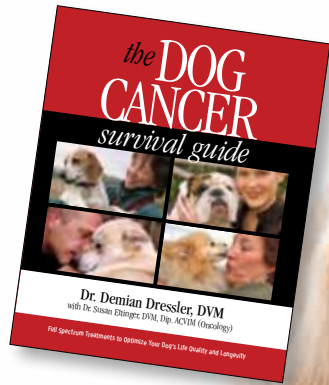


the DOG CANCER *diet*

a special report excerpted from
The Dog Cancer
Survival Guide



DR. DEMIAN DRESSLER, DVM

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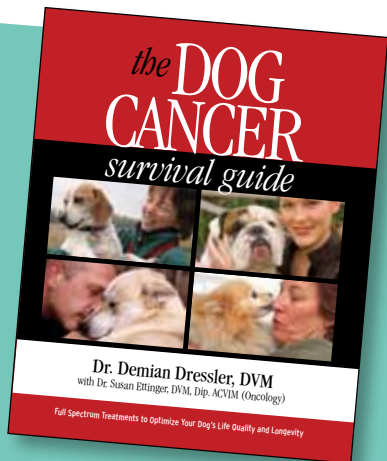
This ebook is an excerpt from the #1 bestselling book on dog cancer,
The Dog Cancer Survival Guide: Full Spectrum Treatments to Optimize Your Dog's Life Quality & Longevity
by Dr. Demian Dressler, DVM with Dr. Susan Ettinger, DVM, Dip. ACVIM (Oncology)

If your dog has
CANCER *you need this book*

No matter what you've heard, there are always steps you can take to help your dog fight (and even beat) cancer. This comprehensive guide is your complete reference for practical, evidence-based strategies that can optimize the life quality and longevity for your dog. No matter what diagnosis or stage of cancer your dog has, this book is packed with precious advice that can help now.

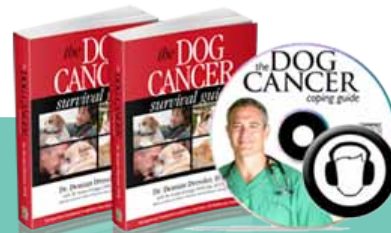
Discover the Full Spectrum Approach to Dog Cancer Care...

- Everything you need to know about conventional western veterinary treatments (surgery, chemotherapy and radiation) including how to reduce their side effects.
- The most effective non-conventional options, including botanical nutraceuticals, supplements, nutrition, and mind-body medicine.
- How to analyze the options and develop a specific plan for your own dog based on your dog's type of cancer, your dog's age, your financial and time budget, your personality, and many other personal factors.



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Throughout this ebook, there are embedded links printed in blue type. You can click on those and your web browser will open to a relevant page or resource related to that topic. All of these are trusted links that you'll find helpful.

Help Your Dog Fight Cancer with Food

Did you know you can help your dog fight cancer at his next meal?

The right foods – many of which you probably have in your house right now – can be powerful weapons for a dog with cancer. Putting your dog on a Dog Cancer Diet, as outlined in this report, accomplishes two things.

The Dog Cancer Diet:

1. **Fights Cancer.** It's probably what you want the most – for the cancer to just go away. While no food is that kind of “miracle cure,” there are some that can “go after” cancer tumors.
2. **Supports Immune Response.** The body has a natural defense system for cancer, called the immune system. Unfortunately, dogs with cancer often have a suppressed immune system, which means cancer can run roughshod over the body. Foods that boost the immune system help the body's natural defenses repair themselves.

There is a lot of misinformation out there about what to feed a dog with cancer. In order to clear up any misconceptions, this report covers:

1. Why most dog food should not be fed to a dog with cancer.
2. Hidden “ingredients” in your dog's food that should be cut out.
3. How to switch your dog to a dog cancer diet – and why it's so important to take it slow.
4. The best foods to feed your dog with cancer – and why they're so helpful.
5. How to prepare a meal for your dog – step by step – so that each food gives optimal benefit to fight cancer or boost the immune system.

Every topic in this report was carefully considered before it was included. Every recommendation is based on my own experience in treating cancer, research in my clinic, or published scientific information. This information is not “coming out of nowhere” and it’s not “based on a feeling:” it’s solid science, and it will help your dog.

It really is possible to help your dog **at his next meal**. And the best part is this: dogs with cancer usually love eating the Dog Cancer Diet.

(That’s because good food tastes good – even to our dogs.)

There is a lot to cover, but this report has been designed to be an easy and quick read. Please take the time to read every part so that when you feed your dog his first cancer-fighting, immune-system-boosting meal, you are sure you’ve done everything you can to help him out.

I hope you find this report helpful and informative. If you’re the slightest bit skeptical that food can help your dog fight cancer, I understand. Years ago, before I really started researching dog cancer, I felt the same way.



Much of what I write in the full-length book [*The Dog Cancer Survival Guide: Full Spectrum Treatments to Optimize Your Dog's Life Quality & Longevity*](#) is big news to traditional vets and dog lovers alike. I cover many complicated subjects, including: traditional therapies like chemotherapy, surgery and radiation; how to manage side effects from cancer symptoms or cancer treatments; cutting edge supplements (many of which are being explored in laboratories across the U.S. and the world for use in human cancer); the mind-body connection between your dog and his cancer; lifestyle factors that can contribute to cancer's development; and many more.

Although thoroughly trained as a conventional veterinarian at Cornell University, I don't "practice in the box" of conventional medicine. Instead, I treat dog cancer with what I call a **Full Spectrum Approach**. I will use any therapy, treatment, or system that has been shown to help cancer – from chemotherapy to homeopathy to touch therapy. And believe me, **diet is a powerful weapon in the fight to return to normal health**. What your dog eats is a cornerstone of my cancer care plan. In this special report, I'm focusing on what you put in your dog's bowl because it matters and it's actionable. **You can help your dog fight cancer at her next meal.**

If you are hungry for more information about dogs and cancer and food, you can use the Further Reading section to find the science behind my recommendations.

