

Chapter 14: Step Four, Diet

When cancer strikes, it can bring with it weight loss, muscle weakness and depression, all of which can lower your dog's quality of life. Luckily, there is a cancer treatment that can help improve all of these factors: eating good food.

Most dogs like food, and many crave a good diet – what I call a Wild Diet – as much as they crave sunshine and a walk outside. A good cancer diet, like the one described in this chapter, can accomplish several important tasks:

- Feed your dog's healthy cells foods dense with nutrition to keep them strong.
- Help restore weight and muscle mass.
- Eliminate foods that do not help your dog – or worse, may help the cancer.

In Chapter 8 we enumerated some of the carcinogens found in some commercially prepared dog foods, but carcinogens aren't the only problem. For example, protein that has been processed loses some bioavailability in the body. The bioavailability of key minerals, such as iron, zinc and calcium, is also significantly affected by the levels of fiber, phytic acid and tannin in foods. These substances can be reduced or altered by milling, fermentation, germination, extrusion and thermal (heat) processing. Vitamins, especially ascorbic acid, thiamin and folic acid, are also highly sensitive to some processing methods.

In this chapter, we'll explore food a little bit more, including what to include in your dog's diet, some important supplements that have not been fully discussed yet, how to switch your dog to his new diet, and my step-by-step approach to making a meal for a dog with cancer.

I have two pieces of good news for you. The first is that when you feed your dog according to this recipe, you are helping him immediately. The dog cancer diet is made up exclusively of foods that encourage healthy cells and discourage cancer growth.

The second piece of good news is that your dog is likely to love switching to this diet. It's composed of hu-

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man food, and most dogs like to eat tasty, lovingly prepared human food.

Let's get a quick overview of what dogs used to eat in the wild, because this Wild Diet is the basis for our dog cancer diet.

The Wild Diet

A dog's natural diet consists of protein, fat and some vegetables (usually not grains, like corn and wheat). We know this by looking at what dogs and their relatives eat in the wild.

Dogs and their wild cousins (wolves, coyotes, foxes, etc.) eat freshly killed animals, not highly processed kibble. They typically satisfy their wild cravings by hunting prey animals, like deer and rabbits. These prey animals feed on plants and grasses, which are naturally full of vitamins and minerals.

After the wolves take the prey down, their first target is the internal organs. These rich, meaty organs are filled with nutrients, derived from plant material. After devouring the organ meat, wolves tear into the flesh and bones as a second helping.

A dog with cancer often loses weight and becomes physically weak. Feeding him a good cancer diet, based on his wild cravings, may help counter some of those side effects.

In fact, according to human cancer research, including that done by Sir Richard Doll, a British epidemiologist (awarded Knighthood and several other honors for his work with cancer), about one third of cancers can be prevented just by improving the diet.

Raw Foods and Cancer

Some dog lovers believe that feeding their dogs only raw foods – raw meat, raw bones, raw vegetables – is closer to the healthy, “wild diet” I describe above.

I have no objection to a fresh, raw diet for healthy dogs with normal, non-cancerous body cells. After all, based on human studies, cooking food can create carcinogenic compounds, which could actually set the stage for cancer development (see Chapter 8).

Given this, it might seem logical to think that feeding raw – which reduces carcinogens – is good for a dog with cancer; it's not that simple.

In general, dogs suffering from cancer have completely different body chemistry from healthy dogs. They have compromised immune systems, too, so – no matter how counter-intuitive this may sound to “raw foodies” – an all-raw diet is actually not good for dogs with cancer. There are a couple of reasons for this.

First of all, it is fairly difficult for us modern-day humans to replicate a fresh kill in our dog's food bowl. Even the highest quality meats, veggies and fruits available in the supermarket, health food stores, and farmer's markets are not as fresh as a deer that has just been brought down by the pack.

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Let's look at meat, for example. You probably have heard of microbes like *E. coli* (sometimes found in ground red meat). This and other microbes grow over time on the surface of just about any red meat, chicken, pork or fish product, even when it is sealed in plastic and then refrigerated for prolonged periods. The longer the time between

killing the animal and eating it, the more likely these foods are to have large populations of surface microbes.

There's a second place that germs can hide out and multiply: inside the flesh of chicken, pork and fish. *Salmonella* and *trichinella*, as well as other parasites, can be found within the flesh of these foods (interestingly, beef carries very few microbes within it).

As you probably know, if these microbes are not killed during cooking, they can make dogs very sick. In healthy dogs, the immune system might be able to fend off the microbes; infections are more likely in dogs with cancer. This is why I recommend cooking your dog's food long enough to destroy microbes and minimize carcinogens.

Cooking Meat for Your Dog

We can minimize carcinogens by cooking with low temperatures, and only long enough to kill the microbes. It's been shown that when food is boiled (which happens at 212° Fahrenheit at sea level), almost no carcinogens are created. Raise the temperature above 390° Fahrenheit or so and we see the production of carcinogenic heterocyclic amines.

(There are many probable sources of carcinogens in your dog's life – so avoiding them when you can is reasonable. Avoiding carcinogens produced while cooking is one of the few things guardians can really control – which is why I include so much information about it in this book.)

