p> <ul style="list-style-type: none"> <li>High Vit C &amp; K</li> <li>Contains copper &amp; fiber</li> </ul>	<p><b>Raspberries:</b></p> <ul style="list-style-type: none"> <li>Rich in Vit C, manganese and fiber</li> <li>Natural antioxidant</li> <li><i>VERY SMALL AMOUNT ONLY</i></li> </ul>	<p><b>Watermelon / no rind:</b></p> <ul style="list-style-type: none"> <li>Contains vitamin A, B6 &amp; C, along with potassium</li> <li>Helps with hydration</li> </ul>
<p><b>Cantaloupe:</b></p> <ul style="list-style-type: none"> <li>Diabetic dogs can eat in moderation</li> </ul>		

## Veggies 7% (Dogs Only)

### 4 Ways to prepare veggies for dogs

**Side Note:**

Some vegetables, such as celery and spinach, do not need to be cooked before blending. Root vegetables like carrots and sweet potatoes should be blanched or steamed to make blending possible. Pureeing the vegetables breaks down the cell walls of the plant material, making them easier for dogs to digest.

**Steaming**

Steam is an excellent method for cooking veggies that doesn't require submerging them in boiling water. Steaming cooks the vegetables through, while still preserving the bright color and flavor, and much of the nutrient content.

**Pureeing**

For maximum benefits and digestibility, veggies can be blended to a raw puree.

**Blanching**

Submerging vegetables quickly in boiling hot water and then very cold water, also known as blanching, is a great option for preparing vegetables. Blanching cleanses the surface of vegetables of dirt and retains both vitamins and flavor.

**Frozen**

Purchasing frozen vegetables in large batches and storing them in the freezer is a great way to save time and effort.

**Kale:**

- Rich source of vitamin A, vitamin C and calcium
- Contains superior levels of anti-cancer and antioxidant properties

**Carrots:**

- Organic Carrots: Rich in vitamins A and C, beta carotene, potassium and fiber
- Helps promote eyesight and strengthen the immune system

**Green Beans:**

- Rich in vitamins A and K
- High levels of manganese and a variety of carotenoids

**Collard Greens:**

- Rich in Vitamin K and Vitamin A
- High in fiber

**Squash:**

- Rich in vitamin A and C
- High in carotenoid antioxidants
- Anti-inflammatory

**Mustard Greens:**

- Rich source of vitamins A, K and C
- High levels of antioxidant nutrients

<p><b>Beets:</b></p> <ul style="list-style-type: none"> <li>• Vitamin C, fiber, folate, manganese &amp; potassium</li> <li>• Helps digestion, immune system and supports healthy skin</li> </ul>	<p><b>Celery:</b></p> <ul style="list-style-type: none"> <li>• Rich source of vitamin K</li> <li>• High in antioxidants Vitamin C, beta-carotene and manganese</li> <li>• Natural anti-inflammatory</li> </ul>	<p><b>Broccoli:</b></p> <ul style="list-style-type: none"> <li>• Rich in Vitamins A and C, calcium, potassium and fiber</li> <li>• Helps promote good health in the heart, colon and bone</li> </ul>
<p><b>Cucumbers:</b></p> <ul style="list-style-type: none"> <li>• Anti-inflammatory benefits</li> <li>• Antioxidants and phytonutrients</li> </ul>	<p><b>Sweet Potatoes/Yams:</b></p> <ul style="list-style-type: none"> <li>• Great source of fiber</li> <li>• Contains Vit B &amp; C</li> <li>• excellent sources of Beta Carotene, and Vitamin A</li> </ul>	<p><b>Butternut Squash:</b></p> <ul style="list-style-type: none"> <li>• Contains lots of vitamins and minerals like A, C, &amp; B6</li> <li>• Supports healthy immune system, vision and cardiovascular function</li> </ul>
<p><b>Rosemary:</b></p> <ul style="list-style-type: none"> <li>• Immune health support</li> <li>• Anti-inflammatory</li> <li>• Natural antioxidant</li> </ul>	<p><b>Parsley:</b></p> <ul style="list-style-type: none"> <li>• High in vitamin A, vitamin C and calcium</li> <li>• Useful as an antibiotic, anti-fungal and antiseptic</li> </ul>	<p><b>Dandelion:</b></p> <ul style="list-style-type: none"> <li>• Liver tonic and support</li> <li>• Immune support</li> <li>• Helps maintain blood pressure and heart health</li> </ul>
<p><b>Pumpkin:</b></p> <ul style="list-style-type: none"> <li>• Natural source of full spectrum Vit E-antioxidants &amp; provides fiber</li> </ul>	<p><b>Peas:</b></p> <ul style="list-style-type: none"> <li>• Fiber and minerals</li> <li>• In moderation high in carbs</li> </ul>	<p><b>Zucchini:</b></p> <ul style="list-style-type: none"> <li>• Rich Vit B &amp; C</li> <li>• Great source of Dietary fiber</li> </ul>
<p><b>Cauliflower:</b></p> <ul style="list-style-type: none"> <li>• Great source of fiber</li> <li>• Vitamins K &amp; C</li> <li>• Source of potassium, calcium and folate</li> <li>• Helps dogs vision, blood, liver, muscles, immune system, and more</li> </ul>	<p><b>Asparagus:</b></p> <ul style="list-style-type: none"> <li>• High in folic acid, potassium, fiber, thiamin, vitamin A, and vitamin B6</li> </ul>	<p><b>Brussel Sprouts:</b></p> <ul style="list-style-type: none"> <li>• Rich in fiber and antioxidants, which help reduce inflammation in the body and improve overall blood circulation</li> <li>• Source for vitamins K &amp; C</li> </ul>
	<p><b>Bell Peppers:</b></p> <ul style="list-style-type: none"> <li>• Source for Vit A and C</li> <li>• Low calorie</li> <li>• High in fiber</li> <li>• Improve immune system, eye health and skin/coat</li> </ul>	



