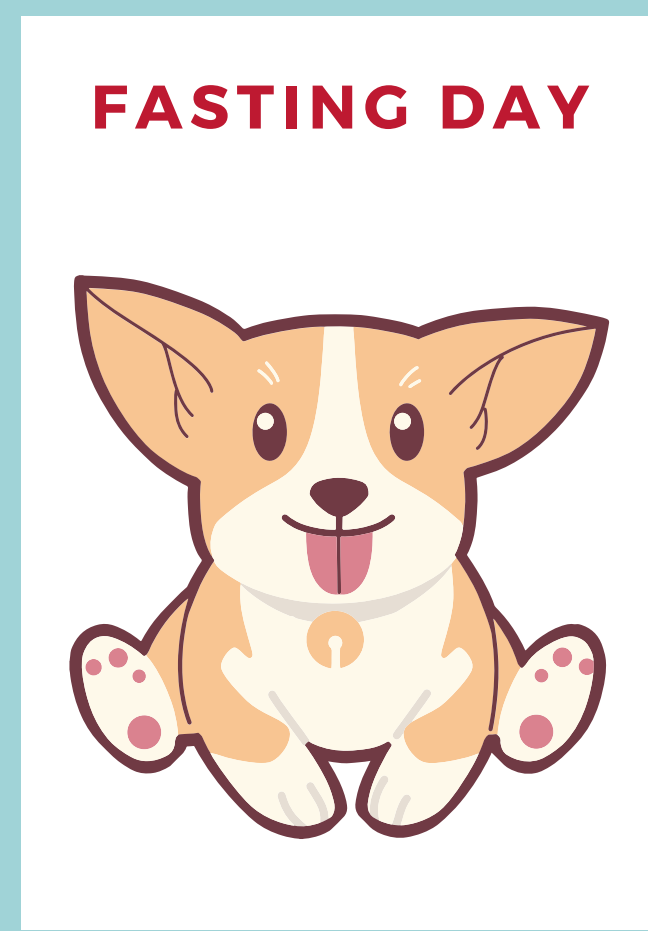
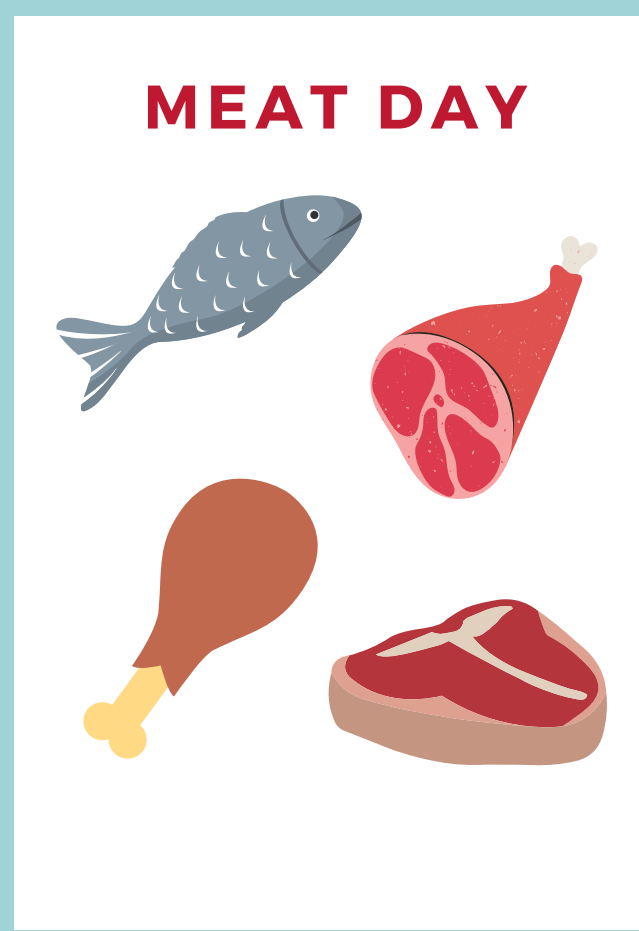


THE NATURAL DOG DIET QUICK START GUIDE



The natural dog diet is based upon what a wild canine would naturally eat according to their anatomy and physiology. Feeding our dogs in alignment with their true nature puts the conditions of health into place that lead to a long life, as well as the prevention and reversal of disease conditions. For more information on the natural canine and feline diet please visit our website TheRawKey.com.

WHY WE FEED THE NATURAL DIET

Happy - Healed Grapefruit-sized tumor on her spleen, Vestibular Disease, went from an obese 24 pounds to an athletic 13 pounds. She went from falling over and being unable to walk more than 3 feet to running and climbing mountains.



Mr Bean - Came from the shelter blind and deaf with dementia and seizures.

Returned to perfect health including the cessation of seizures without medication, return of eyesight and hearing and all dementia symptoms gone.

Lizzie - aka Queen Elizabeth healed from mammary tumors and pyometra and went from 19.5 pounds shelter weight to 9 pounds of pure muscle and schnauzer spunk.



WHY WE FEED THE NATURAL DIET

Dixie and Dexter came from the shelter supermorbidly obese. Dexter had a grade 5 heart murmur and a hernia on his stomach the size of a quarter. He was 19 pounds when we got him.

Dixie was 24 pounds and was so obese that her stomach brushed the ground on her tiny legs. She had trouble breathing and would snort at the least exertion. She had trouble breathing and would snort at the least exertion. She was unable to climb stairs and would snore so loudly at night that she would wake the other dogs. Dixie also had a hernia the size of a large marble and a grade 3 heart murmur.

Dexter lost 8 pounds and reached a healthy weight of 11 pounds, Dixie lost 16.5 pounds reaching a healthy weight of 7.5 pounds. Within one year both of their hernias healed fully without surgical intervention and both of their heart murmurs improved significantly. They both went from struggling to thriving and playing like puppies.



Suzy had stomatitis so bad that her mouth was oozing green and she could not chew anything. The vet's suggestion was to remove all of her teeth. In just 30 days on the natural diet with some fasting her mouth was fully healed and she lived out the rest of her days pain free.

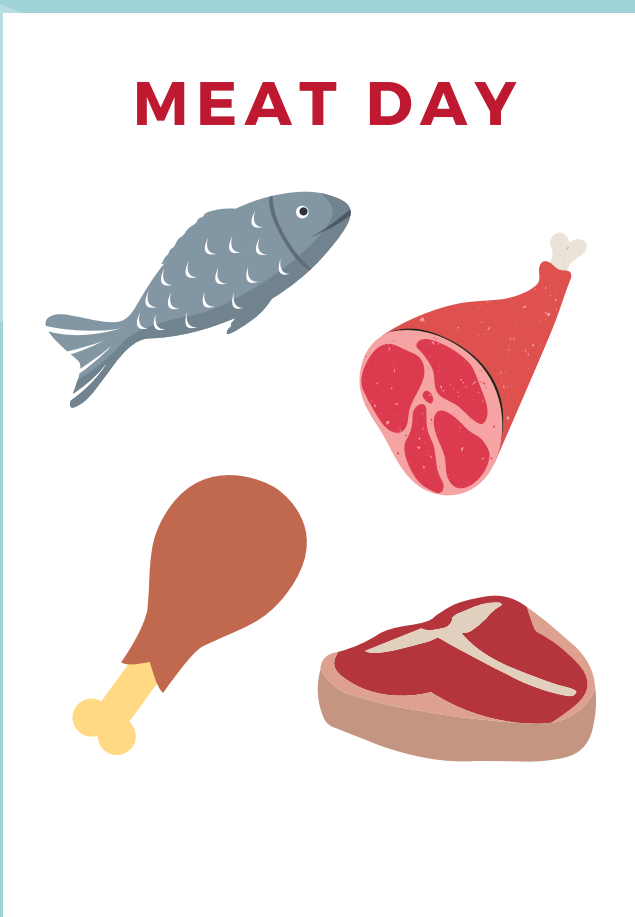
WHAT TO FEED

Fruits:

