

Diet & disease

what's the connection?

Allergies, diabetes, obesity and arthritis are rampant in dogs and cats. The culprit can often be found in their food bowls.

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What a scare we had last spring when contaminated pet food ingredients from China caused kidney failure in thousands of dogs and cats. But what about the thousands of other cases of kidney failure or disease in general that we're seeing in our companion animals these days? Could even "safe" pet food be a culprit?

Common diseases and conditions such as obesity, diabetes, allergies, FLUTD, arthritis and cancer are rampant among dogs and cats these days. They may all be different, but they all share the same path from wellness to symptom. Regardless of the diagnosis, each is created the same way. It starts with diet! What you feed your dog or cat is crucial to his health and longevity.

The Animal Protection Institute of Washington, D.C., reported that the average dog lives 12 years and costs \$13,000 in care. Only \$3,000 goes to the food bill! The rest is spent mostly on medical costs for easily preventable conditions.



Cheap pet foods don't save money

Poor quality pet foods may cost less at the register, but more in veterinary care in the long run. When you give a dog or cat a cheap food, the result is always the same: you create a toxic animal. A toxic animal becomes a prematurely aging, diseased animal. Without food

that's easy to digest and assimilate, the body cannot heal well. It may survive, but does not thrive. Food really is the difference between life and death!

Hint

Just like a car burning gas and creating exhaust, the body digests food and produces waste.

Cheap pet food not only contains less nutrition, it's also harder for the body to break that nutrition down and absorb it. The commercial pet food industry is based on the remnants of human food manufacturing industries. What is considered unfit for human consumption is ferried to pet food mills for further processing. This way, human food companies can make money from

their waste and pet food manufacturers have inexpensive ingredients to use. Even restaurants recycle their cooking grease which is then used as “tallow” in pet food. These ingredients are unwholesome and unhealthy, and not easily digested.

Food as fuel

Food is the fuel the body needs to conduct its many functions such as weight maintenance, hormone production, fighting allergens and building skin tissue.

When we think of our dog or cat’s waste, we think of his stool, but it goes much deeper than that. We need to consider metabolism, the process of taking in food, converting it to use and eliminating the resulting waste on a cellular level. The cleaner the food, the easier it is to burn and the less waste there is circulating in the blood.

Early warning signs

Wastes or toxins are processed through the organs of elimination (the skin, liver and kidneys). When overloaded, these organs become burdened. They mal-

function and symptoms appear. These may include:

- pimples
- hot spots
- allergies
- arthritis
- constipation/diarrhea
- vomiting
- gas
- stone formation
- pancreatitis
- behavioral issues

There’s a simple explanation for this: once the eliminatory organs become burdened, the built-up toxins in the body begin to affect other organ systems. These can include the skeletal system (creating inflammation in the joints) and the nervous system (affecting the brain and mood). The more toxins that build up around the cells, the harder it is for those cells to take in nutrients and eliminate that waste. The cells prematurely age and weaken, which causes a malfunction in the organ system the cells belong to. This process is the root of all symptoms.

When the immune system is burdened, the whole body suffers. It is the primary defense system, protecting healthy cells from invading organisms such as viruses, bacteria and parasites. The immune system works especially hard to rid the body of dying or mutant cells and to maintain and build health. Without a properly functioning immune

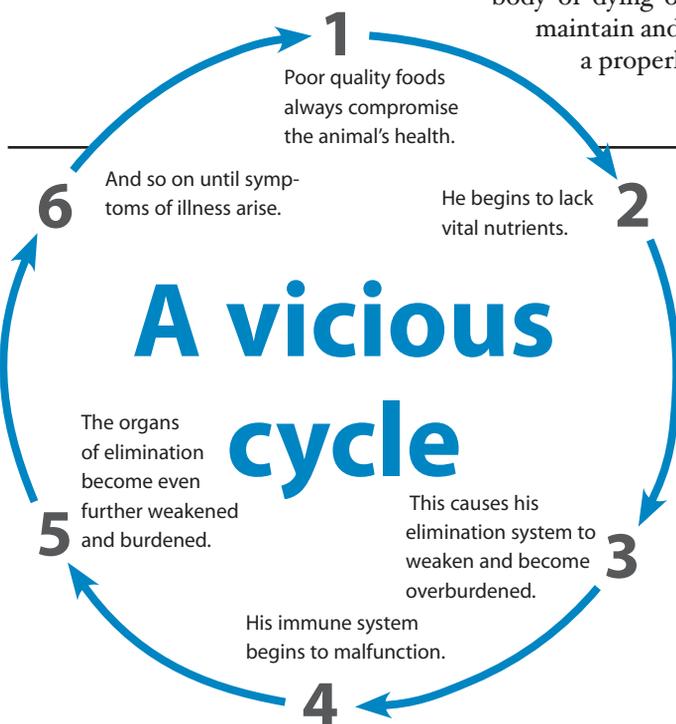
system, these invading organisms attack the healthy cells of other systems. The immune system needs healthy, vibrant, well-fed cells to function.

Clean food = clean cells

The quality of a cell’s “food” depends on the quality of the body’s food intake and how well it is digested. The easier the food is to digest, the more thoroughly nutrients such as vitamins and minerals will be assimilated into the bloodstream to feed the individual cells that make up the various organ systems. And the cleaner the diet (no by-products, rancid meats or fats, chemicals, white rice, etc.), the easier it is to digest and metabolize.



When a food is difficult to metabolize, not only is it robbing the body of vital nutrients, it is robbing the body of energy as well. Energy is wasted when the body works harder to digest food, assimilate nutrients and eliminate toxins. This is the energy needed to prevent or reverse all symptoms, and to run the immune system.



Toxins negatively affect the immune system, and that stops the production of healthy cells to fight aging and disease. As you can see, it’s a vicious cycle.