To avoid even moderate levels of carcinogens, you can simmer food. This is the simplest way to guarantee that the temperature is not too high. Another benefit to simmering is that food becomes very tender and evenly cooked.

If you love to sauté food in a pan, you can do that, of course, keeping the temperature low. Because every stovetop is different, as is every pan, it is difficult for me to tell you "how low" on your particular stovetop. A food thermometer will tell you how hot your food has become.

Poultry, pork, fish and organ meats like liver must be cooked all the way through to kill microbes both inside and on the surface of the meat. Ground red meat of any kind must also be cooked all the way through, since the surface microbes are mixed into the interior of the meat in the grinding process.

A cut of red meat – like a beefsteak, for example – is a different matter. Since red meat rarely has microbes on the interior, you only need to cook the outer shell of the meat. Cooking the outer 1/8th inch leaves the interior still very pink or red (nearly raw, like it would be in the wild) but kills the surface microbes.

Preparing Vegetables for Your Dog

In the wild, vegetables have already been broken down inside the prey animal's digestive system before the wolf eats them. The internal organs are loaded with the nutrients, vitamins and minerals derived from the vegetables, in a form that the wolf can easily absorb into his body.

If you've ever fed your dog carrots or corn, you've likely noticed they "come out the other end," looking nearly intact. This is because the dog's gut doesn't break down intact vegetables easily. So, when you feed your dog completely raw veggies, he may not be extracting as much nutrition as he could be.

Cooking vegetables helps break down the plant matter and "pre-digest" it, so that your dog is better able to absorb all those essential vitamins, minerals and nutrients. Cook vegetables until they are very soft, and then chop or process them in a food processor into very small pieces.

If you want to feed raw vegetables instead, you can process them through a food processor or blender until they are a mushy puree, which can then be mixed into the rest of the meal. This way, the blender "pre-digests" the veggies by breaking them down.

Overfeeding and Cancer

I'm probably no different from most dog lovers when it comes to the temptation to feed table scraps to my dog, Björn, or give him extra food as a special treat. The problem is, when we feed by hand, we may feed too much without realizing it.

Overfeeding is not healthy for our dogs, because it shortens life expectancy. In one study, forty-eight Labrador Retrievers from four different litters were followed. Half of the dogs were fed a lot of food – as much as they could eat with no restriction – and the other half were fed 25% less.

The lifespan of the dogs on the restricted diet was significantly longer than that of the ones who ate at will. The dogs in the restricted group lived an average of two years longer than the excessively fed dogs, which is a long time in dog years.

Another study found that half of the dogs who were fed a restricted diet lived to the age of thirteen, while only five percent of dogs who ate as much as they wanted did. That's a tenfold increase in the number of dogs who lived to thirteen!

A large excess of body fat, or obesity, is also linked to cancer in dogs (mammary tumors and transitional cell carcinoma). The precise link is not yet completely defined; new research has shown that fat cells secrete a chemical called adiponectin, which may block the development of cancer cells. You may think that more fat cells produce *more* adiponectin, but the opposite is true. According to studies in rodents and humans, fat cells secrete much *less* adiponectin when the body has excess fat in storage, while secreting more adiponectin when the fat cells are being burned for fuel (which happens in leaner bodies). This means that a lean body has more adiponectin than an obese body, so a lean body may be more able to resist cancer.

Many guardians comfort their dogs with food. Others get very concerned about their dogs' cancer weight loss, and end up overcompensating with extra food. While I certainly understand the impulse, it is best to consult with your vet or oncologist about how much to feed your dog given all of the factors in her case.

Reduce Omega-6 Fatty Acids

Essential fatty acids, or EFAs, are molecular building blocks of fats and oils. The two main types are omega-3 fatty acids and omega-6 fatty acids. In addition to their being fuel for the body, the balance between these two fatty acids affects body functions such as inflammation, mood, behavior and intracellular communication.

According to researchers, the ideal ratio of omega-6 to omega-3 fatty acids is four to one. Our modern diets typically have ratios of ten to one, and some have ratios as high as sixteen to one.

The health consequences of this imbalance can be severe. Excessive omega-6 fatty acids have been associated with cardiovascular problems, arthritis, osteoporosis, depression, obesity and cancer, in humans. Excessive omega-6 fatty acids may result in immune suppression, and can activate several genes (up to a dozen) that create inflammation, which plays a significant role in cancer.



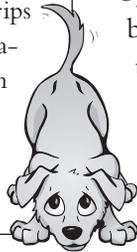
How much should you feed your dog? That's a complicated question, and there is no one-size-fits-all answer. Dogs with cancer vary so widely in their age, metabolism and stage that there is no chart or system we can turn to for feeding guidelines. If your dog has another disease or problem in addition to cancer, that may also affect how much to feed him. I offer general guidelines in the Dog Cancer Recipe section, which will give you an approximation of how much to feed your dog. If you have further questions, I recommend consulting with your vet to get an answer tailored to your dog's unique health situation.