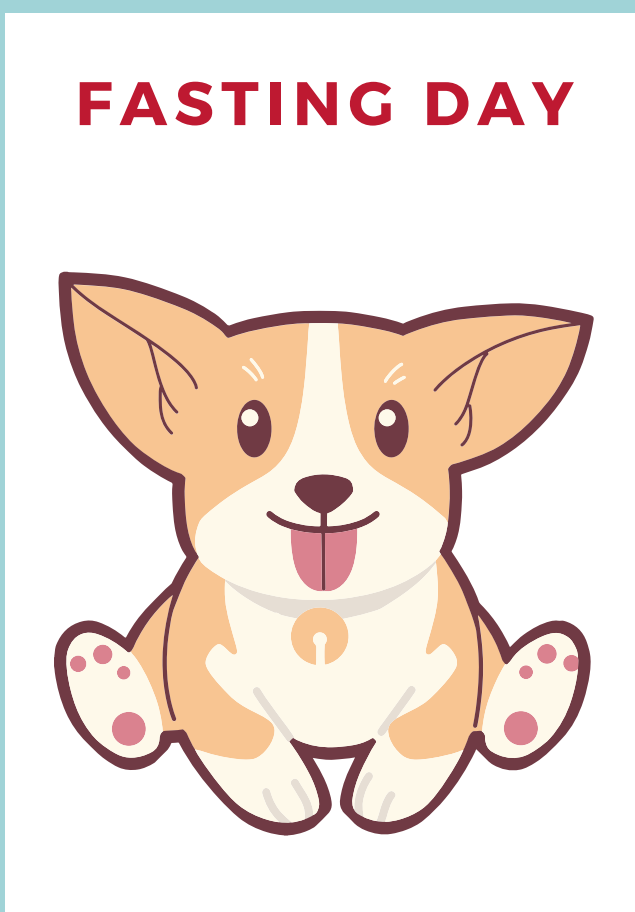


- Any fruits you can eat your dog can also eat
- Most dogs will take to ripe bananas, papaya, melons, mangos very quickly
- Dogs can eat oranges but many will not eat them
- If your dog is a gulper be mindful of pits, especially the larger pits like mango, dates and avocados. Remove pits as needed.
- Frozen defrosted fruits are okay to feed as well but fresh fruits should be the primary foods.

Meats:



- Bone is essential to your dogs health. We cannot omit bones when feeding raw meat.
- Chicken and Cornish hen are the most suitable choices for the primary meat for most dogs. We want to feed as close to the size of prey they would be feeding on in the wild.
- Pork, Beef, Goat, Fish, Turkey, Duck, Rabbit and various wild game are also good options.
- When choosing bones to feed avoid weight bearing bones that would be difficult or impossible for the dog to break with their teeth. If a bone has been sawed and it is too thick to digest then it could become an obstruction or choking hazard. Stick to smaller bones in proportion to the size of prey your dog would naturally be able to hunt easily.



Fasting:

- Fasting is an important part of a natural eating cycle.
- Fasting is rest and rest means more energy for healing processes.
- Dogs are binge and fast eaters who would naturally eat a very large prey meal, up to 20+% of their body weight and then fast for several days until the next prey is caught.



HOW TO FEED



Our dogs only have one stomach, which means the body can only release one type of digestive enzyme at a time. The body cannot digest a protein and a carb at the same time.

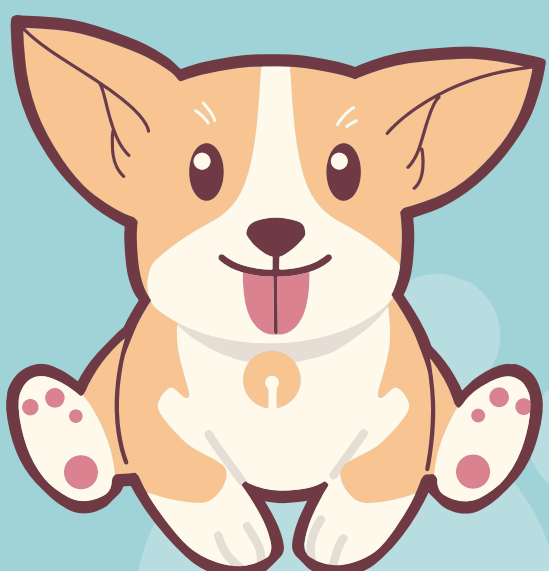
Carbs and Proteins require different types of digestive enzymes to be released into the stomach cavity. When we mix foods of different primary types the body is confused and the end result is poor digestion of all substances.

Keep meals simple and always feed carbs on separate days or at least at separate meals.

Feeding one meal a day is the ideal for maximum health.

Dogs are binge and fast eaters, meaning they kill a large prey and can eat up to 20+% of their body weight in one meal and then go several days before eating again. This is their normal pattern in nature and we should strive to move closer to this pattern of feeding over time.

If you are currently feeding 3 meals a day you can just eliminate one meal. Once down to two meals you can move the two meals closer together over a few weeks and then switch to one meal a day.



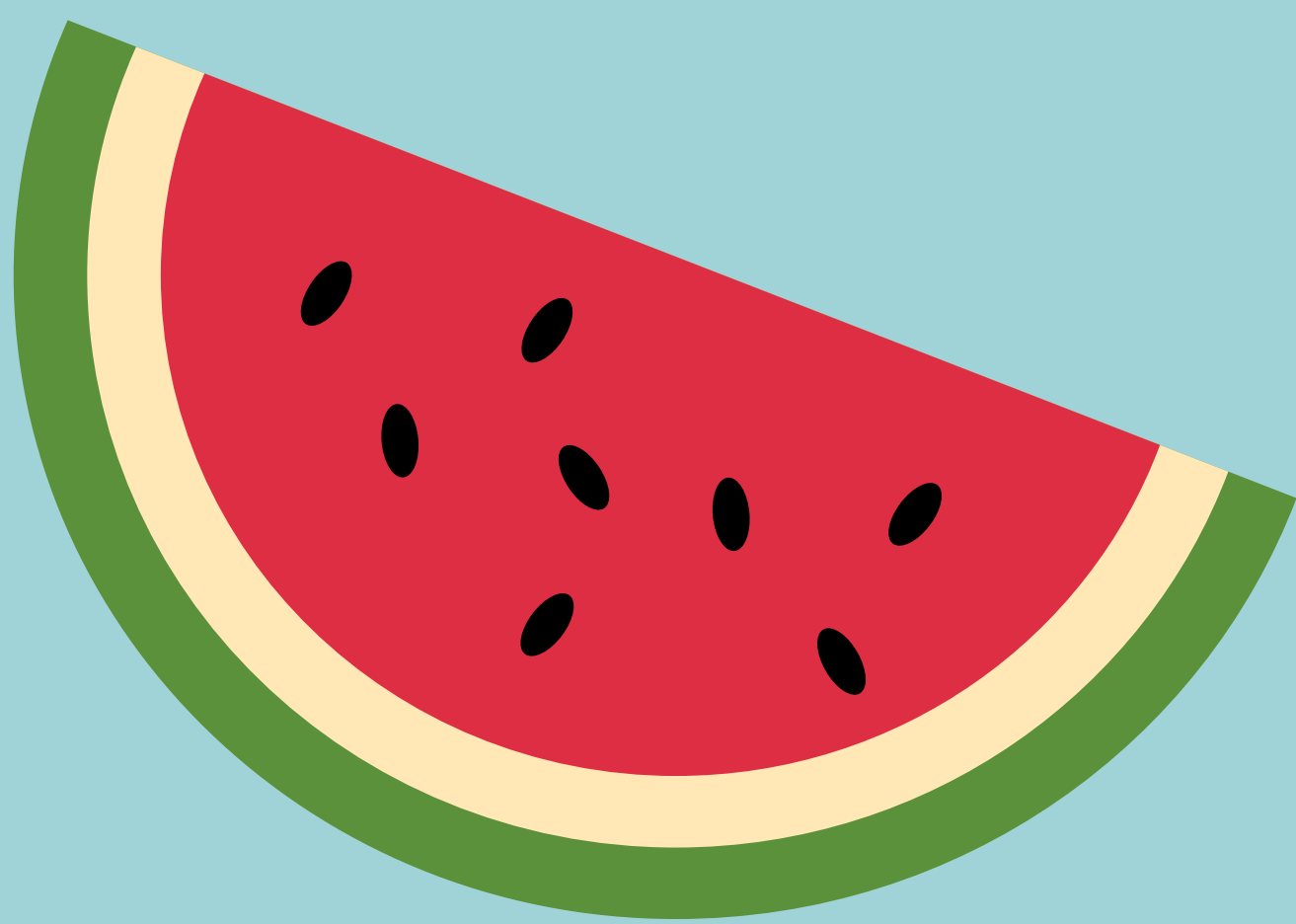
WHEN TO FEED

Feeding is flexible but there are a few basic guidelines you need to follow.