<p><b>Spinach:</b></p> <ul style="list-style-type: none"> <li>• Contains potassium, magnesium, and vitamins B6, B9 and E.</li> <li>• Contains high amounts of carotenoids, vitamin C, vitamin K, folic acid, iron and calcium.</li> </ul>	<p><b>Boy Choy:</b></p> <ul style="list-style-type: none"> <li>• Vit B6 to help maintain and strong and healthy heart</li> <li>• Rich in magnesium, phosphorus, and vitamin K for healthy bones</li> </ul>	<p><b>Cabbage:</b></p> <ul style="list-style-type: none"> <li>• Digestion support</li> <li>• Reduce constipation and diarrhea</li> <li>• Low calorie</li> <li>• High in fiber</li> <li>• Source of potassium</li> </ul>
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**Carbohydrates 15%**

**Lentils, Millet, Barley, Brown & White Rice, Quinoa, Oats/Oatmeal:**

- These carbohydrates are great to be fed in small amounts
- 1-2 cups cooked per 4-6 pounds of protein
- Quinoa is a grain & gluten free

## Supplements & Fats 5% (Given 3-4 days a week)

<p><b>Apple Cider Vinegar: (1 tablespoon per serving)</b></p> <ul style="list-style-type: none"> <li>• Helps reduce common infections &amp; increases resistance to disease</li> <li>• Normalizes acid levels in the stomach, improving digestion</li> <li>• Improves assimilation of nutrients, reducing intestinal gas and fecal odor</li> <li>• Alleviates symptoms of arthritis</li> <li>• Helps prevent bladder stones &amp; urinary tract infections</li> </ul>	<p><b>Alfalfa Leaf Powder: (1 teaspoon per serving)</b></p> <ul style="list-style-type: none"> <li>• High in vitamins C, D, E and K, niacin, riboflavin, folic acid and beta carotene</li> <li>• High in minerals calcium, magnesium, phosphorous and potassium</li> <li>• Appetite stimulant, diuretic and internal cleanser</li> <li>• Aids with arthritis, heart disease, high blood pressure and digestive illness</li> <li>• Improves physical and mental vigor</li> </ul>
<p><b>Coconut Oil (fat): (1 teaspoon per 20 pounds)</b></p> <ul style="list-style-type: none"> <li>• Excellent source for short and medium chain saturated fatty acids</li> <li>• Stimulates a healthy coat and skin</li> </ul>	<p><b>Cod Liver Oil (fat): (1 tablespoon per serving)</b></p> <ul style="list-style-type: none"> <li>• Excellent source of Omega-3 fatty acids</li> <li>• Rich in vitamin A and vitamin D</li> </ul>
<p><b>Probiotics: (Given as prescribed on the bottle)</b></p> <ul style="list-style-type: none"> <li>• Support digestive and colon health</li> <li>• support cellular health</li> <li>• Helps produce B12, folic acid and B6</li> <li>• Supports cholesterol levels</li> </ul>	<p><b>Kelp Powder: (1 tablespoon per serving)</b></p> <ul style="list-style-type: none"> <li>• Rich in trace minerals for a healthy coat</li> <li>• Promotes a healthy &amp; digestive tract</li> <li>• Helps correct mineral deficiencies in the body</li> </ul>
<p><b>Spirulina for dogs:</b></p> <ul style="list-style-type: none"> <li>• Rich in pythonutrients and antioxidants</li> <li>• Support energy and vitality</li> <li>• Supports healthy immune system</li> <li>• Reduces allergies from foods to environmental issues</li> </ul>	<p><b>Turmeric:</b></p> <ul style="list-style-type: none"> <li>• Anti-inflammatory, great for arthritis pain and stiff joints</li> <li>• Treatment for gastrointestinal disorders</li> <li>• Replace steroid use</li> <li>• Reduce cancer cells from forming</li> </ul>