It's Really Quite Simple

"I now make food for both of my beautiful Black Labs. Once I got "in sync" with making the food, it is really quite simple. I make it in bulk, portion it out into containers and freeze it. I also make all of my girls' treats. I bought a \$30 dehydrator and I dehydrate boneless, skinless chicken breast strips and brown rice mixed with all natural peanut butter. Feeding my pets in this fashion in something I will always do...it makes sense for all dogs!!"

– Cynthia McKinnon, Sanford, Florida



It's very important for your dog to eat the right balance of fatty acids. High omega-6 fatty acids are primarily found in corn and other vegetable oils and the fat of grain-fed animals. If you look at some commercial dog foods and treats, you may find these ingredients. Some of the most common ingredients are meat or meat by-product (which can include anything from bones to cartilage to entrails). The animals used in dog food are often farm-raised beef and poultry. If left to forage, cows would eat grass and chickens would eat insects, worms and seeds. Commercial operations, however, often feed these animals inexpensive grains like corn to keep expenses down, "fatten

them up," and keep their flesh tender. Unfortunately for our dogs, this food increases the amount of omega-6 fatty acids in the meat.

On commercial dog food labels, fats like corn oil, vegetable oil and beef tallow are often listed. These are all rich in immunity-suppressing omega-6 fatty acids. In addition to minimizing the preservatives and carcinogens sometimes found in commercial dog food, this is one of the main reasons I urge you to cook for your dog at home.

Supplement with Omega-3 Fatty Acids

It's been shown conclusively that omega-3 fatty acids can help minimize the immune-suppressing and inflammatory effects of excess omega-6 fatty acids. Omega-3 fatty acids also protect against cancer cachexia (weight loss), been shown to help reduce depression and, in some cases, shrink tumors, in human studies.

Omega-3 fatty acids can be found in cold-water fish, such as sardines, mackerel and menhaden. They're also found in the tiny shrimp-like plankton, krill, which is an important food source for many whale species. Flax and some other seeds contain omega-3 fatty acids, although not the higher amounts of certain very beneficial types (DHA and EPA) that are found in fish and krill oils.

Deliberately reducing the presence of omega-6 fatty acids in your dog's diet, and increasing the amount of omega-3 fatty acids, is a cornerstone of the dog cancer diet. You'll find more specifics about how much and what kinds of oils to use later in this chapter.

Reduce Sugar

Cancer has a sweet tooth. Cancer cells prefer sugar to any other kind of food, including foods with a higher calorie count. Even before any actual signs of canine cancer begin, the metabolism of sugar in the body starts to change as cancer cells signal the liver to create more sugar. The increase in sugar favors the growth of developing cancers, which then send signals to release even more sugar – and so the cycle continues. Sugar both favors cancer development and continues to feed it once it has taken hold.

We’ve discovered that the way sugar is used by the body is a reliable indicator of the progression of cancer. Positron emission tomography (PET) scans are even used to detect human cancer in tissues by looking for sugar “hot spots.”

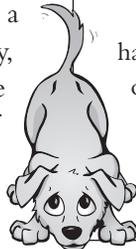
Clearly, limiting sugar is an important step to take when your dog has cancer (I also recommend doing this for healthy dogs). Carbohydrates break down into sugars during digestion, and certain carbohydrates break down more quickly than others. Unfortunately, the first ingredient on most commercial dog food labels is often a high-carbohydrate food such as corn, corn meal, wheat or flour. These grain-based foods are cheaper than meat, which is probably the main reason they are used so often in dog food. Sadly, they don’t just feed the dog; they may also feed the cancer. Some brands have recognized that high carbohydrate diets are not appropriate for dog wellness, and are producing low-carbohydrate foods.

The diet I recommend later on is a low-carbohydrate diet. The carbohydrates that are included are from low-glycemic grains that break down slowly, so there are no spikes in cancer fuel.

Weaning Your Dog to the Dog Cancer Diet

Whether your dog has cancer or not, it is advisable that any change in diet always be started slowly by gradually phasing out the old food as the new is added. Dogs can experience diarrhea, bloating, loss of appetite, vomiting, and other problems if their food is changed suddenly. Your patience will pay off.

The way to introduce these foods is over a long period, usually about two weeks. Every day, increase the amount of new food and decrease the amount of old food, tablespoon by tablespoon. If a small amount of diarrhea occurs, lessen the amount of the new food at the next meal un-



Best Decision We’ve Made



“[The dog cancer diet] has helped her tremendously. Olivia is full of life and energy. Her blood tests have come back normal. Overall it’s been the best decision we’ve made.”

– Margherita Ferlita, Surrey, England

til the symptoms subside. Then try to increase it again in a few days. If problems still continue, or get worse, be sure to call your vet or oncologist.

After one week, your dog's ration will probably be half the dog cancer diet and half the previous food. After two weeks, your dog will probably be on the new dog cancer diet. If your dog has trouble adjusting, it might take a little longer.

The dog cancer diet is flexible, with several choices for ingredients, which can be mixed and matched according to your dog's taste. As you go, you might find your dog does not like something in particular, and you might have to try out several different combinations before you can find one your dog enjoys.



