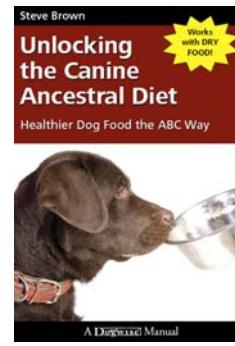


An excerpt from

Unlocking the Canine Ancestral Diet. Healthier Dog Food the ABC Way

by Steve Brown, Dogwise Publishing. 800-776-2665, www.dogwise.com
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Introduction

“The ABC day made a huge difference,” Dr. Doreen Hock told me when I informed her I was struggling to complete this introduction and finish the book. “I could see the improvement in my dogs—and it’s easy,” she said. “Just tell people to follow the ABCs.” What do the ABCs stand for?

A stands for the amount of fat, protein, and carbohydrate based upon the *ancestral* diet of the dog. This means *adding* protein to most commercial and homemade foods.

B stands for **balancing** the fats. My view is that the health of a dog is dependent on the fats she eats—more than any other nutrient. The importance of the role of fats is something that nutritional experts have just recently established. Unfortunately, some important fats are either left out of commercial dog foods or deteriorate when included in processed, long shelf-life foods.

C stands for **completing** your dog’s nutrition needs by feeding some fresh, whole foods.

Follow the ABCs for whatever type of food you feed—dry, canned, frozen or homemade—and you’ll significantly improve your dog’s diet, which will increase the odds that your dog lives a healthy, happy life. No doubt about it, and it’s as simple as ABC.

The canine ancestral diet

You may have heard of the “Cave Man Diet” as it applies to humans, the theory being that unprocessed fresh foods high in protein and low in carbohydrates are best for people who evolved successfully over thousands and thousands of years consuming just such a diet. The concept of the “Canine Ancestral Diet” for dogs is similar in nature. Dogs and other canids evolved successfully through hunting and scavenging, consuming foods that were not at all like the kibble so many are fed today. Recent nutritional science increasingly supports an ancestral-type diet—high protein, balanced fats, and at least some fresh foods—as the healthiest approach to feeding most dogs.

While in theory one can feed a dog the ancestral diet, in practical terms—given modern lifestyles and busy schedules—it is just not realistic for the vast majority of pet owners. However, there *are* steps you can take to alter or augment what you currently feed your dog to make it more like the ancestral diet and thus improve the nutritional content of your dog’s diet.

The ABC way of feeding is based upon detailed analyses of the dog’s ancestral diet, supported by up-to-date nutritional science, and my twenty years experience in developing foods for national pet food companies. The ABC plans laid out in the following chapters focus first on correcting the weaknesses associated with modern dog food which generally contain not enough protein, too many carbohydrates, and unbalanced fats, and lack the complete nutrition that can only be provided by fresh foods.

There is no need to dramatically change the type of foods you’re feeding. If you feed dry foods, for example, you can make *significant nutritional progress* if you make one day a week an ABC day. It’s easy, and you’ll probably see the difference in your dog within two to four weeks. If you are more ambitious, I have included additional strategies that involve preparing food for your dog that will take you even closer to the ancestral diet. Whatever you choose to do, the ABC way will help improve your dog’s diet and overall health.

Steve Brown turned his passion for canine health into developing leading-edge products and educational programs to improve canine nutrition. He developed Charlee Bear Dog Treats®, one of the best selling dog treats in the US and, in 1998, he developed Steve’s Real Food® for Pets, the first AAFCO-compliant, frozen, raw meat-based diet. Brown is the co-author of *See Spot Live Longer* and has written numerous articles on canine nutrition published in leading pet health and veterinary journals. Steve lives outside of Eugene, Oregon.