Fruits digest quickly, meat digests slowly. Feed fruits early or on a separate day. Feed meat late or on a separate day.

Ideally a fasting day (full 24 hours between meals) is included after a meat day and before a fruit day to allow the slow moving meat to be fully digested before fast moving fruits enter the system.

See our printable feeding plans on the next 5 pages:

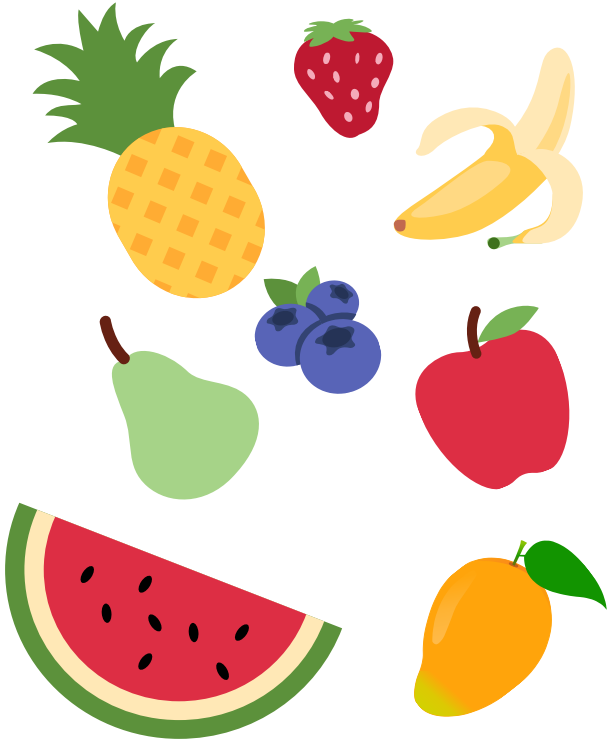


THE YOUNG PUPS

Good for young dogs and highly active dogs

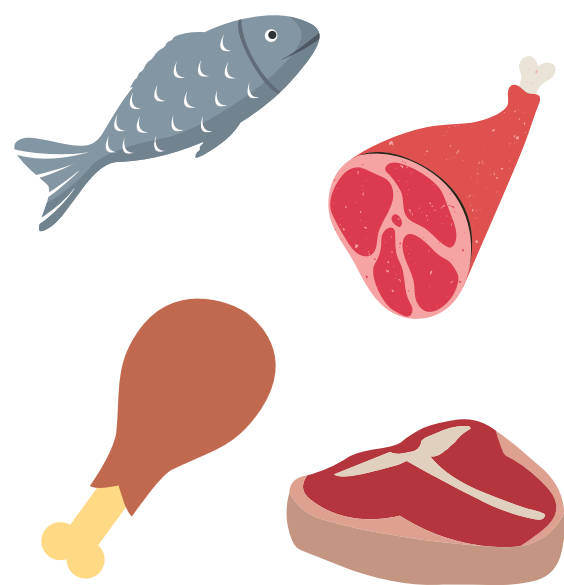
MONDAY

FRUIT DAY



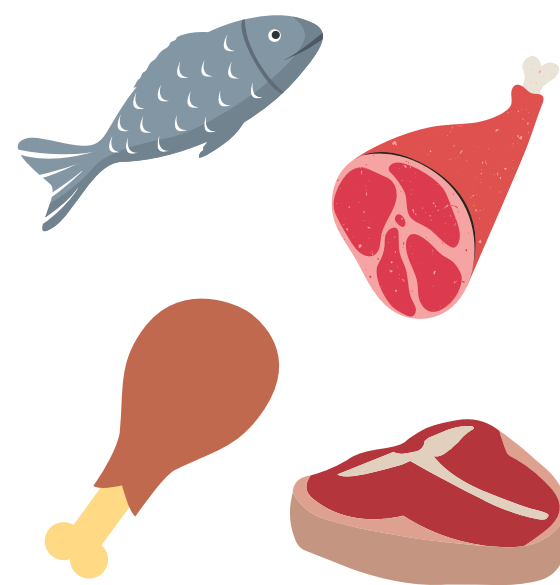
TUESDAY

MEAT DAY



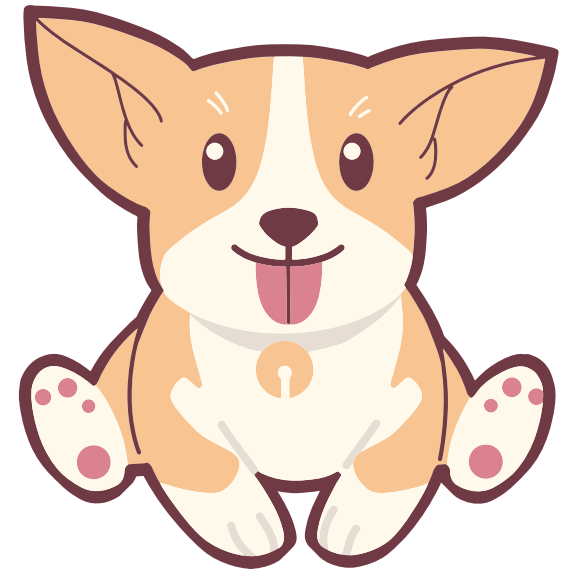
WEDNESDAY

MEAT DAY



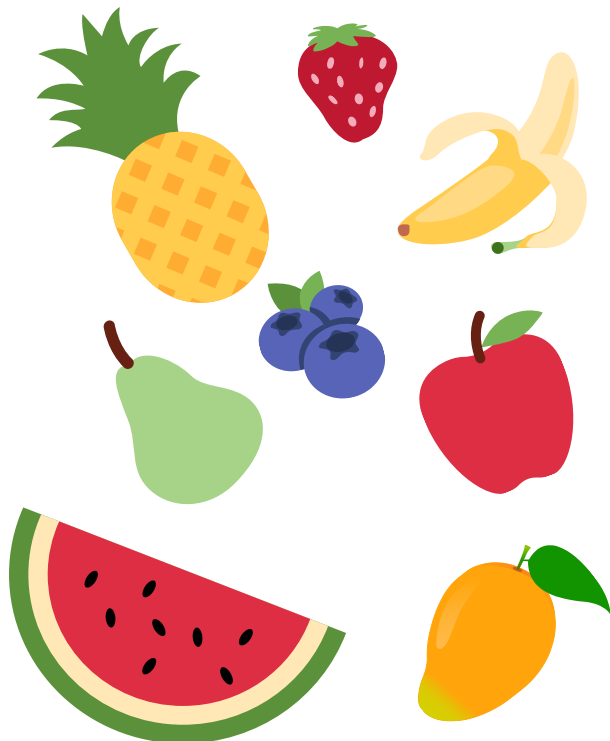
THURSDAY

FASTING DAY



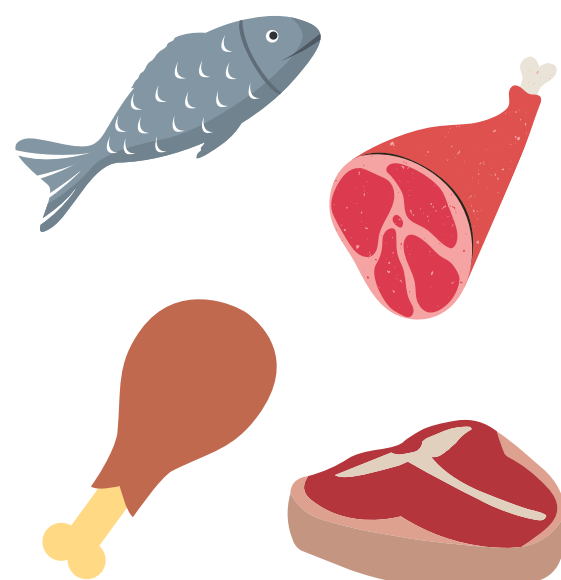
FRIDAY

FRUIT DAY



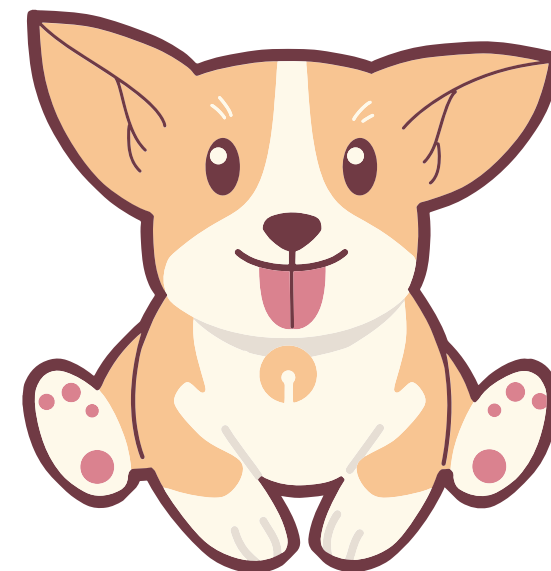
SATURDAY

MEAT DAY



SUNDAY

FASTING DAY