For now, we'll start with one of the first questions people ask when their dog gets cancer:

“Is it the Food?”

Dog lovers dealing with the nightmare of canine cancer often wonder “is it the food I feed her?”

The short answer is this: Yes, your dog's diet could be contributing to her cancer.

Some dog lovers don't like hearing that blunt truth because it makes them feel guilty, like they caused their dog to get cancer. Please understand; I am not saying that your dog's diet caused his cancer. Cancer has many possible causes, and many, many, many things have to happen in order for cancer to develop in the body. There is no “one” cause of cancer.

However, what your dog eats does matter. Some foods fight cancer. Some foods encourage cancer. And most people don't know which foods are which. I went to the best veterinary school in the country (according to U.S. News & World Report)– Cornell University – and I didn't learn the information in this report at school. It's not common knowledge, even among vets!

So if you feel upset, try to ease up on yourself. None of this is your fault.



Have you ever heard the phrase “an educated consumer is the best customer?” I believe that an educated dog lover is the best veterinary client. Vets are trained in dog medicine and many have put long hours into honing their practice. Most are real animal lovers and give sound advice about dog cancer (whether it’s conventional or alternative). But only **you** really know **your dog**, and only you can ultimately make decisions about your dog’s treatment. That’s why I strongly urge you to think of yourself as your dog’s **Primary Health Advocate**. You and your dog are a team, and you are the leader. If your dog has cancer, you absolutely should “bring your vet on board your team” as a health expert. But it’s ultimately your responsibility to make the decisions about what your team will do. Educating yourself about dog cancer is the first step in empowering yourself to make excellent choices. Thank you for reading this report, which will help you discover what to feed your dog to encourage healthy cells and discourage cancer growth.

The Good News for You

I have two pieces of good news for you. The first is that when you feed your dog according to the guidelines I outline in this report, you are helping him immediately. **This 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 – because dogs love to eat – your dog is likely to love switching to this diet. It's composed of human food...and most dogs like to eat tasty, lovingly prepared human food. If you're facing the costly and perhaps scary prospect of surgery, chemotherapy, or radiation, you can rest assured that at least *this* cancer treatment will be welcomed by your dog.



As you read this report, please keep in mind that it does not substitute for your veterinarian's guidance. Although I am confident that the advice I give in this report is excellent, it's general. I do not recommend that you follow any advice for treating cancer without having a vet examine your dog and do an actual biopsy to verify the diagnosis. Some of what I recommend I would not advise for a healthy dog, or for a dog that is sick with an illness other than cancer.



If you are interested in learning more about diet and how it impacts cancer in a dog's body, check out the Further Reading section at the end of this report.

Let's examine why diet is so important for your dog's general health and wellbeing.

Your Dog's “Wild Cravings”

A good diet is essential to health, and your dog's body naturally craves tasty, nutritious food. A dog's **natural diet** consists of protein, fat, and some vegetables (not usually grains like corn and wheat). We know this by looking at what dogs in the wild eat.

Dogs and their close relatives - wolves, coyotes, foxes and others – satisfy their “wild cravings” by hunting prey animals like deer and rabbits. These prey animals typically feed on plants and grasses, which are naturally full of vitamins and minerals.

In case you usually cover your eyes during the hunting scenes on nature shows, let me tell you what happens when that wolf pack catches their prey.

After they take the prey down, **the 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.



Dogs in the wild eat a natural diet consisting of protein, fat, and some vegetables (not usually grains like corn and wheat). Feeding your dog food that comes as close as possible to their “wild diet” is a cornerstone of Full Spectrum Cancer Care, and the basis of the Dog Cancer Diet outlined in this report. It may take a little effort, but it is worth it for your dog's health. Because it is made of primarily “human food,” dogs tend to really like it. Of all the cancer treatments your dog may have to endure, this one will likely be the most pleasurable.

Grains and Cancer

Later when we go over the Dog Cancer Diet, you'll see very few grains in the ingredient list. There are also no added sugars. Most grains and sugars are absent because they are not part of a dog's natural diet.

Perhaps more important, **most grains can feed cancer**. Let me explain.

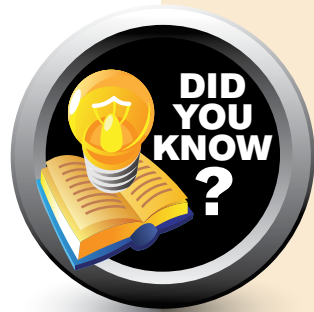
Grains and sugars are packed with starches and simple carbohydrates, otherwise known as simple sugars.

Cancer cells love simple sugars. They **feast** on simple sugars. They grow **stronger** and **faster** on a diet of simple sugars.

In other words, cancer is a junk food junkie.

Very few dog lovers actually feed their dog pure sugar, but many feed their dog simple carbohydrates without realizing it.

Most forms of corn and wheat break down very easily into simple sugars. If you look at the ingredient list on most commercial dog foods, corn and/or wheat are often first on the list.



Cancer is a junk food junkie. Cancer thrives on a diet full of sugar. Cutting out any foods that are sugary – or that break down easily into simple sugars – is very important. Most forms of corn and wheat break down into simple sugars, and these are often major ingredients in some commercial pet foods and treats.

Commercial Dog Foods and Cancer-Causing Carcinogens

Even dog lovers who feed their dog homemade food often include carbohydrate-rich potatoes, peas, corn and carrots in their meals. The body breaks these vegetables down very quickly into simple sugars.

