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# Fresh Food & Ancient Wisdom: Preparing Healthy & Balanced Meals For Your Dogs



## Synopsis

As health-oriented people incorporate organic and natural foods into their meal-planning, why not do the same for our beloved dogs? It is widely known that changes in diet, exercise, and lifestyle can improve the quality of human life. Many people today are incorporating organic and natural foods into their diet and are aware of the healing properties of foods. Why treat our dogs differently? In *Fresh Food and Ancient Wisdom*, longtime veterinarian Ihor John Basko offers a simple guide to improving your dog's health and happiness through balanced diets filled with natural, organic, and fresh ingredients. With more than 35 years of study in animal nutrition and Traditional Eastern Asian Medicine, Dr. Basko is an expert in the area of dog nutrition. *Fresh Food and Ancient Wisdom*, filled with easy-to-make recipes for all types of dogs in all stages of life, explains why diet change is one of the most important gestures we can make for our pets. Dr. Basko addresses the needs of dogs with specific problems by creating supportive diets through the use of "healing foods" based on Traditional Eastern Medicine food therapy.

## Book Information

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## Customer Reviews

I am a holistic vet in Minnesota and this book is THE book I recommend for feeding dogs. The recipes that it contains, along with the principals of feeding it presents, make it fully usable along with being an enjoyable and informative read. It contains basic recipes for different style dogs, recipes for the different seasons, and recipes for internal medical conditions. It has a list of the energetics of various foods in the back so I can work with my clients picking foods for changes in their pet - often precluding the necessity for further medicine. Food is medicine and Dr. Basko has

done a wonderful job putting that in usable format.

This version of Dr. Basko's book has a larger format and is much prettier than the previous out of print edition. In this day when people want their dogs to, "live the good life", this will be a good resource for pet owners and veterinarians alike. Dr. Basko is a resident of Hawaii, an expert in alternative medicine and herbal medicine. He has the wisdom of years of practice. I just got my copy at the American Holistic Veterinary Medicine Association and I like it a lot.

I've been rawfeeding and home-prepping all food and treats for my pets - cats and dogs - for over 15 years and the nutritional information and recipes in this book are phenomenal! They help me customize meals based on my pets' age/health conditions.

I have been feeding prepared food to my 12 year old Sheltie, China, for the past 9 years. It been a bit of a hassle looking for sources and researching on line for help with recipes that address nutritional requirements for various health issues that can happen to an older dog. Dr Basko's book is truly remarkable and is making a huge difference in her general health. The book is chocked full of nutritional information and recipes for both general feeding and specific ailments. If you need help and information on preparing nutritious, healthy meals for your best friend, young or old, this is your source. It's worth ever penny. Imua, Dr Basko!

My boxer has had digestive issues and allergies. Everything has cleared up. Very happy with Dr. Basko's book. My cousin worked for him when she lived in HI. She recommended the book. Now I have a healthy boxer, he always happy.

Our dogs have eaten, for the most part, what we eat before the advent of commercial dog food. Dr. Basko's book guides us back to this in an organized way and with solid advice for foods that address the many ailments and circumstances that occur with our dogs, from young pups who have had a rough beginning to the older dog who has developed illnesses. The recipes are easy to follow and they have been instrumental in curing my dog of painful medical problems. I've been waiting for a book like this to come along and am so grateful for it. If you are wanting a healthier life for your dog, this book will help you get there.

Great book but sellers on are overpricing it. You can get this book directly from Dr Basko's site for

around 45 bucks, and even less if you just download it. My dog had terrible itching but three days on a 'cooling' diet and all the itching has stopped and her rashes are finally going away. I'll never buy store bought dog food of any kind. I used to buy Blue Buffalo and Authority, neither of which helped her problems and both of which are about the most expensive dog foods sold at PetSmart.

This is a pretty good book. We got this early on and have been cooking our puppy's meals for almost his entire life. My biggest problem with this book is that there aren't any recipes for our dog's age group. He covers up to 6 months old and then 2 years and older. I'm not sure what we should be feeding our dog right now so I've been making some meals from both age groups.

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