

## SHEBANG'S NATURAL SELECTION DIET – PART 2

AM - ground mixture with additives and/or supplements

PM - raw meaty bones (rmb's)

- I feed a ground meal so I can add other things such as supplements. It doesn't matter which meal is ground and which is bones, but I choose the evening meal as bones because I'm home to watch them. I do believe they are 99% safe, but it is just my own piece of mind. I know many people that just feed rmb's AM and PM but I think the extra effort (and ingredients) benefits the dog all the way around.
- There are 3 different types of ground meals I prepare. 1) Ground rmb's (Exactly what you feed as whole bones but ground up just so the texture is consistent with all the morning meals). Billinghurst says that at least 60% of the diet should be rmb's - whether it is ground or whole. Therefore, I like to make ~ 1/3 of the meals all rmb's. 2) Ground beef (or pork) heart and ground rmb's - chicken backs or necks. 3) Ground pork heart and/or ground rmb's with pureed vegetables and fruits. Most the veggies are green leafy veggies (at the recommendation of Billinghurst) versus legumes and roots. I use kale, spinach, bananas, squash, pineapple juice, and garlic.
- Okay, here's the fun part! I add supplements to my dogs' diet. I don't think it is by any means essential, but it can only help. I think everything can be useful in moderation. You can run into problems with over supplementation but the signs are usually pretty apparent and easily corrected. I recommend reading many of the popular books out there to determine what you would want to add. I will give you examples of what I do for my dogs.

### **Supplements**

- You cannot give too much Vitamin C!!! If you only want to use one supplement, this is the one to use! If given too much, it will be excreted in the urine so you just can't go wrong. However, if you give too much too fast at one time it can cause the stool to be a little runny. Vitamin C is ascorbic acid and is better if you get it in the Ester C formula. I just use plain ole Vit. C with Rosehips. It comes in 250, 500, and 1000mg tablets (chewable is optional!). I give it to my dogs every single day. I buy the 1000mg and give 2 a day! I could only feed 1 a day but you can't overdo it and I'm trying to keep their feet up (it's a show dog thing!). Like I said, it can't hurt. It helps boost immune system, it promotes strong and healthy joints, and it has anti-oxidant properties (cancer fighting agents). I think every dog in the world could benefit from 1000mg/day. If my dog was 10# I'd feel okay about 500mg/day!!

- Since I show my dogs, shiny glistening coats are essential. There has to be a balanced ratio of Omega 3 and Omega 6 Fatty Acids (EFA's) in the diet for that stunning coat. Chicken (especially the fat) is high in EFA's but especially Omega 6. Because it is abundant in Omega 6, you can almost say it is deficient in the proper amount of Omega 3. So, I supplement with Omega 3 to get more use out of all that Omega 6 in chicken. The rule of thumb is 1000mg/10# of body weight for medicinal purposes - like if the dog is showing an EFA deficiency - dry, brittle coat, flaky skin, etc. For maintenance it is ½ that amount. So, do with it what you will! I don't give anywhere near that but every dog is different. I give 2000mg/day/dog.
- Fats, including EFA's and some Vitamins (like Vitamin B Complex in the form of Cod Liver Oil) can go rancid or spoil (even in the body). Vitamin E is a natural preservative and keeps these fats and oils in check. When I feed a lot of EFA's (like at a medicinal level), Cod Liver Oil, or a really fatty meal, I throw in some Vitamin E capsules. Also, these oils and Vitamin E and B complex are light sensitive and cannot be stored at extreme temperatures or they go rancid faster.
- Dogs do need the Vitamin B complex in their diet (thiamine, niacin, etc.) and I do not always add it to the meals I make so I often supplement it in. Things high in Vitamin B Complex are organ meat - liver being the highest, Cod Liver Oil, and Brewer's Yeast. The thing is it doesn't take much to meet a dog's requirement. According to Billingham, a dog only needs a small chunk of liver once a week to get all it needs! So, I alternate Vitamin B Complex sources weekly. Once every other week I will give Brewer's Yeast and then on the odd week I give Cod Liver Oil (with Vitamin E!!). That is easier for me than keeping liver chunks around. However, I will occasionally add a few raw beef livers to my ground mixture. I plan to eventually have a liver mix (and a turkey mix and another veggie mix!).
- Kelp or alfalfa is a source of iodine. I add some powdered kelp every once in a while. Sometimes 2x/week, sometimes not even 1x/week. Dog breeds that are prone to hypothyroidism really benefit from daily kelp.
- It is a good idea to supplement older dogs and breeds prone to joint problems with Glucosamine and/or MSM.. You can't go wrong with promoting joint health.
- Dogs with allergies or sensitive bowels can benefit from probiotics (good bacteria like found in yogurt), digestive enzymes, and trace mineral supplements. Bio-Pet carries products that cover all these basis – just ask me about them. Every pet can benefit from adding these health promoting supplements!
- Bio-Pet also makes a liquid anti-bacteria, anti-viral, and anti-fungal product that has countless uses. Especially if you are leary of harmful bacteria from raw food (even though it's a slim concern in pets).
- In times of stress (moving, traveling, boarding, in-heat, etc.), dogs need even more Vitamin C and a probiotic supplement is a good idea.