Because simple sugars feed cancer, I advise you to avoid carbohydrates and sugars in your dog's diet.

Complex carbohydrates, on the other hand, can be a good source of energy for your dog's body while she fights cancer. Oatmeal and brown rice are both good sources of energy. There is even some evidence that the polysaccharides in their bran are cancer-fighters! As you'll see later on, I include both of these grains in the Dog Cancer Diet.

Commercial dog food is convenient and relatively inexpensive, but it may not be good for your dog. That's because **some** commercial dog foods contain carcinogens. I want to be clear that I am not condemning every commercial dog food – in fact, I even recommend a few. In a minute I will talk about which ingredients and manufacturing processes are known to be problematic. In the meantime, let me tell you what carcinogens are, and why you should avoid them.

A carcinogen is any substance that is capable of causing cancer, promoting cancer, or aggravating cancer. Carcinogens can cause damage to healthy cell DNA in various ways, including creating cancer cells that multiply uncontrollably.

Familiar examples of carcinogens include asbestos, tobacco smoke, and certain pesticides. Carcinogens can be found everywhere...in our food, our

water, our air, and our soil. Sometimes we don't even know that a substance is carcinogenic until after it's been in steady use for a long time (for example, asbestos, which was once thought to be harmless).

Not every exposure to carcinogens causes cancer, of course. But every exposure increases the risk of developing or aggravating cancer.

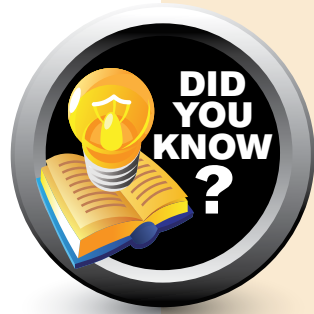
Sometimes, harmless substances can become carcinogens when they're combined with other harmless substances, or if they are subjected to certain environmental stresses, including heat.

There are a couple of ways that carcinogens get into commercial dog food, and I'll go over those in a minute.

Now, some have said "Why bother changing his food? The damage is already done; my dog already has cancer. What difference could it really make?"

My answer is this: changing your dog's food if he's on commercial dog food really **can** make a difference. There have been some recent studies that show cancer cell DNA is not stable and can change in unpredictable ways. Since carcinogens change cell DNA, exposing your dog's cancer cells to them raises the risk that those cells **could change for the worse**.

Now let's take a look at how those nasty carcinogens can get into commercial dog food.



Dogs and humans are very similar physiologically. In fact, most dog cancer treatments come directly from human cancer medicine. Veterinarians typically do not adopt a treatment for use in dogs until after human doctors have done the research and shown a treatment – whether it’s chemotherapy or dietary supplements – helps humans. This is why I do not only look at veterinary medicine and veterinary science for dog cancer treatments. I also look at promising cutting edge human cancer medicine. What shows promise today in human medicine is what we may be using a few years from now in veterinary medicine. So if someone tells you “there is no evidence that this works in dogs” they may be right that there is no direct evidence *at this time*. But because humans and dogs are so similar (in fact, dogs are used as test subjects for some human medicine), it is reasonable to think that a treatment which has been shown to help humans could also help dogs. I may be taking an “experimental” approach to treating dog cancer when compared to a more conservative vet, but when we’re dealing with a nasty, fast-moving foe like cancer, I take a Full Spectrum Approach.

Nitrites + Nitrates + Digestion = Carcinogens

You have probably heard of nitrites and nitrates, the preservatives that are found in many processed meats and also in many brands of dog food. Although these preservatives do a great job of extending the shelf life of the food, they are not so good for you, or for your dog, when they're in the body.

According to the Mayo Clinic, one of the most respected hospitals for cancer research and treatment, nitrates and nitrites combine with other nitrogen-containing substances in your stomach to form N-nitroso compounds; carcinogens which can cause cancer.

Remember how sometimes carcinogens can be formed by combining otherwise harmless substances?

That is precisely what happens with nitrites and nitrates. They are not carcinogens themselves. However, when the body digests them **they are converted to cancer-causing chemicals** by the digestive process.

For this reason, I do not recommend feeding your dog any food that contains nitrites or nitrates. This includes commercial dog foods, of course, but it also includes many human foods like hot dogs. You can see if a food has nitrites or nitrates in it by checking the ingredients on the product label.

Ethoxyquin “Hides” in Fish Meal

Ethoxyquin, which has been shown to cause kidney damage, is sometimes found in commercial pet food. You will not find this known carcinogen listed as its own ingredient on the label, but you may see the ingredient “fish meal.” Federal law mandates that ethoxyquin is used as a preservative when fish meal

is shipped, so any food that contains fish meal is likely to contain ethoxyquin, too.

If you have dog food with fish meal listed on the label, I recommend getting your dog off of it.

Dry Dog Food and High Temperature Processing

Many dog lovers, me included, love the shelf stability and convenience of dry dog food. However, when I look at it from a Full Spectrum Approach, I have deep concerns about the way dry dog food is manufactured.

To make most dry dog foods, commercial dog food companies heat a mixture of meat or fish, fat, grains (and in some cases, animal remains) to a very high temperature and push it through a machine called an extruder.

This extruder creates the familiar pieces of dry dog food in uniform pieces of kibble. Many commercial treats are also made this way.

The high temperatures used to heat the food change it enough to produce chemicals called **heterocyclic amines**, which are known to be extremely potent carcinogens.

Another carcinogen that can be created by applying high heat to food – especially starchy food like the corn found in many commercial dog foods - is **acrylamide**. This carcinogen has recently become the subject of intense study.



