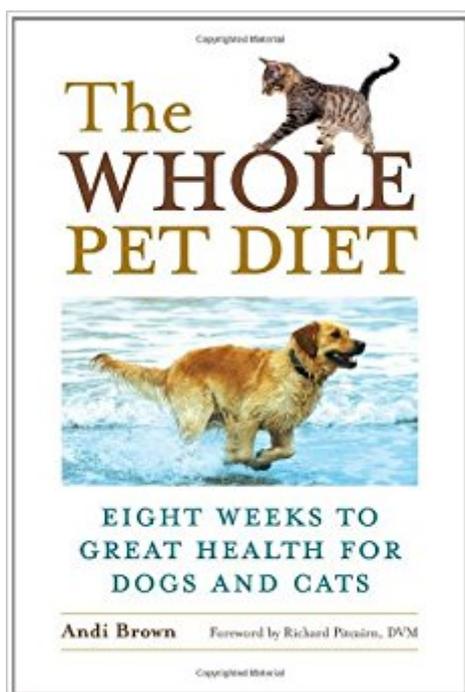


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# The Whole Pet Diet: Eight Weeks To Great Health For Dogs And Cats



## Synopsis

One in four pets is obese, and every year owners spend thousands of dollars treating allergies, joint problems, digestive disorders, and serious diseases that could improve dramatically with a nutritious diet. Yet despite promises of complete and balanced meals, most commercial pet foods contain chemical preservatives, indigestible fillers, and dangerous by-products. If your pets are overweight, ailing, or aging—or you just want them to be as healthy as possible—THE WHOLE PET DIET offers a straightforward plan to achieve lifelong health and well-being. Featuring twenty-five easy recipes for homemade meals and treats, a guide to natural supplements, and practical tips for no-stress grooming and play, this holistic approach to pet care creates optimal health for dogs and cats—and it just might change the way you eat, too.

## Book Information

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## Customer Reviews

"Andi Brown's well-researched, holistic approach to pet care is vital to maintaining optimal health, happiness, and longevity. If you believe, like Brown does, that pets are as integral to the family as they are to the ebb and flow of life, then this book will dramatically improve the health and vitality of all your four-legged family members." -- Dr. Marty Becker, veterinary contributor to ABC-TV's Good Morning America, pet columnist for Knight

• An eight-week program to optimum health for dogs and cats featuring quick and easy recipes for home-cooked meals and treats, an introduction to natural supplements, and a practical

guide to grooming and play. &#x95; Includes more than 25 recipes and a guided weekly journal to track a pet&#x92;s progress. &#x95; Each chapter features true pet stories from owners describing miraculous health and behavior transformations. &#x95; According to the National Academy of Science, one in four pets is obese.

This book is a weekly program to improve your dog's health summarized as 1 fish oils, 2 stew (home cooking), 3 treats, 4 sun, 5 b-vitamins, 6 immunity, 7 teeth and bones, 8 spa. She starts with a 7 page pet portrait followed by weekly reports to track your pet's progress. There is some good advice about feeding and general care. The author includes recipes for an essential fatty acid supplement and a mineral mix. They both require a long list of ingredients not readily available unless you live in a decent size town with a health food store or like ordering on the internet. There are a couple commercial versions from Halo that are more affordable than making it all yourself. The fatty acid supplement ingredients and the chicken stew recipe have changed since the book's publication. The new formulas are available on her website along with a lot of information. I contacted Andi about her recommendation of brewers yeast in the mineral mix and she was very quick to respond. It is an interesting read with a great way to track progress. Instead of the 6-7 ingredient recipe for a beautiful coat, I'm starting with a good quality fish oil and see where we go from there.

I have a very allergic dog so I found that even using the Whole Pet Diet protocol and diet and supplements religiously didn't work for my dog. I know that they say that it is suppose to work given time but that wasn't the case with my little girl. I find that to mush variety isn't helpful for my little girl, she not only has allergies but borders on Pancreatitis. It isn't necessarily the book per say but my dog, however it is unfair to think that if you do follow what you should in a book that it is a one size fits all. Everything else in the book is good and helpful for dogs including my dog.

I can't say enough good things about this book! Our Maine Coon cat us thriving, her coat is shiny and no dandruff and at 5 years old she plays like a kitten, she's more alert and social than she was while on regular store bought food. If you don't think the food you feed your pet doesn't matter, think again. The whole food recipes in this book are great for your pets. It costs a bit upfront if you use organic chicken etc. but I figured out the amount you make will last for a long time and actually costs less in the long run. I bought some pint jars and froze the batch and take it out of the freezer as needed. Our Sophie comes running when I feed her as opposed to sniffing and walking away from

her food. The stuff you buy is full of fillers and by-products that cause your beloved pet all kinds of problems. You will love the information in this book.

I cannot tell you how many times I have recommended this book to people I have talked to when it comes to cooking for your pet. My 4 dogs love the chicken stew. It is easy to make and I saw immediate improvement with my 4 cocker spaniels. The oil mixture recipe improved my dogs dry lustless coat into a show dog shiny coat in just two weeks. All my family and friends have even noticed the difference. I only regret that I didn't read this book years ago as I believe I would have saved myself countless trips to the vet. It has such an easy way to explain the complexities of commercial dog food and it has lots of personal stories about dog and cat recovery stories that is just amazing. I have been feeding my 4 cockers the recipes for 7 months now. It is a labor of love and if my dogs could type they would say...We LOVE SPOTS STEW!! I wish this book would be required for anyone that wants to be a veterinarian. My 4 dogs were driving me crazy with all their itching and scratching. I actually had to wear ear plugs to sleep at night. I felt terrible for them and I didn't get any answers from the vet. I just happened across this book at the library. Read it and knew I needed it in my personal library. There was peace in our house within a week of getting my dogs on Spots Stew. The scratching and itching stopped so suddenly that I am sold on this book and the recipes it provides. Plus, it is full of lots of other tips on pet care. We are one happy household!

This book has good information! I had my vet look over some of the recipes before I started, and my vet agreed, these recipes should meet the nutritional requirements for my dogs. Don't let the elitist suggestions keep you from cooking for your dogs... I don't use organic or local ingredients. My dogs can't tell the difference. My go-to recipe is the chicken stew. I have three large dogs, so I do everything I can to make it cheap and easy. I use thighs that are on sale for \$1.25/ lb. and I don't reheat it, I serve it cold. The dogs seem to like it better that way, and it's easier for me. I don't puree it. They're big dogs, and they can handle big bites. I sometimes adjust the recipe to include more of the vegetables that are on sale, and less of the ones that are not. Dogs are not meant to eat hard bits of kibble. This book helped me get away from the kibble, and my dogs are so much happier. They smell better. They fart less. Because this food has more moisture, I don't have to refill their water bowl as often.... Best of all, I can tell that they are happier.

This book is not well-organized, which is important when you're giving someone step-by-step

instructions (which is basically what she's trying to do here). It's "crowded" looking, and the information isn't clearly stated. I hate to say it, but I put it down the second time I tried to read it, and never picked it up again.

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