TIPS AND IMPORTANT NOTES

- Fasting is biological rest allowing maximum cleaning, healing and lifespan.
- Fasting between meat days and Fruit days allows the meat to be fully digested and eliminated before fast digesting fruits enter.
- Keep meals simple 1-3 fruits per Fruit meal 1-3 proteins per meat meal for best digestion
- Proteins can be mixed. Chicken wings can be paired with boneless beef or pork to meet bone requirement.
- Meat meals - remove skin and trim as much visible fat as possible.
- Fruit is hydrating while kibble is dehydrating. Fruit days require extra potty breaks, plan accordingly.

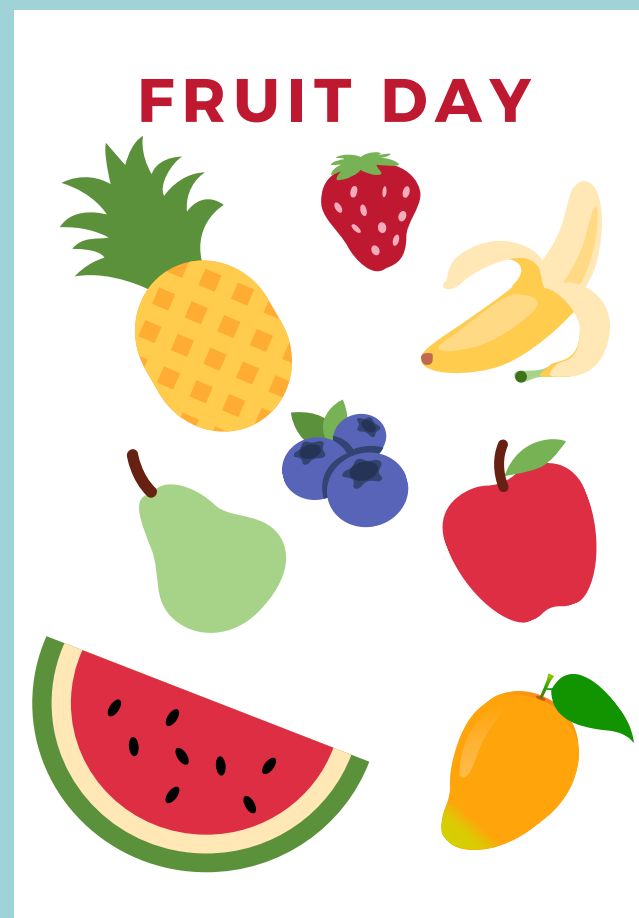
WILD MODEL

Good for puppy, adult and healthy seniors - Closest to the wild model percentages

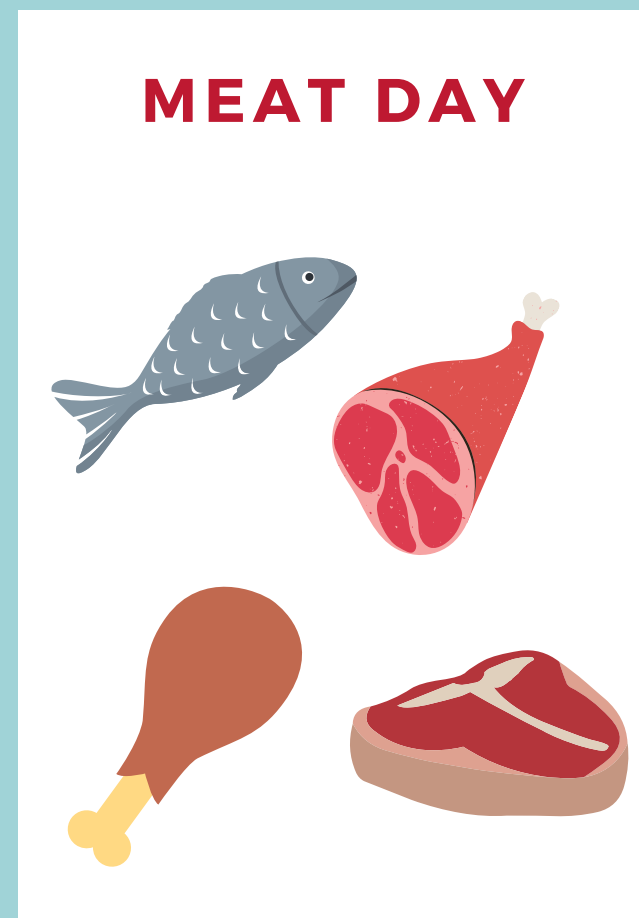
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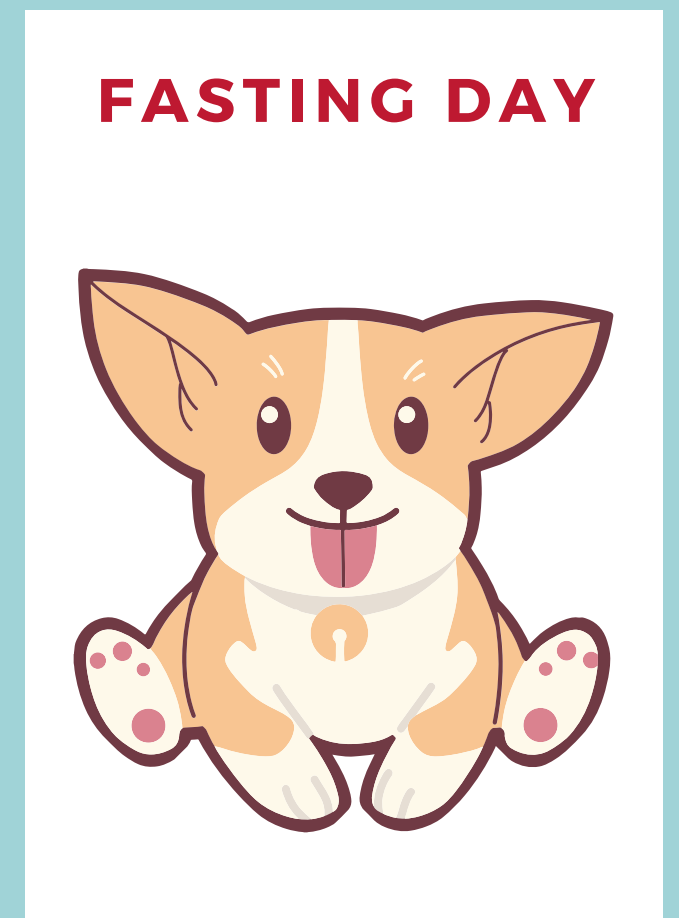
TUESDAY