Remember the most important thing: eating something is better than not eating at all. If you have to choose between feeding your dog something less-than-healthy and starving your dog, choose the less-than-healthy food.

The Full Spectrum Dog Cancer Diet

The Full Spectrum dog cancer diet is mainly based on what dogs eat in their natural state in the wild. It also includes several foods that may help the body fight cancer or lessen the consequences of cancer in the body. You will likely recognize many of the ingredients, and, depending upon where you shop, most are relatively inexpensive. These ingredients can also be purchased in bulk or on sale, and frozen for later use.

If you already cook for yourself, shopping for and preparing your dog's food will take no more time than for any other meal. Because this recipe makes enough for two to four days' worth of food, you will not have to cook every day. If you do not cook, this may initially pose more of a challenge (well worth taking on); previous readers often report this home-cooked diet makes a big difference in the life quality and even the health of their dogs.

Mealtime is an excellent time to give your dog many of the supplements I recommend. A detailed recipe follows; before I tell you how to make your dog's meal, I want to go over the general guidelines for this diet.

Dog Cancer Diet Guidelines

Try to include at least one ingredient from each of the following categories at every meal. Don't worry about memorizing all of this information right now. I will tell you how to combine these

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ingredients, and in what amounts, in the Recipe section.

At Every Meal: High Quality Lean Protein

Protein is a very important component of your dog's cancer diet. For one thing, dogs love the flavor of most proteins, and that encourages them to eat. Protein is also a dense source of amino acids, vitamins and minerals. The following are good choices for protein: beef, chicken, fish, turkey, venison, duck, pork, goat and lamb. The exception

is if your dog has mammary cancer; if this is the case do not feed her red meat, because it has been shown to be a risk factor for tumors of this type. Offer her white meats, including fish and chicken, instead.

Buy lean cuts of meat (chicken breasts instead of thighs, for example), because the fat in most animal flesh contains more omega-6 fatty acids than I recommend for a dog with cancer. Trim skin or fat off the meat before you cook it. After cooking, remove fat by pouring it out of the pan or straining.

Don't worry about losing flavor with the fat; you'll add cancer-fighting omega-3 fats later on and there are several non-carcinogenic flavor-boosters in the recipe section.

At Every Meal: Cancer-Fighting Fats and Oils

Excess omega-6 fatty acids suppress the immune system; supplementing with additional omega-3 fatty acids can offset this effect. Omega-3 fatty acids can also help to offset the effects of inflammation in your dog's body. I recommend two sources.

The two recommended sources of omega-3 fatty acids are krill oil and fish oil (my favorite picks are available at www.DogCancerShop.com). Pick one of these oils, use it for three to four weeks, and then switch to the other, alternating oils throughout the treatment. There are many brands of fish and krill oil; when choosing one, the most important factor to pay attention



Some people suggest that tofu be used as a protein substitute. I do not recommend tofu, because most dogs do not digest it very well. When your dog is fighting cancer, anything that unnecessarily strains her system is best left off the menu. The value of tofu as a protein does not outweigh its digestive difficulties for a significant number of dogs.



If your dog has a pancreatic disease, a “sensitive stomach,” or other digestive issues, your veterinarian may alter portions of this diet, as high levels of fat in the diet may worsen such a condition.

to is the level of DHA and EPA available. For maximum benefits, try to find good concentrations of these in the formula. Formulations are constantly changing, of course, so it’s hard for me to give you the “correct” concentrations, because what’s on the shelf today may be reformulated tomorrow. A good guideline, however, is this: for every 1000 mg serving of oil, about 180 mg should be EPA (18%) and 120 mg should be DHA (12%). Most fish oils are in this range.

Krill oil comes from krill, the tiny shrimp that are the primary source of food for whales. I like krill oil for several reasons. Krill are near the bottom of the food chain; fish higher on the chain live longer and their fatty tissues tend to accumulate heavy metals like lead, some of which are carcinogens (most, but not all, of these are removed from fish oil). There is also evidence that krill oil, taken in high doses over time, may help with depression in humans. There is more evidence for this effect with krill oil than fish oils. We know from human studies, that depression and cancer are linked, so efforts to fight depression in dogs are logical. Finally, living on Maui makes me acutely aware that the oceans are getting overfished.

HOW TO GIVE KRILL OIL

Krill oil typically comes in 1,000 mg soft gel capsules. To feed it to your dog, just mix the whole capsule into food, or cut the capsules at one end with a pair of kitchen shears and gently squeeze the oil into the food, mixing thoroughly. If your dog can swallow softgels whole, feed your dog krill oil this way.

The sudden introduction of fatty acids can cause stomach upset and diarrhea, so work up to a full dosage over about fourteen days.

Up to 10 pounds: 1,000-2,000 mg daily

Dogs 10.1 - 35 pounds: 3,000-4,000 mg daily

Dogs 35.1-60 pounds: 6,000-9,000 mg daily

Over 60.1 pounds: 10,000-12,000 mg daily

Note that the doses are given in a range. This is because there are so many brands, which each formulate the oil in different ways. Use these doses as guidelines, rather than hard-and-fast rules. Alternate the use of krill and fish oil every month.