Agencies which regulate pet food do not consider carcinogens created as by-products of manufacturing processes (like extruding kibble) ingredients. Because these carcinogens are not present in the food before it is processed, they are not listed on the product label. But that doesn't mean they aren't in the food. The high heat temperatures used in manufacturing many uniformly shaped dog foods (kibble and treats, for example), create carcinogens which remain in the food. I strongly recommend feeding your dog foods which are heated at low temperatures (below 212° Fahrenheit).

Unfortunately, heterocyclic amines and acrylamide remain in the kibble even after it cools off.

You might think that heterocyclic amines and acrylamide would have to be listed on the manufacturer's product label, but that is not true. They are not present before the mixture is processed and pushed through the extruder, so they are not considered ingredients by regulatory agencies.

Whether they are listed on the label or not, the high-heat processing of many dry dog food and treats creates carcinogens which stay in your dog's food. If you feed your dog commercial food, I strongly recommend those cooked at a low temperature (below 212° Fahrenheit). Partially cooked, frozen, or dehydrated brands are also good choices.

Commercial Foods I Recommend

If you can find a low-carbohydrate, carcinogen-free, over the counter commercial dog food, you can use it as part of your dog's Cancer Diet. However, I strongly suggest that you make it a "base" for this home-made Dog Cancer Diet. The commercial dog food should ideally make up one quarter ($\frac{1}{4}$) of your dog's overall diet; and certainly no more than one half ($\frac{1}{2}$) of his food.

After careful research, I have chosen [Halo](#) as the best choice for a commercial dog food base. Halo's formulas have fewer carbohydrates than typical commercial dog foods. The processing and sourcing of the human-grade ingredients receive an "A" for carcinogen-free foods. Other high-quality brands include Solid Gold, Orijen, Blue Buffalo, Taste of the Wild, and Honest Kitchen.

If your dog has **lymphosarcoma**, there is one commercially-made prescription diet (available only with a veterinary prescription) that has been shown to help extend the life of dogs with this cancer. It is produced by Hill's, and is called ND. If you use Hill's ND, please introduce it gradually into your dog's diet according to the instructions I give in the section below on **How to Switch Your Dog to a Cancer Diet** on [page 26](#).

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 raw diet for healthy dogs with normal, non-cancerous body cells. After all, as we just discussed, cooking food in and of itself can create carcinogenic compounds which could actually lead to cancer in the body.

Given this, it could seem logical to think that feeding raw – which reduces carcinogens – is a good way to feed a dog with cancer.

But in general, dogs suffering from cancer have completely different body chemistry from healthy dogs. They also have compromised immune systems. And 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.



I was “numb,” confused and upset about my girl’s condition. Although I had researched a great deal on the web, I found that there was too much information and no real way to know who to believe. A lot of the information out there seems like “voodoo” and many things I read were contradictory to each other. To compound my frustration, traditional medicine for the most part seemed anti-holistic, and the natural cures crowd seemed to be anti-modern medicine. Dr. Dressler is unique in his approach. He doesn’t count anything out unless there is reason to believe it is ineffective or puts your pet at too much of a risk. His [book](#) clarifies a lot of the questions and uncertainties while giving you a game plan and knowledge to make key decisions and a way to reason through the tough times. An excellent read and helps bring a light to a dark situation!

– Julian Trevino - Daffney, 10 year old Lab with Mast Cell, Roseville, MI

First of all, it is pretty hard 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 or other animal that has just been brought down by the pack.

Let's look at meat, for example.

How to Prepare Meat Safely

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 meat, chicken, pork or fish product, even when they are refrigerated in plastic. The longer the time between killing the animal and eating it, the more likely these foods are to have large populations of surface microbes, which tend to multiply exponentially.

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, these microbes can make dogs very sick.

In healthy dogs, the immune system might be able to fend off the microbes. But in a dog with cancer, the immune system is probably compromised, which means they are more likely to get an infection. It's hard enough to recover from cancer without a secondary illness sapping the immune system and diverting energy from healing cancer. This is why I recommend cooking these foods. Heat destroys the microbes.

But heat also can create carcinogens, right? So how do we destroy microbes, but minimize carcinogens?

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), almost no carcinogens are created. Raise the temperature just a few degrees – to 300° Fahrenheit – and moderate levels of carcinogens are produced.

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

If you love to sauté food in a pan, you can do that, of course, but keep the temperature very 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 good laser thermometer, which you can get at a cooking supply store, can tell you exactly how hot the pan's surface is.



Low cooking temperatures and partial cooking (when safe) minimizes carcinogen creation and kills microbes while maintaining as much of the food's “wild nature” as possible. When food is boiled (which happens at 212° Fahrenheit), almost no carcinogens are created. That's why I recommend cooking your dog's food in simmering water or low-sodium broth. Another benefit: food that is simmered (rather than boiled or sautéed) can end up very tender and evenly cooked.

Poultry, pork, and fish should be cooked all the way through to kill microbes both inside and on the surface of the meat. So should chicken or pork liver. Ground red meat of any kind should 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 beef steak, for example – is a different matter. Since red meat rarely has microbes in the flesh itself, 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. The same applies to beef liver.

Now let's look at raw vegetables.

How to Cook Vegetables Safely

In the wild, veggies have already been broken down by 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, but they're 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 them “come out the other end” looking nearly intact. This is because the dog's gut – much like the wolf's – doesn't break down vegetables easily. So when you feed your dog completely raw veggies, they may not be extracting as much nutrition as they could be.

Cooking vegetables helps break down the plant matter and “pre-digest” it so that the dog is better able to absorb all those essential vitamins, minerals,

and nutrients. Cook vegetables until they are very soft, and then chop or food process them until you have 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 then can be mixed into the rest of the meal. This way the blender “pre-digests” the veggies by breaking them down.

Using digestive enzymes to pre-digest raw vegetables (and mostly-raw red meat and cooked meats) mimics the “wild diet” and is important. Please refer to the section on digestive enzymes later on to find out more.