WEDNESDAY



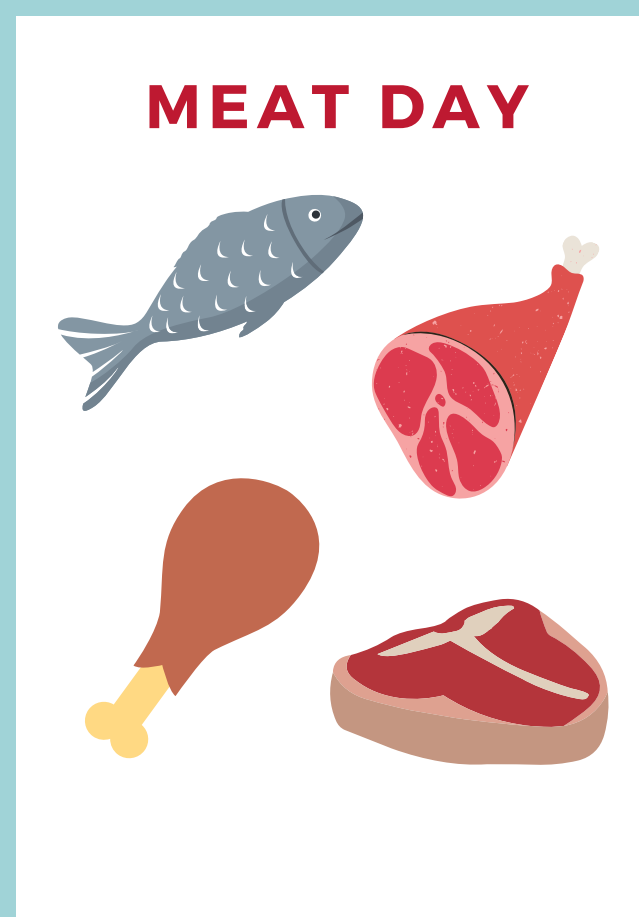
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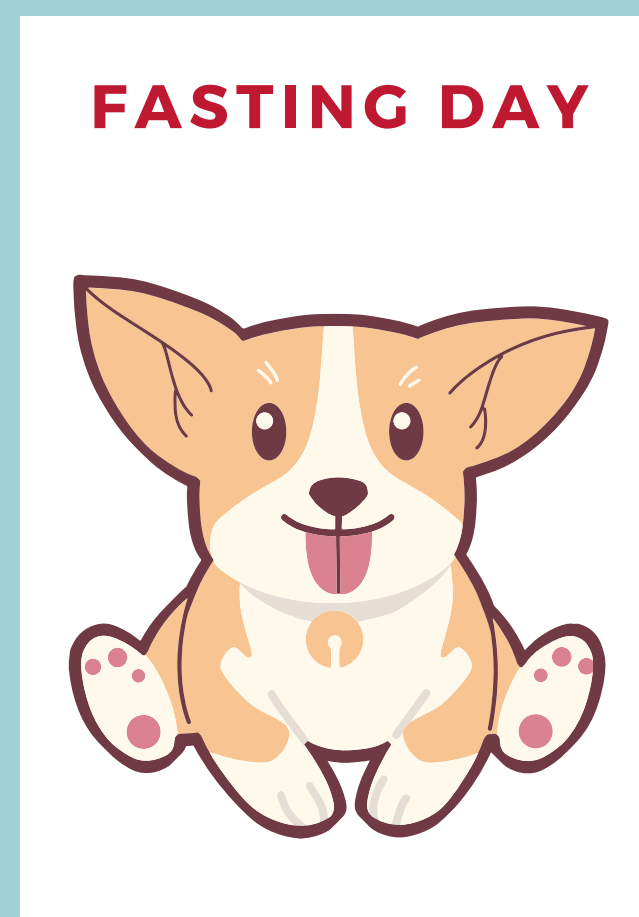
FRIDAY



SATURDAY



SUNDAY



TIPS AND IMPORTANT NOTES

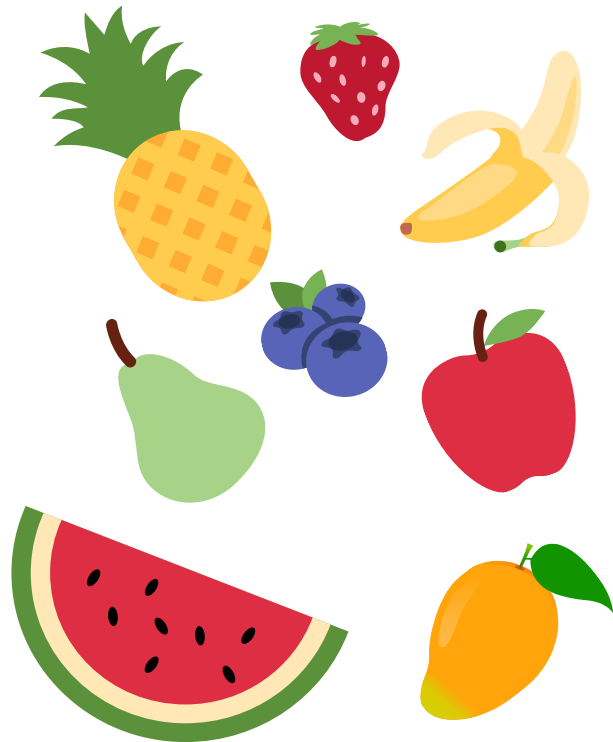
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- Meat meals - remove skin and trim as much visible fat as possible.
- Fruit is hydrating while kibble is dehydrating. Fruit days require extra potty breaks, plan accordingly.