<p><b>Sunflower Oil (fat): (1 teaspoon per serving)</b></p> <ul style="list-style-type: none"> <li>• Whole-food source of vitamin E</li> <li>• Antioxidant defense against cancer</li> </ul>	<p><b>Cranberry Powder for Cats &amp; Dogs:</b></p> <ul style="list-style-type: none"> <li>• Aids in UTI and Bladder issues</li> </ul>

<p><b>Kefir for dogs: (½ cup per week)</b></p> <ul style="list-style-type: none"> <li>• Provides digestive health and supports immune system</li> <li>• Natural pro-biotic</li> <li>• Alleviates allergy symptoms</li> <li>• Natural anti-fungal and antibiotic</li> </ul>	<p><b>Bone Broth for dogs and cats:</b></p> <ul style="list-style-type: none"> <li>• Amino-Acids – arginine, glycine, glutamine and proline</li> <li>• Vitamins and minerals - vitamins C, D, K, iron, thiamin, potassium, calcium, silicon, sulfur, magnesium, phosphorus, trace minerals</li> <li>• Great for dehydrated pets</li> <li>• Glucosamine and Chondroitin for joint health</li> </ul>
<p><b>Raw Goats Milk: beneficial for these illnesses</b></p> <ul style="list-style-type: none"> <li>• Liver disease</li> <li>• Malnutrition</li> <li>• Kidney disease / Kidney stones</li> <li>• Diabetes</li> <li>• Gastrointestinal Issues</li> <li>• Poor Digestion</li> <li>• Diarrhea</li> </ul>	<p><b>Salmon, Sardine or Krill Oil: (1 tablespoon per serving)</b></p> <ul style="list-style-type: none"> <li>• Essential source of Omega-3 &amp; 6 fatty acids</li> <li>• Promotes healthy cardiovascular, immune and nervous systems</li> <li>• Promotes healthy skin and coat</li> <li>• Increased joint comfort</li> <li>• Supports healthy cell growth</li> <li>• Promotes normal renal function</li> <li>• Maintaining blood pressure</li> </ul>
<p><b>Taurine for cats:</b></p> <ul style="list-style-type: none"> <li>• Most important Amino-Acid</li> <li>• Enhances optimum retinal health</li> <li>• Normal heart function</li> <li>• Maintain healthy immune system</li> <li>• Maintain normal pregnancy for fetal development</li> <li>• Normal digestion</li> </ul>	<p><b>Milk Thistle:</b></p> <ul style="list-style-type: none"> <li>• Healthy liver function and prevents liver damage</li> <li>• Helps detox liver from bacteria, viruses, drugs, free radicals and inflammation</li> </ul> <p><b>Flaxseed &amp; Chia Seeds (fats):</b></p> <ul style="list-style-type: none"> <li>• Great source for Omega-3 fatty acids</li> <li>• Fiber</li> <li>• Chia seeds gel and absorb toxins from your pet's digestive system</li> </ul>
<p><b>Slippery Elm for dogs:</b></p> <ul style="list-style-type: none"> <li>• High in fiber</li> <li>• Aids in digestion especially for a Raw diet</li> <li>• Relieves diarrhea &amp; constipation</li> <li>• Aids in kidney disease</li> </ul>	<p><b>Green Lipped Mussel (fat):</b></p> <ul style="list-style-type: none"> <li>• Anti-inflammatory</li> <li>• Builds healthy joints</li> <li>• High in fatty acids</li> </ul>

**Eggshells** are an excellent source of calcium and protein for your dog, which will support strong bones and healthy teeth. They may also improve joint, muscle and heart health, and support the immune system. Dogs can eat raw or cooked eggs.