Precautions:

Krill oil may have some “blood thinning” effects. Stop giving krill oil ten days before any surgery and wait until ten days after surgery or after sutures are removed or dissolved, before giving it again. Also, allergic reactions to shellfish or fish are rare, but possible. Immediately stop use and consult your vet if you think your dog is having an allergic reaction.

The second oil rich in omega-3 fatty acids, which I recommend, is fish oil (from menhaden, mackerel, salmon, etc.). The effects of fish oil are generally similar to those of krill oil. It’s more readily available and usually cheaper than krill oil, which may be important to some guardians. However, fish oil also shows less evidence for impact on depression. There used to be some concern about the heavy metal levels in fish oil, but today name brand fish oils have lowered these to allowable levels.

HOW TO GIVE FISH OIL

Administer fish oil in the same way you administer krill oil. For these doses, I assume each 1,000 mg soft gel contains about 180 mg of EPA and 120 mg of DHA. Check the label on your bottle to see if this is true for your brand and adjust accordingly. Remember to work your way up to these dosages over fourteen days if you are just starting your dog on a fatty acid supplement.

Up to 10 pounds: 1,000-2,000 mg daily

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Dogs 35.1-60 pounds: 6,000-9,000 mg daily

Over 60.1 pounds: 10,000-12,000 mg daily

Note that the doses are given in a range. This is because there are so many brands, which each formulate the oil in different ways. Use these doses as guidelines, rather than hard-and-fast rules. Alternate the use of krill and fish oil every month.

Precautions:

Fish oil may have some blood thinning effects. Stop giving fish oil ten days before any surgery and wait until ten days after surgery or after sutures are removed or dissolved before giving it again.



I do not recommend cod liver oil as your fish oil supplement. Cod liver oil contains high levels of fat-soluble vitamins, ingestion of which can lead to serious toxicity levels. I discourage using salmon oil from the name brand EHP, also. In an independent analysis, Consumer Labs found that EHP’s salmon oil actually contains less EPA than stated on the label. Since EPA is such an important source of omega-3 fatty acid, there’s no excuse to skimp. Other brands of salmon oil are fine to use.



Stay away from high-carbohydrate vegetables like potatoes, carrots, peas and corn. These vegetables break down quickly into simple sugars in the body and may end up feeding the cancer. Also, do not feed onions, because they are toxic for dogs.

these vegetables in the frozen food section. To prepare them, steam or boil until they are very soft to make them easy for your dog to digest. Once cooked, chop or process the vegetables into fine pieces or a puree.

If you are choosing to feed your dog a partially raw diet, I advise pureeing raw veggies. Roughly chop the vegetables, place them in the bowl of a food processor, and puree them until they are mush. This will help your dog fully absorb their nutrients.

At Every Meal: Calcium

Your dog will definitely benefit from a good source of calcium, which is a vital mineral for all sorts of normal body functions. Bones and teeth need calcium, of course, and did you know that your dog's muscles can't contract without it? Similarly, muscle strength, proper blood clotting, regular heartbeats, inter-cell communication and even the transmission of signals from one nerve to another are all vital processes that require calcium. Because dogs cannot produce it in their bodies, they must get it from their diet. Good sources of calcium include cottage cheese, chicken or turkey

At Every Meal: Vegetables

Vegetables which are low in carbohydrates and have anti-cancer benefits are an important part of your dog's cancer diet. For example, brightly colored vegetables are important: at least one publication has shown that dogs (Scotties) that ate colored vegetables three times weekly had a lower risk of developing the most common form of bladder cancer. You can mix and match these vegetables or just include one in each meal: shiitake mushrooms, brussels sprouts, broccoli, cauliflower, cabbage, (cooked) mung beans and red or yellow bell peppers.

I prefer fresh vegetables, or you can find



Do not give the anti-cancer antibiotic doxycycline within two hours of a meal containing calcium. The calcium will bind the doxycycline in the stomach and block its absorption.

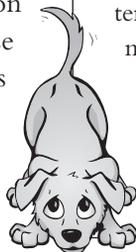
necks and calcium citrate tablets. The necks can be simmered according to the low-temperature cooking recommendation above. Adding necks at least a few times a week is ideal, because the phosphorus found in the bones is an important nutrient.

Bone meal has a lot of calcium, but, there is evidence that the bones ground into meal have accumulated fluoride, which, as you'll remember, is something we may want to avoid in a body that is fighting cancer (based on the human studies of osteosarcoma). Additionally, I advise avoiding oyster shell calcium, which may have high lead levels (a carcinogen).

At Every Meal: Filling and Nutritious Whole Grains

Most grains, like corn and wheat, are not good for your dog with cancer because they provide too much sugar. However, brown rice and oatmeal are both healthy and filling, and there are advantages to adding small amounts to your dog's diet. The polysaccharides found in the bran in these grains may help to fight cancer. They are also much lower on the glycemic index, which means that they release lower levels of the simple sugars that cancer loves into the bloodstream.