NO FASTING

For the fasting averse

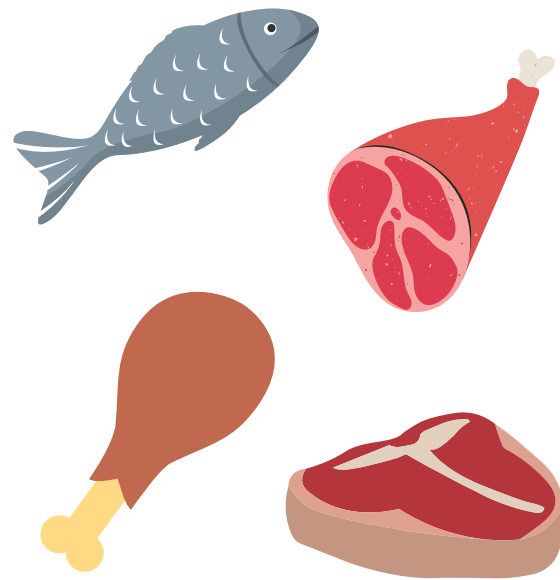
MONDAY

FRUIT DAY



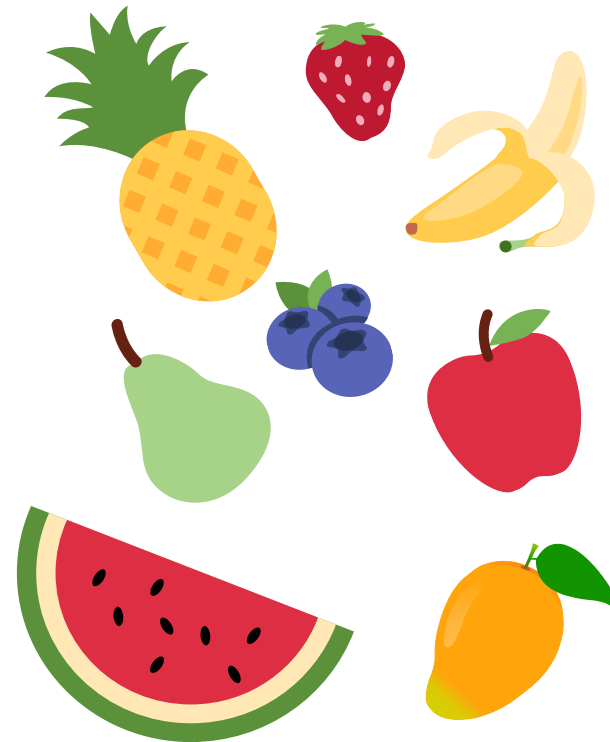
TUESDAY

MEAT DAY



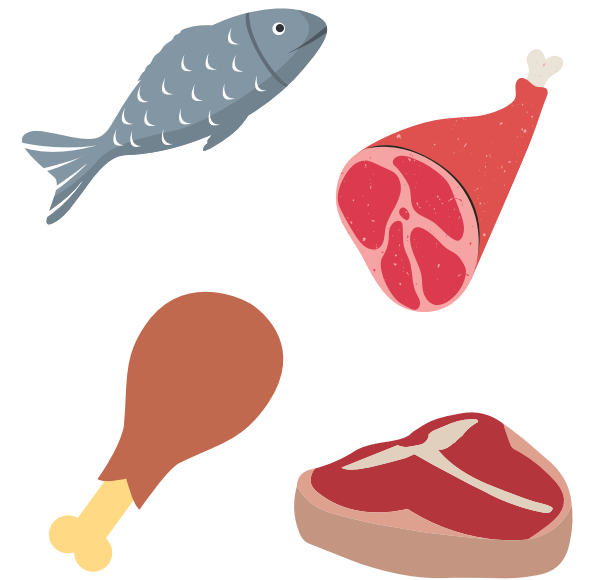
WEDNESDAY

FRUIT DAY



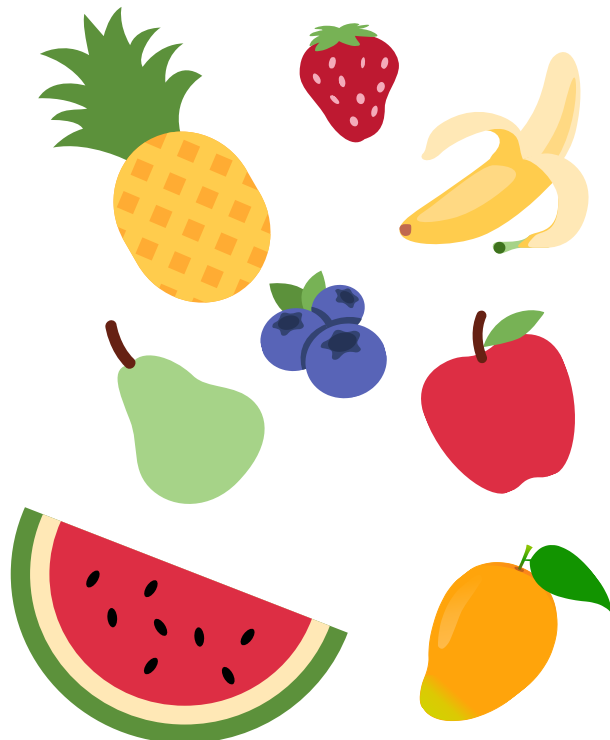
THURSDAY

MEAT DAY



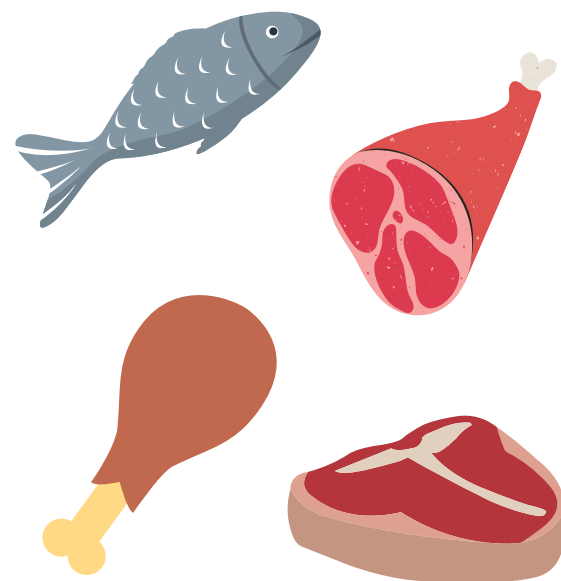
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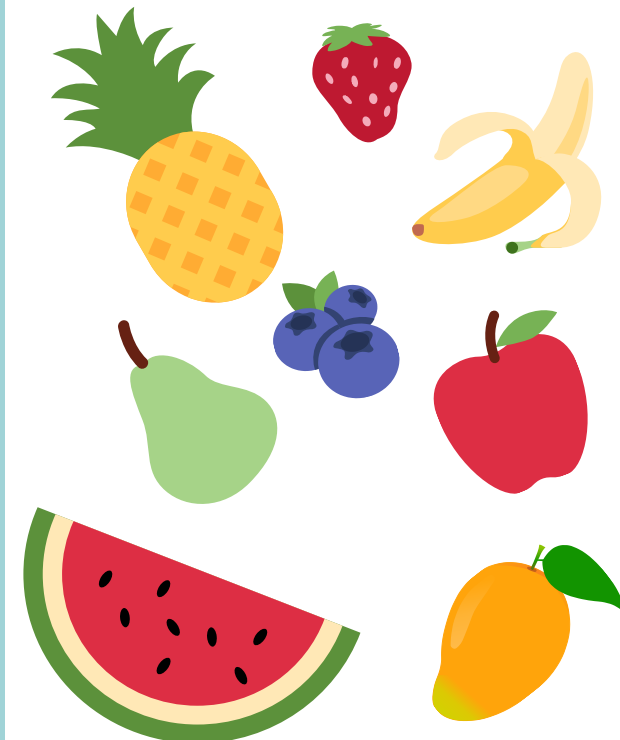
SATURDAY

MEAT DAY



SUNDAY

FRUIT DAY



TIPS AND IMPORTANT NOTES

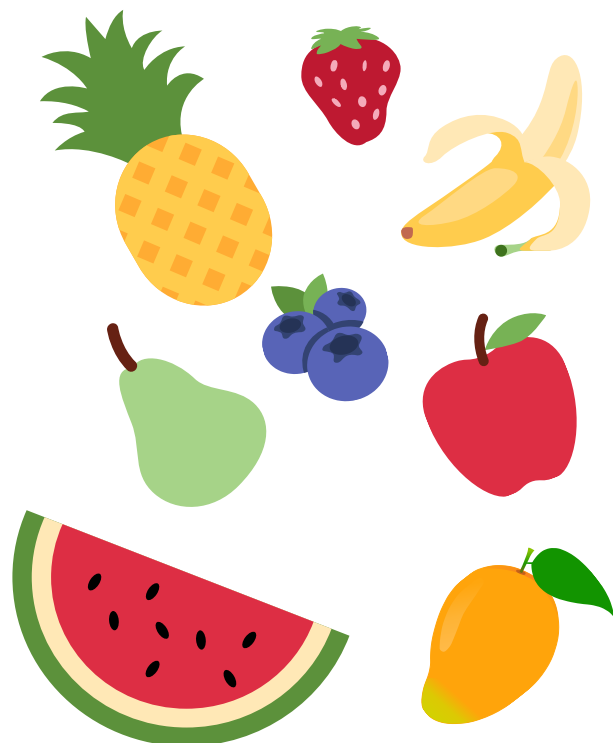
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THE FRUITY