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 to give him extra food as a special treat. The problem is that when we feed freely by hand like this, we may feed too much without realizing it. Overfeeding is not healthy for our dogs.

One reason it's not healthy is that overfeeding 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 food.

The lifespan of the dogs on the restricted diet was significantly longer than the ones who ate a great deal. The dogs in the restricted group lived an average of 2 years longer than the excessively-fed dogs, which is a long time in dog years!

Excess body fat – or obesity – is also linked to cancer in dogs. The precise link is not yet completely defined, but new research has shown that fat cells secrete a chemical called **adiponectin**, which **actually lessens the development of cancer cells**.

Fat cells secrete much **less** adiponectin when the body has excess fat in storage, which happens in a heavy dog.

Fat cells secrete **more** adiponectin when the fat cells are being burned for fuel, which happens in a leaner dog.

This means that a lean body has more adiponectin than an obese body, and so a lean body is more able to resist cancer.



So 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 you should feed him. I lay out general guidelines in the Dog Cancer Recipe section which will help you to know 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.



I recommend keeping a journal of all of your dog's treatments, activities, meals, and supplement regimens. Weighing your dog at regular intervals (once per week) helps you to track whether she is losing weight, gaining weight, or maintaining weight. Bring your journal on your next trip to the vet, and you will find it helpful. You won't have to rely on your memory, and you will have a place to record their advice and your plans.

We've talked about the carcinogens that can be found and/or manufactured in food. But what about your dog's water? Is that safe?

Water Quality and Cancer

I wish this weren't the case, but the water that your dog drinks could be contributing to his cancer. This is for a couple of reasons.

Pharmaceuticals in Our Water

In 2008 investigative reporters from the Associated Press published a series of articles about the water we drink. In their investigation they found that at least 46 million people in two dozen major metropolitan areas are drinking water with minute amounts of pharmaceuticals. According to the series, small amounts of prescription drugs have been found, including still-active hormones from birth control pills, chemotherapy agents, and antidepressants, among others.

How did these drugs get into our water supply? One way is through the sewage system.

If an individual takes their medication – let's say a heart medication – and their body does not use it all, the excess amount is released from the body through the bowels and the urinary tract. These still-active drugs flow into the sewage system, where the water is then treated to make it drinkable. It is then piped back into household faucets for normal use.

Water treatment facilities can remove bacteria and protozoa from water during treatment, but according to the water suppliers interviewed for the series, the technology to remove pharmaceuticals is not in place and/or is not definitively working. Therefore, the drugs may remain even in the treated water.

According to the AP, this inadvertent dumping of prescription drugs is not the only way they are getting into our water. Some hospitals across America dispose of unused medications by flushing them down the toilet. In these cases, the drugs enter the sewage system at full strength, without even being metabolized in the body.

Our dogs end up drinking these small doses of pharmaceuticals over the years. A medical doctor would not recommend taking random pharmaceuticals all mixed together, and neither would veterinarians. The results are unpredictable and could be damaging to your dog's health.

The federal government does not currently regulate prescription drugs in drinking water. According to the AP investigation, the EPA acknowledges the problem with the water supply, and some water suppliers are working on it. I have a suspicion that we will be hearing more about this as time goes on—it's too big a potential danger to ignore for long.

I recommend giving your dog water that has been purified through filtration or reverse osmosis. To be sure you are removing as many unwanted

pharmaceuticals as possible you will likely need to use an ozonation system. Water filtration technology is always changing and improving, so as this danger becomes more known, systems will likely improve and become less expensive.

Fluoride in Drinking Water

There is a large, but largely ignored, body of evidence that fluoride in drinking water likely increases the risk of bone cancer in growing boys and in rats. The *Washington Post* published an article about a scandal involving suppression of these research findings.

According to the article, a Harvard School of Dental Medicine epidemiologist told federal officials that he didn't find any significant links between fluoridated water and osteosarcoma; a form of bone cancer that is rare in humans, but common in dogs. However, just a few years earlier, this same scientist had supervised a doctoral thesis which concluded that boys exposed to fluoridated water at a young age **were** more likely to get osteosarcoma.

I have not found **direct** evidence for fluoridated water causing bone cancer or other cancers in dogs. However, dogs and humans are very similar



I recommend checking the EPA's website and hotlines to find out exactly what's in your drinking water and what you can do to improve it. They have an excellent website to start your research: <http://www.epa.gov/safewater/faq/faq.html>

physiologically, and veterinary cancer treatments usually come directly from human medicine. Since there is some evidence that fluoridated water may be a risk factor for bone cancer in other species, my recommendation is to avoid it in dogs with cancer to stay on the safe side.

Now that we've covered some basic – but important – information on what food and water you shouldn't feed your dog with cancer, let's start talking about what you **should** feed your dog. It can be a big switch for your dog's tummy – and cancer – so it needs to be handled with some care.

Weaning Your Dog to the Dog Cancer Diet

You have probably heard of “weaning” a dog (or a human baby). Weaning is the process which mother animals use to help their babies switch from breast milk or formula to solid food. Something similar is required for getting a dog off a regular diet and onto the Dog Cancer Diet. We’ll go over some guidelines now.

What’s most important to know is that if your dog eats commercial dog food, he will probably love the switch to the Dog Cancer Diet. Most dogs have always wanted to eat “human” food – and this diet is mostly human food. Plus, it tastes great.

However, if your dog is finicky, she may not love the switch.

Whether your dog has cancer or not, any change in diet should always be started slowly by gradually phasing out the old food as the new is added. Dogs can experience diarrhea, bloating, 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 2 weeks. Every day, increase the amount of new food and decrease the amount of old food, tablespoon by tablespoon. If diarrhea or vomiting occurs, lessen the amount of the new food at the next meal until the symptoms subside. Then try to increase it again in a few days.