**Psyllium Husk:**

- Relieves constipation/ treating diarrhea & IBS
- Improves gut health
- Helps with weight loss
- Great supplement for kidney issues

**Nettle Seeds** are extremely nourishing with vitamins A, C, D, and B-complex, rich in gut-cleansing fiber and antioxidant chlorophyll to aid in liver and kidney health and digestion.

# MUSHROOMS

## 6 Mushroom Full Spectrum Blend from Healing Spirits Herbal Farm

<https://www.healingspiritsherbfarm.com>

- **Chaga** - Chaga mushrooms are rich in a wide variety of vitamins, minerals, and nutrients, that support the immune system, Anti-tumoral and Anti-inflammatory.
- **Reishi** - Regulation of cholesterol and blood pressure, helpful for liver function and anti-allergenic.
- **Lion's Mane** - Helpful for nerve/neurological regeneration, protects against ulcers.
- **Artist's Conk** - Known for having powerful compounds and being very high in antioxidants. Inhibits viral infection, regulates cholesterol and blood pressure, supports liver function and acts as an antihistamine.
- **Turkey Tail** - Supports immune system, anti-viral and helps support healthy blood and liver function.
- **Cordyceps** - Improves liver and kidney function and muscle relaxation for cellular health.

### Amounts to give once a day with food:

- 1 teaspoon for dogs 5lb to 20lbs
- 1.5 teaspoons for dogs 20lbs to 40lbs
- 2 teaspoons for dogs 40lbs to 60lbs
- 1 tablespoon for dogs 60lbs or more

**These additional supplements can be purchased on Amazon or local pet food store.**

- Earth Animal Daily Raw daily food supplements for raw diets (This supplement is highly important and MANDATORY to complete a raw/fresh diet)
- Wholistic Pet Organics Canine Complete – Multivitamin for total body health (This supplement is highly important and MANDATORY to complete a raw/fresh diet)
- Zesty Paws Supplements
- Natural Dog Company – Multivitamin, Hip & Joint, Skin & Coat
- Dr. Harvey's - Raw Vibrance and Paradigm (These two well manufactured and packaged foods can combine important fruits and veggies for a balanced diet)
- Dr. Harvey's Supplements
- Healing Spirits Herbal Farm – Online purchase only - <https://www.healingspiritsherbfarm.com>

## Holistic Energetics of Common Food Pet Ingredients

Every food has properties and actions in terms of how they affect the balance of the body. Pets that have a tendency to be hot in nature should be fed cooling foods and pets that tend to be cold in nature should be fed warming foods. This is a similar concept to how we tend to eat certain foods according to the season. For example, we don't tend to eat beef stew in the summer and watermelon in the winter.

If your pet needs to eat a bland diet, mix any Yin to Harmony OR Yang to Harmony depending on season or to your pets specific needs.

<b>Cooling Foods (Yin)</b> For pets with itchy skin, allergies, hot spots, inflammation, restlessness, dry skin and/or excessive panting	<b>Warming Foods (Yang)</b> For pets with fatigue, poor appetite, chronic diarrhea, loss of body weight, muscle atrophy and incontinence	<b>Neutral Foods (Harmony)</b> Use in combination with warming and cooling foods to create balance and variety to diet
Salmon	Chicken	Beef
Whitefish	Lamb	Pork
Turkey	Venison	Quail
Duck	Pheasant	Tripe
Rabbit	Oats (Carb)	Bison
Kangaroo	Sorghum (Carb)	White Rice (Carb)
Barley	Sweet Potato (Carb)	Brown Rice (Carb)
Eggs	Squash	Lentils (Carb)
Wild Rice (Carb)	Goat's Milk	Basamiti Rice (Carb)
Millet (Carb)	Turmeric	Cabbage
Broccoli		Green Beans
Celery		Peas
Kale		Pumpkin
Spinach		
Flaxseed		