Good for senior dogs and healing

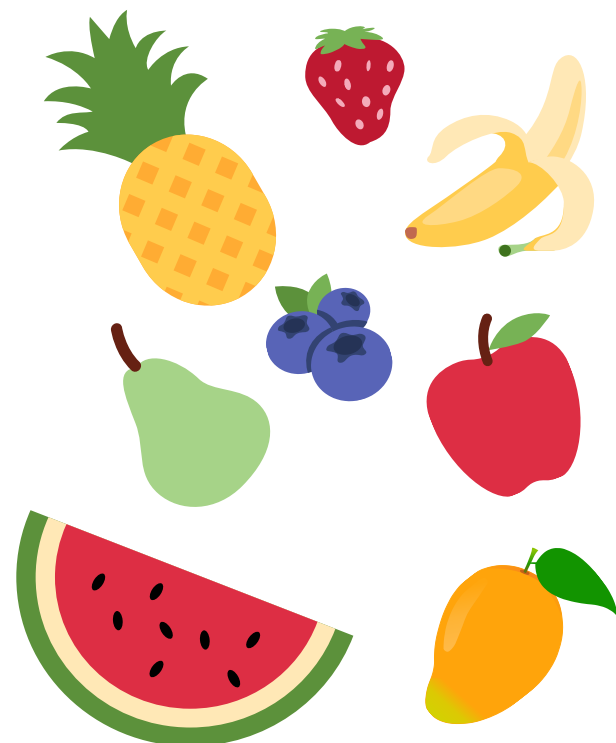
MONDAY

FRUIT DAY



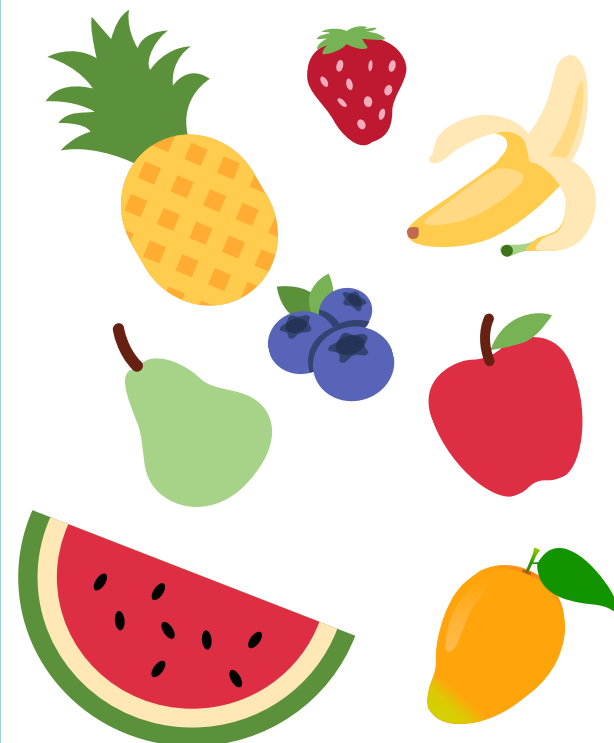
TUESDAY

FRUIT DAY



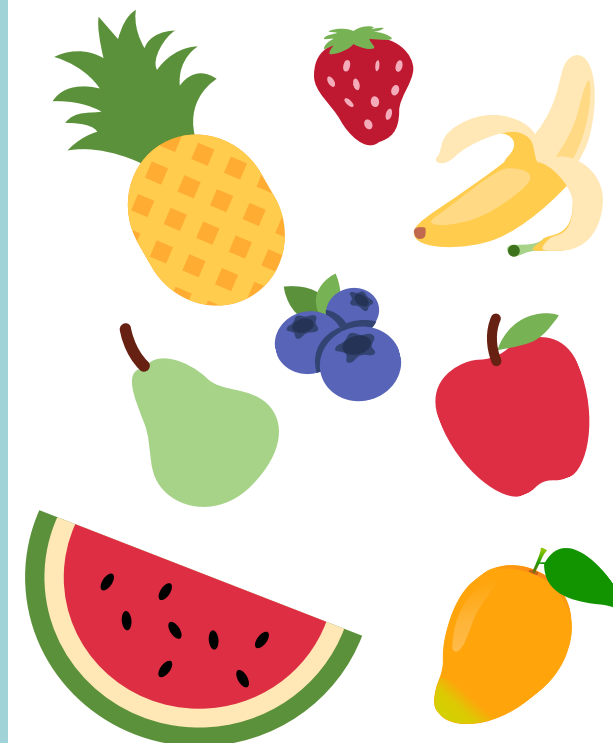
WEDNESDAY

FRUIT DAY



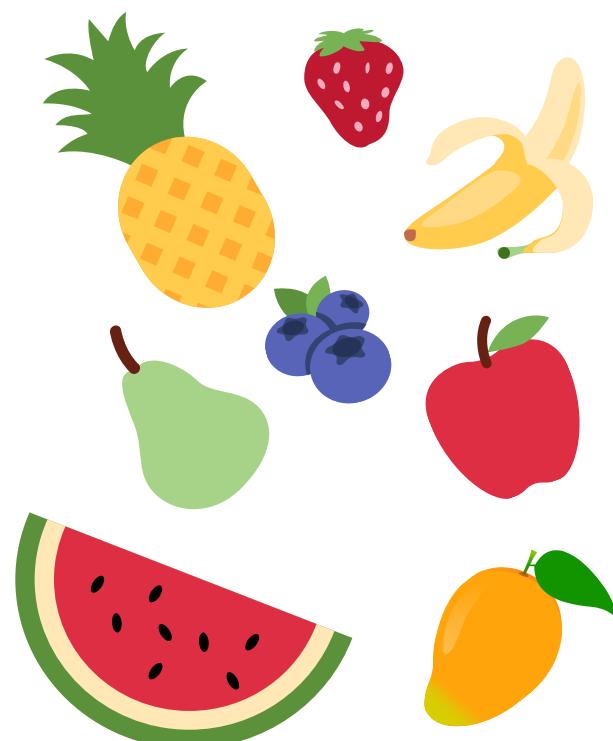
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FRUIT DAY



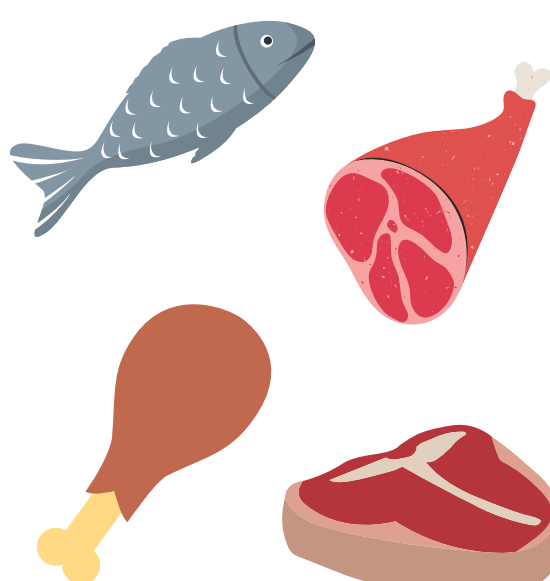
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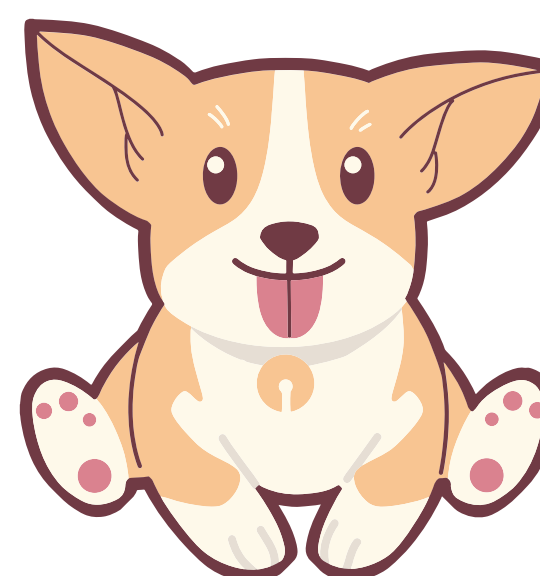
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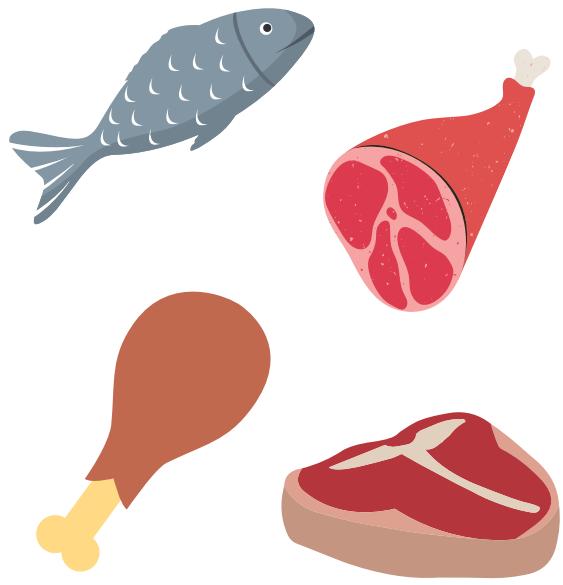
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THE 9 TO 5ER

Long work days? Optimize potty breaks with this meal plan - for seniors add an extra fasting day.