After one week, your dog’s ration should be half the Dog Cancer Diet and half the previous food. After two weeks, your dog should be on their new Dog Cancer Diet. If your dog has trouble adjusting, it might take a little longer, but that’s OK. Just take your time.

The Dog Cancer Diet is very flexible. The ingredients can be varied 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 something healthy that your dog likes.



Remember the most important thing: eating something is better than not eating at all. If you have to choose between feeding your dog something that is not really “healthy”, and having your dog not eat at all, choose eating something not really “healthy.” Starving your dog is not going to help him.

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 includes foods that help the body **fight cancer** and foods that help the body **prevent cancer**.

It's all homemade, and is not pre-packaged (unless you choose to use a good commercial dog food like Halo for part of the diet).

You will likely recognize many of the foods in the diet, and many are relatively inexpensive. These ingredients can also be purchased on sale and frozen for later use.

Mealtime is an excellent time to give your dog the vitamins and supplements I recommend in [***The Dog Cancer Survival Guide***](#), if you choose to follow my advice. The details on those supplements are in the book.

But even if you do not follow my advice on supplements and vitamins, switching your dog to the Full Spectrum Dog Cancer Diet is a good thing and will help your dog, right away.

A detailed recipe follows, but before I tell you how to make your dog's meal, I want to go over the general guidelines for this diet.



The Dog Cancer Survival Guide is the most in-depth, and helpful, resource I've found yet to not only learn more about cancer in dogs, but also how to treat it. We're encountering such varied opinions from vets we speak with. "The Dog Cancer Survival Guide" provides a full picture of the options for our dog and has given us hope beyond the traditional standard of care for our dog. The most important information I got from the book was the Supplements to KILL cancer cells! We wish we lived in Maui right now and that Dr. Dressler were our vet!

– Tammy McCarley, Sienna, 8 year old Golden Retriever/Chow mix with Hemangiopericytoma, Sacramento, CA

Dog Cancer Diet Guidelines

It is important to satisfy your dog's "wild cravings" at every mealtime. That's why you should include at least one ingredient from each of the following categories at every meal.

By the way, don't worry about memorizing all of this information right now. I will go over it all again and tell you how to combine these 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 can also be dense in nutrition, vitamins, and minerals. The following are good choices for protein: beef, chicken, fish, turkey, venison, duck, pork, goat and lamb.

Buy lean cuts of meat, for example, chicken breasts instead of thighs. The fat in animal flesh contains more “bad fats” – 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 off 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.



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 most dogs.

At Every Meal: Cancer-Fighting Fats and Oils

You may have heard of omega-3 fatty acids before now. I cover these crucial “good fats” at length in [***The Dog Cancer Survival Guide***](#) because they are very important for fighting cancer in your dog.



If your dog has a pancreatic disease, please consult with your veterinarian before feeding the Dog Cancer Diet, as high levels of fat in the diet may worsen such a condition. Modify your dog's diet according to your vet's recommendations.

In a nutshell, omega-3 fatty acids boost the immune system (good) while omega-6 fatty acids suppress it (bad). As you probably know, a healthy immune system is very important for fighting cancer.

In addition to supporting the immune system, omega-3 fatty acids can also help to offset the effects of excessive omega-6 fatty acids in your dog's body. That's why it's so important to include them in your Dog Cancer Diet.

I recommend two sources of omega-3 fatty acids for your Full Spectrum Dog Cancer Diet: krill oil and fish oil. Pick one of these oils, use it for 3 to 4 weeks, and then switch to the other, alternating oils throughout the treatment.



Liver is also a good source of omega-3 fatty acids, which is why I include it in the recipe in the next section. Liver should be cooked by simmering just like any other protein. Chicken or pork livers should be cooked all the way through, while beef liver can be left raw inside, with only the outer 1/8th inch cooked. While I include liver for its cancer-fighting omega-3 fatty acids, some dogs can experience digestive upset if they start eating a lot of fat all at once. For this reason, I recommend chopping liver before cooking it. If you do this, the liver will release more of its fat through the expanded cooking area. Cutting back on fat just a little here keeps this very nutritious food from making your dog's tummy upset.

Krill Oil comes from krill, the tiny shrimp that are the primary source of food for whales. I like krill oil because krill are near the bottom of the food chain. Fish higher on the food chain live longer and tend to accumulate heavy metals like lead in their fatty tissue. Some of these metals are carcinogens, which we want to avoid. Because krill is so low on the food chain, it typically doesn't have high levels of heavy metals.

There is also evidence that krill oil helps with depression, which can often accompany cancer in dogs. We know from human studies that depression and cancer are linked, so efforts to fight depression in dogs can give us an edge in fighting dog cancer. (There are many other cancer-fighting health benefits to krill oil that I go into in detail in **[The Dog Cancer Survival Guide.](#)**)

Krill oil typically comes in 1,000 mg softgel capsules. To feed your dog krill oil, simply slice open the capsules (carefully) or cut them at one end with a pair of kitchen shears. Then gently squeeze the oil out of the capsule and into the food. Mix thoroughly. If your dog can swallow them whole, that is another good way to feed your dog krill oil.

The sudden introduction of fatty acids can cause stomach upset and diarrhea, so please work up to a full dosage over about fourteen (14) days.

These are the dosages I recommend for a dog on the Full Spectrum Dog Cancer Diet:

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

Doses are given in a range because there are so many different brands, which each formulate the oil in different ways. Use these doses as guidelines, rather than hard-and-fast rules.



Krill oil may have some blood thinning effects. Stop giving krill oil ten (10) 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 that 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. However, fish oil has less impact on depression. While there used to be some concern about heavy metal toxicity in fish oil, most brand name oils today have removed heavy metals to allowable levels.

