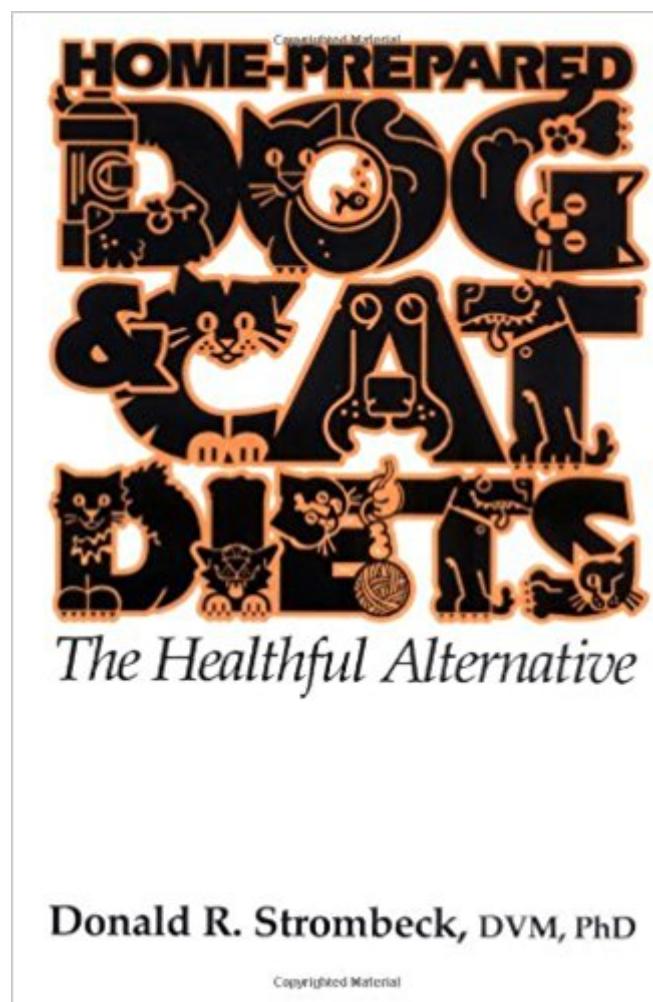


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# Home-Prepared Dog & Cat Diets: The Healthful Alternative



## **Synopsis**

With an eye to the long-term health of pets, Dr Donald Strombeck outlines diets that the care giver can prepare at home or in the clinic. He offers nutritional and dietary guidance for animals with particular problems, from obesity, allergies, and gastrointestinal complaints to diseases of the kidney, pancreas, heart and joints. Each recipe includes nutrient content for proteins, fats and calories and all rely on unprocessed foods that are widely available and marketed for human consumption. Full of useful information about nutritional and dietary needs of cats and dogs, this book will be an indispensable guide for all those who are particular about what they feed their pets or their feline and canine patients.

## **Book Information**

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## **Customer Reviews**

For those of us who believe in and enjoy feeding our dogs whole foods, enjoy cooking for our dogs, and want to ensure the nutritional content of your home-cooked meals, this book is an answer to a prayer. It's filled with nutritional information and easy to follow recipes. The author has provided a chart for finding out the optimum number of calories to feed your dog or cat, based on their weight, and the recipes have the number of calories listed. Very, very few of the commercially pet food labels provide the number of calories in their food. The book will provide you the basics, your own initiative can fill in for a little creativity with the recipes. Most important, you can assure no additives, no preservatives, no sugar, etc. for your pet. And for those of us with pets that tend to be chow hounds, you can monitor the number of calories easily. The author provides recipes for overweight

dogs and cats, and for those with various medical problems. The author, Donald R. Strombeck, has been a vet for 40 years, and tells it like it is about most commercially prepared dog food. This book is not for those who advocate a raw meat diet for your dog or cat. The book is a must for those that are serious about home cooking for your pets and want balanced, sane, nutritional information, and to have a guideline to measure against to ensure you are providing what your pet needs.

I bought this book because my oldest dog was recently diagnosed with pancreatitis brought on by a food allergy and another reviewer had posted that it was a great resource for dogs with GI problems. Unlike other books that I've recently purchased on this subject, when this author was expressing an opinion on something, the underlying research supporting that opinion was documented. As are the studies quoted in the text. I would have felt like a fool sitting down with the vet and talking about the content of some of the other books I've purchased. In most of these books, when studies were mentioned they were seldom, if ever, documented with end- or footnotes, or even referenced by name, researcher, etc. in the text. I will feel confident discussing this book with my vet. Everything is fully documented, and it is written in a crisp style that is easy enough for the non-medical person to read and understand (but keep a dictionary handy for some of the medical terms), and will (hopefully) be appreciated by the clinical veterinarian.

If your dog (or cat) is suffering from GI tract problems and/or food allergies, this may be a book for you. If you are convinced that raw meat is the only way to go, you might want to stop here. But if you find the thought of feeding raw meat a little terrifying, the book is chock full of recipes for dogs and cats - including some vegetarian alternatives. Flipping through it upon receipt, I was surprised to read that "ethoxyquin is safe as well as effective...has a very wide range of safety...[and] more so than any other antioxidant, has anticancer properties." Checking the author's bio, I found out that he "is widely published and has received numerous awards, including the Ralston Purina Award for research excellence in small animal diseases..." "Terrific," I thought, "an apologist for the pet food industry." NOT what I was looking for...Reading further, however, I discovered Dr. Strombeck laying out his expose of commercial pet foods in a dry, clinical style that was actually a refreshing change from the strident and at times self-righteous indictments of the whole foods and holistic alternatives literature. Here is a lot of the same information expressed in a way that not only you can understand, but that your very straight-laced conventional veterinarian might actually consider. The book is full of recipes that seem easy to prepare with one exception: unless you have a large animal, or are prepared to cook in larger batches, you will be trying to figure out how to measure 1/5

of a vitamin tablet or 1/10 of a teaspoon of salt (at least the recipes don't call for ethoxyquin). And, returning to that dry, clinical style, keep a dictionary handy unless you already know that "borborygmus" is basically those gurgling sounds in the gut. I found the book very helpful in understanding why my dog's GI tract problems, which are probably food allergy related, are both so hard to diagnose and so hard to treat. It lays out a program that requires both patience and perseverance, but little in the way of medications or other invasive procedures. I'd give it at least 4 stars (5 if I wasn't a basically hard grader).

Whatever diet you choose to feed your dog or cat, this book will guide you in understanding the nutritional requirements for each. It is an outstanding treatise that contains many charts which do the intricate calculations in the NRC or Waltham Center Requirements so that you don't have to do them yourself. Additionally, there are well thought out cooked diets for cats and dogs enabling the breeder or pet owner to easily cook for their own dog(s) or cat(s). There is no other book that I know of on the market today that contains the wealth of information in this one; whether you are feeding a cooked, raw or commercial diet to your dog or cat, this information will be of value.

A great book! With a little time, concentration, and a calculator, I figured out my cats' nutritional requirements based on their weight. Over a period of about six months, I watched my (formerly) two fat cats become sleeker, shinier, and more energetic, and my third slim cat doesn't hurl huge dry-food meteors across the living room anymore. Cats are carnivores, and they need meat! These cooked diets are the best way to give it to them. Since I've stopped feeding my cats dry food, they're also producing a lot less waste, a sign that they are more efficiently using what they are consuming. If you think it's too much time and effort, imagine watching your cats slowly and steadily losing all of that extra blubber, and regaining so much energy they're like kittens again. Following the outlines of this book is the most responsible thing I have ever done as a cat owner. You'll feel good, and most importantly- so will they.

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