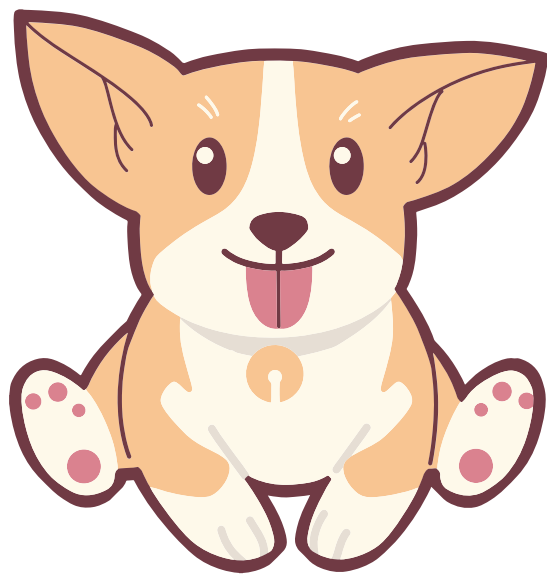
MONDAY

MEAT DAY



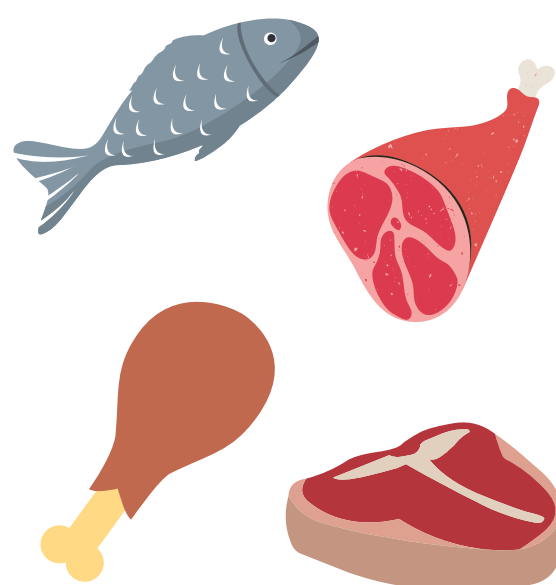
TUESDAY

FASTING DAY



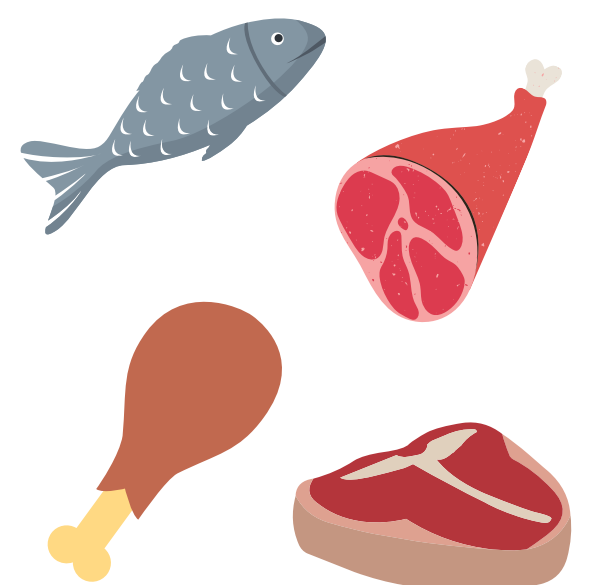
WEDNESDAY

MEAT DAY



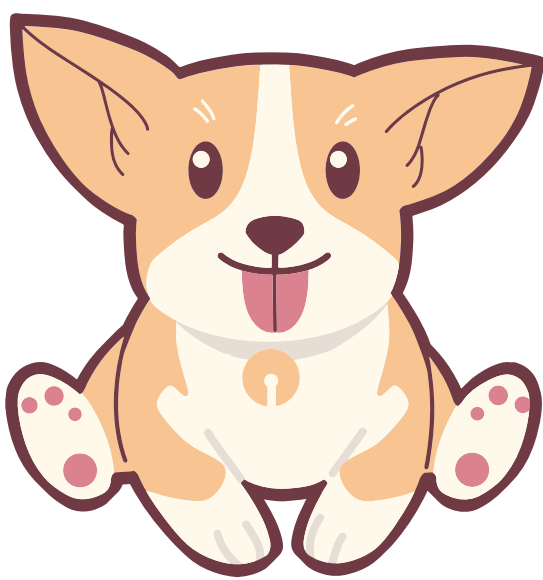
THURSDAY

MEAT DAY



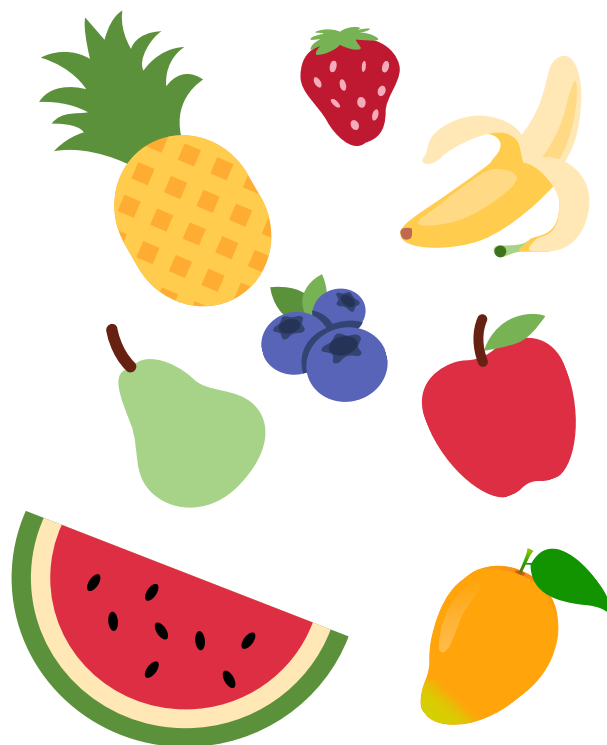
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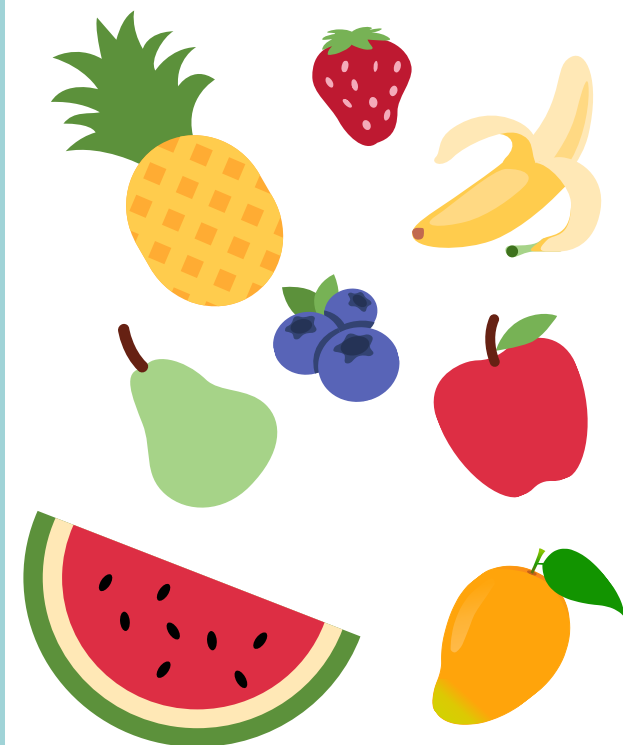
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- Fruit is hydrating while kibble is dehydrating. Fruit days require extra potty breaks, plan accordingly.
- Temporarily split meals into 2 meals a day if any digestion issues arise.

HOW MUCH TO FEED

While most people are used to feeding a scoop of kibble or just filling the bowl, feeding naturally does require a little bit more thinking and effort on our part, but not a whole lot. Just a little bit of common sense will get you there.

Dogs have different activity levels, from sedentary to highly active. Your dog's activity level and current weight or ideal weight determine how much you feed. If your dog is already lean and highly active then they will likely need a larger portion, those that are less active will need smaller portions. Portions may need to be adjusted up or down as they lose weight and become more active when they are feeling better.

Small dogs 0-30 pounds feed between 6% and 10% of body weight.

Medium dogs 30-70 pounds between 4% and 7%

Large dogs 70 and up between 3% and 5% of body weight.

The formula for determining amount is

Dogs weight x 16 (converting to ounces) x percentage being fed
= serving size in ounces.

So a 7 pound dog getting 8% would be
 $7 \times 16 \times .08 = 8.96$ ounces

A 50 pound dog getting 4% would be
 $50 \times 16 \times .04 = 32$ ounces (2 pounds)

Or

$50 \times .04 = 2$ pounds



QUESTIONS? CONCERNS? NEED SOME HELP TRANSITIONING?

Lauren offers consultations,
articles and further support
at TheRawKey.com



THERAWKEY.COM