Administer fish oil in the same way you administer krill oil. When outlining the doses for fish oil, I assume each 1,000 mg softgel 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

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

Doses are given in a range because there are so many different brands, which each formulate the oil in different ways. Use these doses as guidelines, rather than hard-and-fast rules.



I do not recommend cod liver oil as your fish oil supplement. Cod liver oil contains abnormally high levels of fat-soluble vitamins, ingestion of which can lead to serious toxicity levels. I also discourage using salmon oil from the name brand EHP. 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.



Fish oil may have some blood thinning effects. Stop giving fish oil ten (10) days before any surgery and wait until ten days after surgery or after sutures are removed or dissolved before giving it again.

At Every Meal: Vegetables

I cannot stress enough how important vegetables are in your dog's Full Spectrum Dog Cancer Diet. I spend pages and pages in [***The Dog Cancer Survival Guide***](#) going over the importance of these particular vegetables and how they interact with cancer in your dog's body. But for the purpose of this report, I will just say that including **these vegetables** in your dog's diet is crucial.

You can mix and match these vegetables or include just one in each meal:

shiitake mushrooms, brussels sprouts, broccoli, cauliflower, cabbage, (cooked) mung beans, and red or yellow bell peppers.

Often these vegetables can be found in the frozen food section. To prepare them, simply steam or boil them according to the package directions. Cook them until they are very soft to make them easy for your dog with cancer to digest. Once cooked, chop or food 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 a sort of mush. This will help your dog with cancer fully absorb their nutrients.



Remember to 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.

At Every Meal: Food Rich in 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, but did you know that your dog's muscles can't contract without calcium? 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. And because dogs cannot produce calcium in their bodies, they must get it from their diet. Making sure

that your dog with cancer gets plenty of calcium is essential.

Good sources of calcium include cottage cheese, chicken or turkey necks.

Cottage cheese and chicken or turkey necks can all be found in most grocery stores. The necks can be simmered according to the low-temperature cooking recommendation above.

Oyster shell calcium tablets can be found in health food stores and online.



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. Give doxycycline later. For more information on doxycycline see *The Dog Cancer Survival Guide*.

I used to recommend bone meal as a good source of calcium; however, I no longer do. There is evidence that the bones ground into meal have accumulated fluoride, which, as you'll remember, is not something we want in a body that is fighting cancer.

At Every Meal: Filling and Nutritious Whole Grains

We've already gone over why most grains are not good for your dog with cancer. However, brown rice and oatmeal are both healthy and filling foods for your dog. The polysaccharides found in the bran in these grains may even help to fight cancer.

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 in the recipe that follows.

At Every Meal: Optional Healthy Additions

There are many reasons why you should include the following ingredients in your Full Spectrum Dog Cancer Diet, but there is not room in this report to list them all (some of these ingredients have entire sections dedicated to them in [***The Dog Cancer Survival Guide***](#)).

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. Many readers of ***The Dog Cancer Survival Guide*** have found that digestive enzymes used both with and between meals can really help a dog with cancer. Dogs in the wild get their plant matter "pre-digested" for them by their prey. Adding digestive enzymes to your dog's food and letting it pre-digest (which takes about half an hour at room temperature) 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.



Digestive enzymes may have blood-thinning effects. Stop giving digestive enzymes ten (10) days before any surgery and wait until ten days after surgery or after sutures are removed or dissolved before giving it again.



The dosing instructions on enzyme labels assumes that you will use enzymes between meals. But 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 3 times the label's dose per meal. If you are using Wobenzym N, I recommend using 2 times the label's dose per meal. Since we are making 4-8 meals in the recipe, multiply the number of meals you expect to get from a batch by 3 doses (for Dr. Goodpet) or 2 doses (for Wobenzym N). Dr. Goodpet comes in a powder form, but Wonbenzym 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.

Salt Substitutes

While adding salt to food typically enhances its flavor, normal table salt (also known as sodium chloride) could 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 gives the flavor of salt without aiding in cancer development. You can find this in most grocery stores or online.

Another way to add flavor without salt is to use a splash of Bragg's Liquid Aminos (be very sparing—this is concentrated), balsamic vinegar, or the 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 and helps your dog fight cancer.

Keep in mind that you will be introducing this diet gradually over the course of a couple of weeks, so you will have plenty of opportunities to experiment and see what flavor combinations your dog likes best.

The recipe that follows provides **at most** 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 you two days.

If your fifty pound dog is not a big eater it could last you 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 in feeding your dog. Some of the ingredients need to be cooked before you weigh and assemble them in this recipe (examples include protein and grains).

This recipe has several steps, so I recommend reading all the way through before you start cooking. Most of the food can be prepared and combined all at once into what I call the Base Mixture. This base can be stored in the refrigerator for up to four days.

Some of the optional ingredients should not be chopped and mixed in until you are actually serving the meal to your dog. This is to preserve their freshness and active ingredients. The digestive enzymes should 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



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.

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 garlic
- 1-2 teaspoons minced fresh ginger root
- 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)



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.

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 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.



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 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.

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.



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



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.

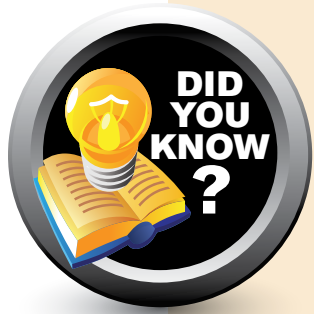
back in the refrigerator for a few minutes), before you stir them in. Mix very well to distribute the enzymes evenly throughout the food. Allow the food to sit for at least 30 minutes at room temperature (or slightly cooler) to let the enzymes pre-digest it.

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 feeling 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.