## Additives

- I often add other things to my ground meals besides supplements. I add things for their added nutrients, minerals, protein, EFA's, probiotics, and even flavor! All these are totally optional but my dogs love the variety. I will make a list below of things I throw in (but not all at once!).
  1. Apple Cider Vinegar (ACV) - This stuff is awesome. It has Vitamin C, it regulates body pH (like it can prevent UTI's), it helps the coat and skin, I can't even name all it's wonders! It's the whole "an apple a day keeps the vet away" thing! LOL. ACV with an herb called "Mother" in it is even better! I know people who give a Tablespoon of this daily. I would if I had a dog prone to UTI's. Actually, if I didn't go through it so fast I'd probably add it everyday myself!
  2. On the thought of UTI's, cranberry juice/fruit (even in the capsule form) is also a great way to prevent or treat a mild UTI. I give lots of cranberry when I sense a "pee problem!" I often add it to my veggie mix.
  3. While I'm thinking about, there are natural remedies for "poop problems" too! Pumpkin (not pie filler!) cures both the runs and constipation. If you have a major watery stool, I just feed boiled white rice with some pumpkin and/or yogurt. That is the only time I feed a carbohydrate meal. Some raw feeders will feed an occasional carb meal for variety, but I don't. Dogs don't need carbs in my opinion.
  4. Yogurt - my favorite! The dogs love it (all flavors) and it is full of probiotics and Vitamins. It is also high in calcium so go easy on that with young large breed puppies. You can't overdo it even with a Tablespoon a day though. I always have yogurt on hand!
  5. Cottage Cheese - similar properties as yogurt. Same with the calcium too! It is also a good thing to add to your rice diet when you are dealing with runny stools.
  6. Eggs - the incredibly edible egg!! Eggs are a perfect little food. Think about it - they can grow little animals! LOL. They are full of nutrients and really make that coat shine. I give shells and all (crushed up) for calcium (but not to young LB pups of course). I try to give an egg/week/dog. Sometimes I give it more often. If you feed an egg a day make sure to only feed the egg yolk because the egg white has an enzyme that can block biotin. You'd have to feed a lot of eggs to cause a problem though . . . .
  7. Salmon, mackerel, tuna, etc. - Fish is brain food and full of EFA's and other nutrients. My dogs always get the juice when I make fish meals for the humans!! Sometimes I'll open a whole can just for them.

8. Any green leafy vegetables, fruits, or legume and root veggies. If your dog insists that the meals do not satisfy him/her, you can add a can of green beans to the meal. Or carrots, celery, bananas, apples, etc. If you actually want him/her to get the nutrients from the veggies (instead of it just being a filler) make sure you puree it. It must be liquefied in a blender to simulate what a wild animal would find in the gut of a prey animal. Animals can't digest cellulose.
9. Applesauce - added nutrients and flavor
10. Beef or chicken broth - flavor, protein
11. Be creative - your dog will love you for it. I can think of 4 things to avoid though. Do not feed any chocolate, onions, macadamia nuts, or grapes (in large quantities anyway).

One more last important thing. An important part of the raw diet is "dinosaur bones" or recreational bones. These are chew bones that the dog needs for physical and mental exercise, as well as for dental health. These large bones that are to be slowly gnawed and chewed (versus the rmb's which are eaten as a meal) mimic the important behavior in wild dogs when they have killed an animal. Nothing but the fur, feathers, and hooves, go uneaten. I like cow leg bones. Pork leg bones are nice too. I like the femur with the ball of knuckle cut off so the dogs can get the marrow in the middle. I also give the knuckle bones. You can get these at any butcher shop. If you don't know any butchers in your area, ask me.

Whew! Any questions?

Charity Peech  
Shebang's Natural Selection, Inc.  
914 N State Road 161  
Rockport, IN 47635  
  
812-649-5000  
[www.rawnaturaldiet.com](http://www.rawnaturaldiet.com)  
shebangdanes@yahoo.com

P.S. – Since I spend a lot of time studying how to have naturally healthy pets, I've come across other interesting things that directly involve your pet's health besides diet. If you are interested, ask me 😊