Choose steel-cut or rolled oats over instant oats. Cook oats and brown rice according to the package instructions, until soft. Add these cooked grains individually or in combination



At Every Meal: A Dog Multivitamin

Even though this home-cooked diet provides well-rounded nutrition, it's a good idea to be safe and make sure that all of your dog's dietary vitamin and mineral needs are met. For this reason, I recommend giving a general multivitamin along with completely home-cooked meals. An added bonus for dogs dealing with cancer is that, based on human studies, a multivitamin may help with

I Had to Keep My Human Family from Eating Her Food



"I was scared that she would get a sore tummy and have diarrhea to try differently. I tried your suggestions. Pre-packing then freezing it made it easy to heat and serve. It looked so good; I had to label the packages so my human family wouldn't eat it by mistake. Kristi never lost her appetite while on this diet and her stool would be a little softer but still formed."

– Lois Boesing, Ewa Beach, Hawaii

She Eats Like a Horse

"Sadie has allergies so at first I was worried about adapting it, but the book is so easy to understand and I got ideas I'd never thought of. Sadie is looking and acting so much better and loves her new diet. She had pretty much stopped eating her premium dog food (grain free fish and sweet potato) and even showed little interest in the homemade stuff I had been making, but the combination of foods in the cancer diet has her eating like a horse and I think she might even be regaining some weight."

– Ellen Slater, Redmond, Oregon

in the recipe that follows.

chemotherapy side effects and speed recovery post-treatment.

As I've made clear elsewhere, I do not recommend mega-doses of any vitamin or mineral. A general multivitamin you can get from your vet or oncologist will do just fine, and you can give it as directed.

At Every Meal: Optional Healthy Additions

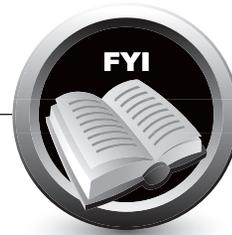
These ingredients add flavor to your dog's meal, but they also pack it with cancer-fighting, immune-boosting properties.

You can add: fresh garlic cloves (peeled and minced); fresh ginger root (peeled and minced); fresh minced leafy herbs like parsley, basil and oregano; virgin coconut oil; sardines packed in oil (minced); goji (wolf) berries; fresh blueberries; fresh raspberries and fresh blackberries.

Digestive Enzymes

I strongly suggest using digestive enzymes in your dog's food. Dogs in the wild get their plant matter "pre-digested" for them by their prey. Adding digestive enzymes to your dog's food to pre-digest both mimics a wild diet and helps cancer patients in general. There are several good enzyme preparations available. Brands I particularly recommend include Dr. Goodpet and Wobenzym N, a popular European brand. Both can be found online and at www.DogCancerShop.com.

Precautions: Digestive enzymes may have "blood-thinning" effects. Stop giving digestive enzymes ten days before any surgery and wait until ten days after surgery or after sutures are removed



The dosing instructions on enzyme labels assume that you will use enzymes between meals. Using digestive enzymes to pre-digest food like we are doing requires many more enzymes than a regular dose. If you are using Dr. Goodpet, I recommend using three times the label's dose per meal. If you are using Wobenzym N, I recommend using two times the label's dose per meal. Dr. Goodpet comes in a powder form and Wobenzym N comes in tablets. Please grind tablets into powder before mixing into food, so that the enzymes can contact the entire mixture. If you don't have a little mortar and pestle or a pill grinder, you can use two spoons to mash the tablets.

Note: Some guardians ask about giving their dog digestive enzymes in between meals. There is fair evidence that enzymes used between meals have an anti-inflammatory effect, but the evidence that they have anti-cancer actions is not there. For this reason, using enzymes between meals is not a priority in Full Spectrum care.



Half the Food Is Cancer Diet

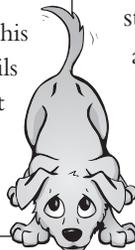
“I feed Orijen, some can food (Wellness and BC) I add in the diet supplement in Dr. Dressler’s book along with added (Birkdale) omega-3 fatty acids. The home cooked meals in Dr. Dressler’s book accounts for 1/2 of each meal. All combined I know that it has helped greatly, my boxers look great and I know they feel great.”

– Jon Marshall, Norman, Oklahoma

Increased Well-Being and Life Span

“I think that Dr. Dressler’s dog diet with his home cooked foods, plus the Omega-3 oils increased Thor’s wellbeing and also most definitely increased his lifespan.”

– Connie Almy,
San Antonio de Belen, Costa Rica



or dissolved before giving it again.

Salt Substitutes

While adding salt to food typically enhances its flavor, normal table salt (also known as sodium chloride) could theoretically promote cancer cell development by creating a slightly acid environment in the body. Instead of salt, you can use a salt substitute called potassium chloride, which you can find in most grocery stores or online. (If your dog has a disorder where there is high blood potassium such as uncontrolled Addison’s disease, occasional instances of kidney disease, or other issues creating high blood potassium, do not use salt substitutes.)