“Dr. Dressler’s sensitivity and understanding of the emotional side of going through a cancer diagnosis and treatment with a beloved dog was amazing. I loved the fact that he recognizes the importance of a good mindset and that in order to take care of our dogs we must first take care of ourselves. The exercises he presented for coping with the emotions and developing a good mindset were wonderful and very helpful. In addition to that, I really appreciated getting an honest take on both conventional and “alternative” therapies from a doctor who uses and accepts both. That made me feel like I was getting straight facts and not spin. Also, Dr. Dressler’s description and presentation of research on alternative therapies that have been proved to work really helped me decide which treatments might be best for my dog...Thank you for a terrific book that was worth every penny and more. I will consult it often as I work with my dog in this fight against cancer.

– Allie Johnson - Maddie, 10.5 year old mixed breed with mast cell tumors, Kansas City, MO

Diet Is Important... But It Is Not Everything

Diet is just one aspect of the Full Spectrum Approach to Dog Cancer. What's in this report is about 10% of what you need to know as you deal with dog cancer.

Cancer harms the body in several different ways:

1. Cancer grows and spreads, which injures body parts.
2. Cancer suppresses the immune system and overwhelms the body's natural ability to fight cancer.
3. Cancer causes weight loss and physical weakness.
4. Cancer robs the body of resources for normal functioning.
5. Cancer creates poor life quality and reduced happiness.

Conventional vet care only deals with the first of these facets by trying to remove the cancer and stop the harm caused by its growth and spread.

But this ignores the four other ways that cancer affects your dog! In order for us to deal with cancer, we need to address all five facets...and that's what my Full Spectrum Approach to Cancer Care does.

I give you information about many different options, how they work, and the reasons why they can help.

Side effects and dosing schedules are included so you have a clear action plan laid out in front of you.

Check with Your Vet, and Be the Leader

Many of the things I discuss in the book have potent effects, and they should only be used under the supervision of a professional. Treatment ideas you take away from this book should be discussed with your veterinarian, oncologist, and/or any other professional who is involved in your dog's health. It is essential you get their agreement and approval before beginning any treatment plan.

Your vet may even thank you for bringing this information to their attention. I compiled this information after years of deep research and study. Most vets don't have the time to do this kind of research, so they likely will not have encountered it before. Also, much of the information in this book is new to the veterinary profession as a whole.

I have a personal and professional philosophy that dog lovers should be their dog's Primary Health Advocate. While your vet is the expert in what he's been trained in, you are the expert on your dog... and you need to be the leader of the team.

When you have all the information in this book, you are empowered and have a resource that can really help you with your dog's cancer. At least, that is my deepest hope, and what I have heard from thousands of readers over the years.

The book presents the Full Spectrum approach to dog cancer care:

- Everything you need to know about conventional western veterinary treatments (surgery, chemotherapy and radiation) including how to reduce their side effects.

- The most effective non-conventional options, including botanical nutraceuticals, supplements, nutrition, and mind-body medicine.
- How to analyze the options and develop a specific plan for your own dog based on your dog's type of cancer, your dog's age, your financial and time budget, your personality, and many other personal factors.

Imagine looking back at this time in your life, five years from now, and having not a single regret. You can help your dog fight cancer and you can honor your dog's life by living each moment to the fullest, starting now. This book can help you as it has helped thousands of other dog lovers.

CLICK TO ORDER

To find out more about Apocaps™, the nutraceutical I designed for my patients which helps normalize apoptosis levels in the body and enhances life quality, go to www.ApocapsCX.com

To shop for other secondary supplements and products that compliment the Dog Cancer Diet, go to www.DogCancerShop.com

Introducing Apocaps® The Nutraceutical Designed by the Dog Cancer Vet



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Apocaps® is a patent-pending supplement designed by Dr. Demian Dressler, DVM for use with his own canine patients. It is manufactured in the United States by Functional Nutriment and it is a powerful all-natural nutraceutical engineered to do two things:

First, Apocaps® may help make your dog feel better by improving the quality of his or her life. Dog lovers report that once they start on Apocaps®, their dog is doing better, moving around easier, engaged in more activities like playing fetch or running up and down the steps—things they used to like to do. The dogs have more vitality. That is the life quality component of Apocaps®.

Second, Apocaps® contains apoptogens that support and may help induce apoptosis. Scientists describe apoptosis as “natural cell suicide”—it is a normal, natural way that the body rids itself of old, damaged or undesirable cells. Apoptosis is Nature’s way of cleaning things up. (One of the hallmarks of cancer cells is that they don’t experience apoptosis.)

Tens of millions of dollars are being spent annually to develop new drugs to induce apoptosis in cancer cells. Apocaps® contains all-natural apoptogens extracted from plants and blended in a way using a patent-pending formulization that is designed to help dogs.

After years of research and a clinical pilot study to demonstrate safety and efficacy, Apocaps® is now available to the general public.

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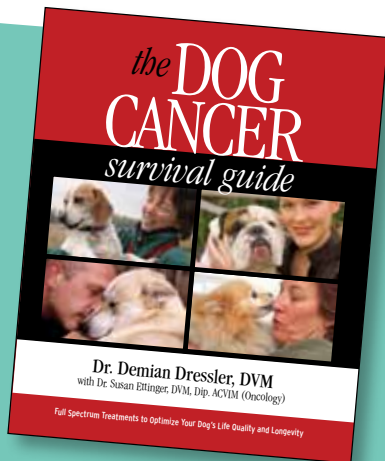
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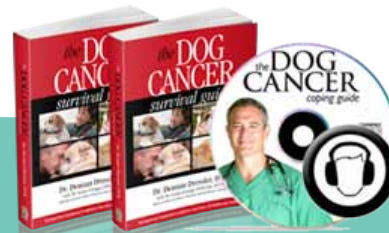
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