

REAL FOODS TO PREVENT COMMON AILMENTS

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A COMPREHENSIVE GUIDE
ON HOW REAL FOOD
PREVENTS COMMON
AILMENTS IN DOGS:



Itchy Skin & Allergies



POTENTIAL NUTRITIONAL CAUSES

*Deficiencies in high-quality protein, zinc, copper, vitamin A, vitamin E, and omega-3 fatty acids.
*Excessive carbohydrates

WHOLE-FOOD SOLUTIONS

Grass-fed beef, liver, and spleen, raw meaty bones, dark leafy greens, free-range hen eggs, small fatty fish (sardines, herring, anchovies, capelin), salmon, oysters, green-lipped mussels, mango, blackberries, carrots,

*Visit the QR code above to learn more.

Joint Disorders



POTENTIAL NUTRITIONAL CAUSES

Deficiencies in glucosamine, chondroitin, collagen, manganese, and zinc

WHOLE-FOOD SOLUTIONS

Chicken feet, oysters, green-lipped, blue, or black mussels, gelatinous bone broth, tracheas, oxtail, pig tails, grass-fed beef and lamb, raw meaty bones, green tripe, whole prey with fur or feathers.

*Visit the QR code above to learn more.

Gastrointestinal Disturbances



POTENTIAL CAUSES

Medications like Antibiotics, anti-inflammatory medications, stress, and intestinal parasites.

WHOLE-FOOD SOLUTIONS

After a 12-24 hour fast from vomiting and diarrhea, introduce bland foods with herbs like slippery elm or marshmallow root. Bland foods include lean muscle meats, raw meaty bones and plain pumpkin puree. Give bone broth or slightly salted water to maintain hydration.

*Visit the QR code above to learn more.

Obesity



POTENTIAL CAUSES

Ultra-processed foods and Excess carbohydrates

WHOLE-FOOD SOLUTIONS

Feed a real food diet with
63-65% Muscle meat
10% Seafood
10-12% Bone
5% Liver
5% Other Secreting Organ
5% Fiber or Fur/Feathers

*Visit the QR code above to learn more.

Oral Health



POTENTIAL CAUSES

Excessive carbohydrates, Lack of raw meaty bones,

WHOLE-FOOD SOLUTIONS

Feed a real food diet with
63-65% Muscle meat
10% Seafood
10-12% Bone
5% Liver
5% Other Secreting Organ
5% Fiber or Fur/Feathers

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Cancer Prevention



POTENTIAL CAUSES

Ultra-processed food and excessive carbohydrates

WHOLE-FOOD SOLUTIONS

Real Food:
63-65% Muscle meat
10% Seafood
10-12% Bone
5% Liver
5% Other Secreting Organ
5% Fiber or Fur/Feathers

Antioxidants:
Blueberries, goji berries, turkey tail mushrooms and dark leafy greens.
Antioxidants are also in vitamins C, E, and A, quercetin, coenzyme Q10, and decaffeinated green tea, and in minerals such as selenium, manganese, and zinc.



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FOOD REPLACEMENTS FOR COMMON SUPPLEMENTS



ZINC

Oysters



VITAMIN D

Fresh Oily Fish



IODINE

Brain, Red
meat, Kelp



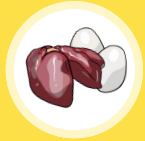
MANGANESE

Fur and Blue
Mussels



**CALCIUM &
GLUCOSAMINE**

Raw Meaty Bones,
Green Lipped
Mussel



VITAMIN E

Grass-fed
Organ Meats,
Pasture-raised
Eggs



VITAMIN K

Leafy Greens,
Parsley,
Goose Liver



ANTIOXIDANTS

Blueberries,
Mushrooms



PHOSPHORUS

Raw Meaty
Bones



SELENIUM

Brazil Nuts