Another way to add flavor is to use a splash of Bragg’s Liquid Aminos (be very sparing – this is concentrated), balsamic vinegar, or watered down pan juice from

the cooked meats. You could also use a little of the water that canned tuna is packed in.

The Full Spectrum Dog Cancer Diet Recipe

Now that we’ve gone over the ingredients for your Full Spectrum Dog Cancer Diet, let’s mix and match and put them together into a meal that tastes good.

The recipe that follows provides about four days of meals for your fifty-pound dog, who eats twice a day, depending on her activity level and metabolism. If your fifty-pound dog is very active, this may only last two days. If your fifty-pound dog is not a big eater, it could last four days. You may scale this recipe up or down, depending upon your dog’s weight. For example, if your dog weighs 25 pounds, cut this recipe in half; if your dog weighs 100 pounds, double it.

A small kitchen scale can be very helpful. Some of the ingredients need to be cooked before you weigh and assemble them in this recipe.

This recipe has several steps, so I recommend reading all the way through, before you start cook-

ing. Most of the food can be prepared and combined all at once into what I call the Base Mixture. Assuming the ingredients are not close to expiring, this can be stored in the refrigerator for up to four days.

Do not chop or mix in the optional ingredients until you are actually serving the meal to your dog. This is to preserve their freshness and active ingredients. The digestive enzymes will be added last, mixed in thoroughly, and allowed to work for thirty minutes before serving.

Once you have done this a few times, a rhythm will develop and it will be easy and less time-consuming.

Base Mixture Ingredients:

- 2½ to 3 pounds⁷ of lean meat: beef, chicken, fish, turkey, venison, duck, pork, goat or lamb
- 1½ cups oatmeal, or 1¼ cups brown rice
- ½ - ¾ pounds of any combination: shiitake mushrooms, brussels sprouts, broccoli, cauliflower, cabbage, mung beans and red or yellow bell peppers.
- ½ - ⅔ pounds beef, chicken or pork liver
- 1 to 1½ cups cottage cheese
- 8 skinless chicken or turkey necks, or calcium citrate tablets
- (optional) ¾ teaspoon salt substitute or other flavorful addition: Bragg's Liquid Aminos, balsamic vinegar, pan juices from the meats or a little tuna water
- 16,000-18,000 mg of fatty acids in the form of krill or fish oil, depending upon the size of your dog and her activity level

Healthy Options to Add Before Serving:

These can be added as available and desired. All amounts are for one serving of food.

- 1 teaspoon minced fresh garlic⁸
- 1-2 teaspoons minced fresh ginger root



Krill oil, fish oil, garlic, ginger and digestive enzymes all have blood-thinning effects. Do not feed these foods ten days before any surgery and wait until ten days after surgery or after sutures are removed or dissolved before feeding them again.

⁷All measurements are standard in the U.S.

⁸There is evidence that large amounts of garlic (½ teaspoon per pound body weight) causes problems in the red blood cell of dogs. I am not concerned about this for the majority of dogs, because the amount of garlic in this recipe is extremely low compared to the amounts used in the study. However, if your dog has anemia, check with your veterinary professional before giving garlic.

- 1 teaspoon minced fresh berries (goji, blueberries, raspberries, blackberries)
- ½ tablespoon virgin coconut oil
- 1-2 teaspoons minced fresh leafy herbs (parsley, basil and/or oregano)
- 1 oil-packed sardine, chopped
- Digestive enzyme powder (see note on page 207 for amounts)

Step One: Base Mixture

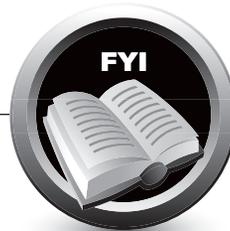
If you are using digestive enzymes to pre-digest your dog's food, you will need to add them when the food is at room temperature or cooler. To give it time to cool down, I recommend making the Base Mixture well before you plan on feeding your dog. Until you figure out how long this takes you, I would allow at least ninety minutes for cooking, assembling and cooling the food to room temperature.

Trim your chosen meat of excess fat, and then cook it. My favorite method is to simmer meat in water or low-sodium chicken or beef broth, but you can also use a skillet on the stovetop (use very little fat and monitor the temperature – if you cover the skillet, you will cook the food more evenly). If you are using fresh red meat like beef, lamb, venison or goat, cook the outer 1/8” only to retain the benefits of the raw meat, while killing off any surface microbes. Cook pork, fish, ground meat of any kind, and poultry all the way through. Pour off or strain any fat after cooking (this is particularly important with duck). Chop or food process meat into smaller-than-bite-size pieces.

Meanwhile, cook the liver and turkey or chicken necks (if using). You may be able to cook them in the same pan as the meat, depending upon what method of cooking you are using. Chicken and turkey necks are best skinned and trimmed of fat, and then simmered and chopped or food processed. Even though the fat in liver is desirable and contains beneficial vitamins, some dogs may experience digestive upset from too much fat. For this reason, I recommend chopping the liver before you cook it, to increase surface cooking area and reduce the amount of fat it contributes to the recipe. Remember to skim off excess fat or strain the meat before using it.

