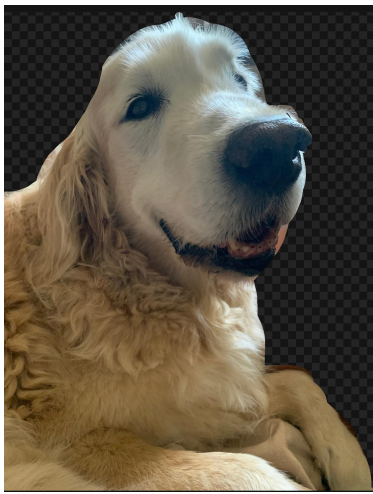


STATE OF MEDICAL ARTS NEWSLETTER

September 18, 2022



How to Feed a Holistic Dog

Let's Face It: Food is Unnaturally Confusing

From raiding the trash, to foraging berries, to hunting in packs, to cleaning the bowl, to the penultimate eating from the fridge or the table, our dogs can figure out how to be well-fed.

But we want to responsible, enlightened, modern pet parents, What is the best food for a holistic dog?

Whole Foods Foundation

Food will be your biggest opportunity to help your dog. Plus, yum! Dr Truli provides strategies so you can choose what works for you.

Effort/Human Learning Curve

🍏 Easy, basically done for you

🍏🍏 Some assembly required

🍏🍏🍏 Planning & Effort, possible lifestyle changes for the humans required

Environmental Friendliness/Low carbon footprint

🍀 Local, organic, sustainable

🍀🍀 Fresh, perhaps not local, perhaps some high-water industries involved in process

🍀🍀🍀 Long distances, foreign ingredients, non-organic

Home-Cooked

Rx Balanced recipes \$\$, 🍏🍏🍏, 🍀

The AAFCO 34 essential nutrients computer balanced for your pet's weight, lifestyle, health conditions and helpful food energetics. Pros: you control ingredients, best for organic, gluten free, highly personalized. Con: humans "drift" from the recipe & may cause severe nutritional imbalances

Flexible Meal Designs \$-\$\$, 🍏🍏, 🍀

The key ingredients balanced (Calcium, oils) & 1/3, 1/3, 1/3 meat-carb-veg variety components. Pros: you control ingredients, good for smart shopping, seasonal shopping, variety, adaptable. Con: not precisely balanced

Published Recipes from a Dr Truli-approved

Book \$-\$\$, 🍏🍏, 🍀=🍀🍀🍀

Pros: "ball-park" balanced. Reassuring Con: not precisely balanced

Personalized, balanced recipes cooked by Chef for Dogs or Service \$\$\$, 🍏, 🍀

Balanced, completely individualized, prescription services available, easy.

Prepared Dog Foods, Con: not personalized

AAFCO Balanced Fresh Frozen Raw or Cooked, \$\$-\$\$\$\$, 🍏, 🍀🍀

The AAFCO 34 essential nutrients computer balanced for a pet's weight, lifestyle +/- health conditions.

AAFCO Balanced Slow-Cooked Clusters, \$\$, 🍏, 🍀🍀

AAFCO as formulated for dogs. Pros: familiar, easy, shelf stable for emergencies, power outages Cons: ingredient selection predetermined by business model of the manufacturer, usually not organic

AAFCO Balanced Dehydrated or Freeze-dried, \$\$, 🍏, 🍀🍀

AAFCO as formulated for dogs. Pros: easy, shelf stable for emergencies Cons: ingredient selection predetermined, usually not organic, energetically deficient, no species appropriate “crunch”

AAFCO Balanced Canned, \$-\$\$, 🍎🍀🍀🍀🍀

AAFCO as formulated for dogs. Pros: easy, shelf stable Cons: usually not organic, often questionable ingredients, no species appropriate “crunch”

AAFCO Balanced Kibble, \$-\$\$\$🍎🍀🍀🍀

AAFCO as formulated for dogs. Pros: easy, shelf stable Cons: usually not organic, inflammatory

not-AAFCO foods, \$-\$\$\$

Unless you are sourcing and cooking these items, steer clear of treats and foods that are made by well-intentioned amateurs. If they have a clean kitchen, perhaps useful as occasional treats

Vet Rx Canned & Kibble, \$-\$\$\$🍎🍀🍀🍀

“Prescription” foods Pros: easy, targeted purposes Cons: questionable ingredients, inflammatory

Monitor Your Effectiveness

Home monitoring

Look at Your Dog

You likely do this unconsciously. Look at your dog.

Do they look happy? Are they playful? Does their personality show?

Is their fur shiny? Do they shed less with real food?

Are their eyes bright and alert?

Have their habits of pooping, peeing, eating or sleeping changed? Call Dr Truli if they have.

Weigh Your Dog

Invest in a home scale and use it correctly, weigh your pet at a pet store with a scale. Or, if your pet stays home & is too scared or large to weigh, measure their waistline monthly & write it down.

Diagnostic Testing

Measure Vit D3, Omega 3 Fats

We can measure their levels and change the diet to achieve optimal levels for health and decreased inflammation.

Complete Blood Count

Make certain we are not causing anemia, immune system imbalances

Serum Chemistries

We can detect organ dysfunction from nutritional imbalances. Kidneys, liver, adrenals, bone marrow, & electrolytes all give us useful information about our diet choices.

Gut Biome & Function Testing

Pancreatic digestive enzymes, B12 made by helpful bacteria, folate, C-reactive protein inflammation marker, and gut biome & parasite DNA panels can tell us if we have fed a healthy gut bacteria population with no parasites or if we need to adjust what we are feeding our dogs.

Toxic chemicals, heavy metals

Test and treat toxicities., help the gut clean out body toxins.



Partner with Dr Truli or your local trusted veterinarian to keep informed about the latest scientifically valid feeding advice.

Provider

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