




**Cook and Bone
Are Four-Letter
Words**

*The key to nutrition for healthy, happy
cats and dogs is RAW food*

**The Flying Basset Organics
eBooks**

Cook and Bone Are Four-Letter Words



Dogs were designed by Mother Nature to eat everything RAW. In the wild canines eat mice, birds, lizards, etc, all fresh kill. These bones are still soft, supple, hydrated and full of nutrients.

DO NOT FEED THE BONES of domestic farm animals as the main meal, because they are not fresh kill. They have been dead for days, weeks or months. Rigor mortis sets in right after death and the bones become hard, brittle, dehydrated; the nutrients are dead and gone. What is left is a gritty substance that causes severe pancreatitis, leaky-gut, irritable bowel, kidney/bladder stones, bone spurs, chalky and bloody stools.

Yes, formerly I did suggest giving dogs chicken backs and necks, but after what I have seen in the past several years, I am now opposed to feeding any bone...ground or whole...except an occasional bone to chew on for pleasure. And even that needs to be evaluated depending on the dog/cat and how voraciously s/he goes after the bone, whether that particular animal can digest it, and what it looks like when it comes out the other end. If there are any digestive problems, do not give bones. If there are any kidney/bladder stones, chalky or bloody stools, do not give bones.



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The main meal should be 75% raw ground meat, 25% raw ground vegetables. PC Calcium Complex, Daily Maintenance Animal Complex, Vitamin C Complex.

Cooked food is dead. Everything in a can or a bag is cooked. All processed foods for people or animals have been cooked, sterilized or pasteurized, which means all the enzymes that are needed to digest and utilize the food are destroyed. The saying "We are what we eat" is not exactly correct. We are what we UTILIZE.

Live food is essential for health. It is the ultimate source of life. There is no other way to be disease free. No matter who tells you that a certain brand of commercial food or home-cooked food is healthy, it is not. It is dead – no enzymes, no friendly bacteria. Veterinarians, animal nutritionists, pet store owners, store clerks, authors of nutrition books or anyone else suggesting cooked foods or raw/cooked bones as the main meal are not familiar with what foods and supplements are necessary for health. If they were, they would not be prescribing, suggesting and selling cooked foods and bone diets for carnivores.

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ALL canines and felines were designed to eat RAW food.

The key to health is keeping live foods in the body. Live foods have enzymes, little protein molecules, which are essential for digesting food, for stimulating the brain, for providing cellular energy, for repairing all tissues, organs and cells, and functions so diverse that it is impossible to name them all.

Animals and people cannot exist without enzymes. It is a myth that you can take supplements and make up for enzymes. Supplemental enzymes, vitamins and minerals can be very helpful, but they do not make up for RAW food.

Heat destroys enzymes; freezing does not. Enzymes begin to be destroyed at 102 degrees, and they are totally dead at 126 degrees. That is very low heat. So be careful even if you are just warming up food for your animal. Keep your finger in the pot. As soon as the food is tepid, take the food out of the pan immediately. Tepid is body temperature. That means it should still feel cool to your touch. If it feels warm to your touch, you have overheated the food.

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Never use a microwave, because it heats by vibrating molecules at 2.5 million times per second causing serious damage in the breaking up of the molecules, and the body considers them foreign objects. Therefore the pancreas doesn't even recognize the substance as food and does not know what enzymes to produce to digest these microwaved foods. Microwaving has been known to cause anemia, high cholesterol levels, high radiation levels of light-emitting bacteria, and a major decline in lymphocytes with the body responding as if the food were an infectious agent.

When you consume or feed dead, cooked food or bones you put a burden on one of the most important organs in the body, the pancreas. If there are no enzymes to stimulate the digestive processes, the pancreas has to come into action and produce extra enzymes, burdening it with yet another job. It already has enough to do producing insulin and pancreatic enzymes. No wonder there are so many animals suffering from pancreatitis, irritable bowel syndrome, kidney/bladder stones, obesity, to name a few.

Each enzyme has a specific duty. For example, an enzyme capable of breaking down fats cannot break down vegetables. There are four main categories of digestive enzymes: protease, amylase, cellulase, and lipase. Carnivores makes very little amylase, which is the



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enzyme that breaks down grains, which leads to the belief that grains are not a necessary part of a carnivores diet. The vegetation in the intestines of wild prey is already predigested. Cooked grains cannot compare to predigested grains, so our animals are better off with no grains, rather than cooked. enzyme that breaks down grains, which leads to the belief that grains are not a necessary part of a carnivores diet. The vegetation in the intestines of wild prey is already predigested. Cooked grains cannot compare to predigested grains, so our animals are better off with no grains, rather than cooked.

Cats and dogs do not chew their food. Their teeth are for ripping and tearing.

They swallow their food in chunks. However, their digestive juices are much more acidic than ours and the small intestines are much shorter, so meat goes through quickly.

Just the opposite is true of vegetables. Raw vegetables must be processed into very tiny pieces, the size of sand or salt, in order for a carnivore to be able to utilize them.

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In nature, carnivores would get predigested vegetation after an herbivore they captured had already eaten and digested the vegetation. In preparing foods for our animals we do not have the option of feeding predigested vegetables, so we must do what we can to provide raw, ground vegetables, which are as close to what Mother Nature would do as possible.

If you juice vegetables that are high in enzymes that makes it even easier for your animal to assimilate them. You give them the juice, not the leftover bulk. Once you have juiced any food, you have taken all the nutrients out in the juice, so never feed the leftover fiber to your animals. During illness and times of loss of appetite, enzymes can often stimulate the palate, so give small amounts of juice at a time depending on the size and condition of your dog or cat. You can also do the same with supplemental digestive enzymes (DIGESTIVE ENZYME COMPLEX) & friendly bacteria (PROENERGY).

A RAW egg yolk (the yellow) mixed with just enough purified water to be soupy is very easy for your animal to digest and will be beneficial during illness and dehydration.



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Raw meat broth is also very beneficial during illness, especially if your animal is dehydrated from diarrhea or does not feel like eating. Take one tablespoon of RAW ground meat, add to one-half cup of purified water, mash the meat in the water with a fork or put it through your blender or food processor and serve. It's that easy.

If your animal is too ill to eat on his/her own, give the liquid with a syringe or a spoon.

A tablespoon of PMK Aloe Concentrate can also be added to either mixture.

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