Meanwhile, cook oats or brown rice until soft, according to package directions.

Cook your vegetables, according to the package directions, or, if fresh, preferably by steaming



Garlic offers some evidence for anti-cancer effects, which are seen with garlic constituents found in higher amounts in the whole, fresh version. These tend to become inactivated when prepared in capsule form. I recommend adding garlic to your dog's diet, not the capsules. See page 420 for more information.



Do not add any of the fresh optional additions to this Base Mixture. Also, do not add the digestive enzymes. It is better to wait until you serve the food to chop and add these ingredients.

In another large bowl, mix together the cottage cheese, salt substitute and fatty acids (krill or fish oil). Some dogs will eat the capsules of krill oil or fish oil whole, while others will need the capsules opened and emptied into the mixture.

If you are using calcium citrate instead of chicken necks, grind the tablets with a mortar and pestle, or other grinding implement. (I have calculated the correct dosage for the brand I use, Citracal Maximum, as twelve tablets). Add to the cottage cheese mixture. Mix well.

Add cottage cheese mixture to the meat/rice/vegetable mixture. Mix thoroughly.

For flavor, consider adding a splash of Bragg's Liquid Aminos, balsamic vinegar or a little of the pan juices from the cooked meats or water from canned tuna.

Store entire mix in an airtight container in the refrigerator for up to four days. Use as needed, twice a day.

or simmering in water, until they are soft. After cooking, chop the vegetables into small pieces, or use a food processor or blender. If you prefer raw vegetables, puree them until mushy. Note: mung beans must always be cooked.

In a large bowl, add the meat, liver, and if used, chicken or turkey necks. Mix well with a spoon or with your clean hands. (When you put your hands in your dog's meal, you are also adding your scent and associating yourself with the food.)

Add brown rice or oatmeal. Mix well.

Add vegetables into the meat and grain mixture. Mix well.



If you use a commercial dog food as part of this recipe, keep it to one quarter to one half ($\frac{1}{4}$ - $\frac{1}{2}$) of the overall portion. I particularly recommend Halo foods, although other good choices might be found in dehydrated and frozen dog foods. Add the commercial food in Step Two, when you add the supplements and the enzymes and scale down the helpings of homemade food in proportion to how much commercial food you are using.

Step Two: Healthy Options at Meal Time

Start this step about forty-five minutes before mealtime to allow for prepping and assembling ingredients and letting the digestive enzymes work.

Dish out a portion of the Base Mixture appropriate for your dog.

Depending upon which healthy options you are adding to your dog's meal, mince garlic, ginger, berries, herbs, and sardine. Add them to the serving and mix well. If using, add the coconut oil and mix well.

This is a good time to add any supplements or vitamins that can be served with meals, including the multi-vitamin. Grind tablets into powders using a mortar and pestle, and, if needed, open capsules. Add all to the serving. You can also add pills and capsules whole, if your dog will swallow them that way (just make sure they are gone at the end of the meal).

Mix the digestive enzyme powder into the food, using the dosages recommended in the sidebar on page 207. Heat can inactivate the digestive enzymes, so if the food is hot, cool to room temperature or below (you can put it back in the refrigerator for a few minutes), before you stir them in. Mix very well to distribute the enzymes evenly throughout the food. Allow the food to sit for at least 30 minutes at room temperature (or slightly cooler) to let the enzymes pre-digest it.

After thirty minutes of pre-digestion, give your dog his meal.

NOTE: If you are giving Apocaps or artemisinin with the meal (for example, if your dog has a sensitive stomach), open the capsules and add the powder to the meal *after* the enzymes have worked for thirty minutes. Remember to mix well before feeding your dog.

Meal Time

When you feed your dog, make sure to take at least a moment or two to enjoy your dog while she enjoys her meal. As we've discovered, your attitude, mood and emotions may impact your dog's attitude, mood and emotions. In turn, her mood and emotions may impact her ability to heal. High quality moments like sharing an enjoyable meal cement the bond between the two of you, and feel-



If your dog is using Apocaps, give them on an empty stomach between mealtimes (at least an hour before or after, but preferably four hours before or after), as the label recommends. The same advice applies for artemisinin. See page 170 for details on how to schedule these supplements. You can use the Base Mixture as the snack for her supplements.

ing your love and enjoyment is very important for your dog while she deals with cancer. Leave the dishes for when she's finished.



Cancer Diets for Other Health Issues

If your dog has disease or damage of the liver, kidneys, pancreas or any other organ or bodily system, the diet outlined in this chapter may need to be modified.

For example, if your dog has a liver issue, the relatively high amounts of fat in this diet may need to be reduced. If your dog is allergic to dairy, you won't be able to feed him cottage cheese. Everything depends upon your individual dog's health.

This diet is ideal for most dogs with cancer. If your dog cannot tolerate an ingredient or it isn't good for her, or if your vet tells you not to feed it, exclude it. I have included as many healthy options as possible, so that you can find a way to give your dog a balanced diet, even if you can't do absolutely everything I recommend.

I recommend you consult with your veterinarian directly. Go over the diet and get her feedback about what to include and exclude.