



## Getting more out of your food.

Like all of us, you spend a lot of time trying to pick the most nutritious and best food for your cat or dog. And you know that we proudly carry some of the healthiest diets available. And yet by their very nature, processed kibble diets are still lacking something that is missing from what they naturally eat in the wild. Heat from cooking and the friction from grinding and forming into kibble destroys and renders inert a lot of important nutrients and delicate key ingredients in their food.

So what can we do to get even more out of our pet's food? First, it helps to understand what is missing from their food, and what these key ingredients do for our pets.

### Enzymes:

Plant based digestive enzymes target components of food, proteins, lipids, and carbohydrates, beginning to break them down before your dog or cat eats them. This makes the more available for digestion; in fact, it'll greatly increase boost absorption of their food and can contribute significantly in improving food nutrient utilization. People find they can actually feed a little less food since they're getting more nutrition from it. This also helps create tight and tiny poops, a sign the digestive system is functioning properly.

Enzymes do even more in your pet's body. As animals groom themselves, they naturally swallow hair. Over time, this loose hair begins to build up on the walls of the intestines. This impacted hair makes their body think that there is too much hair on the body, so they actually begin to shed more hair. They swallow this extra hair, the colon becomes more impacted, triggering more shedding.

Enzymes begin to break this vicious, negative feedback loop



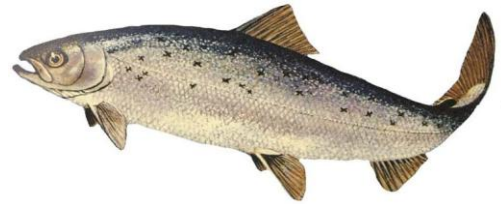
Shedding doesn't need to be so bad; it can be controlled with enzymes.

by breaking down the impacted hair into smaller pieces, making it easier for the body to eliminate. We often compare enzymes to Liquid Draino, as it helps dissolve and clear clogs in the digestive system.

Enzymes are helpful in reducing allergies, increasing energy, and decreased odors. Using digestive enzymes will help improve their digestion by decreasing vomiting, reducing diarrhea and help eliminate stool eating. There are also some studies that show that enzymes help reduce inflammation and speed healing in the body. (1)

### Omega fatty acids:

Omega fatty acids are a long-chain form of polyunsaturated fats. Omega-3s come primarily from cold water fish, and omega-6s come from poultry, eggs, grains, and most plant based oils. These essential building blocks are needed by your dog and cat for a healthy heart, strong immune system, and flexible joints. Omega acids are also important for a soft, shiny coat and hydrated healthy skin. This is going to reduce dry, flaky skin, and will decrease shedding. After about four weeks of feeding OFAs, you'll begin to notice a softer, sleeker coat.



Salmon is a major source of omega 3 fatty acids.

### Probiotics:

Probiotics refers to a whole host of beneficial bacteria that live inside the intestines. Besides helping break down foods, it has been found that these bacteria are actually a big part of our defense against illness and pathogens.

Beneficial bacteria populations can suffer when the body is under stress, suffering from diarrhea, and taking medications such as steroids and antibiotics. This makes it more difficult to digest food and decreases the immune response.

So what can we do to bridge this gap between processed kibble and natural raw diets? We carry the best lines of complete supplements that will easily do just that!

### Our favorite omega oils:

Grizzly Oil – Made with wild caught Alaskan salmon, one of the highest quality sources of balanced omega 3 fatty acids. Find out more [here](#).



Acenta Omega 3 oils – High quality fish oils, formulated for cats and dogs in flavors they'll love. Find out more [here](#).

### Wholistic Digest All Plus:

Plant based enzyme supplement that goes a lot farther. It contains probiotics, those beneficial bacteria that occupy the gut and play several important roles in our lives. It also contains prebiotics, food to help encourage the probiotics to thrive. For more information, check it out [here](#).



### Wholistic Canine/Feline Complete:

A super-premium supplement that provides your pet with a complete array of vitamins, minerals, enzymes, essential fatty acids, powerful antioxidants, and digestive microflora! High bioavailability is ensured by the use of pure, organic, whole-food sources. See it on their website [here](#).

### Missing Link:

This supplement contains phytonutrients from fruits and veggies to support general health, a balance of omega acids from both fish and ground flax seed, and a great taste they'll love. In addition to the omega-6 fatty acids, flax also contributes dietary fiber to promote a healthy digestive system. This high fiber is also a great help in reducing impacted hair in the intestine; fiber acts as a "plumbers snake", helping scrub and push out the hair (aided when the hair is broken down with enzymes) and will reduce shedding.

Missing Link is available in Skin/Coat and Senior formulas. We are also carrying Missing Link for Birds and for Small Animals. This formula helps keep skin, eyes, hair/feathers, and the digestive system healthy. See more [here](#).

### Nature's Logic All Food Fortifier:

Nutritious and healthy way to augment your pet's diet a complete spectrum of all natural vitamins, minerals, essential fats, enzymes, and other trace elements from 100% all natural food sources. See the whole list of ingredients [here](#).



### Flora4™ Raw Food Topper

This supplement effectively adds the live probiotics, plant enzymes, phytonutrients and whole food vitamins & minerals that are lacking in an all-meat diet. *Flora4* contains only 100% raw

organic sprouted seeds (a blend of barley seed, flaxseed, and lentils), ground into a fine powder and packaged in daily servings. Their [website](#) has more information.



### Steve's Raw Goat Milk Yogurt:

This tasty food topper is packed with probiotics and the full gamut of vitamins, minerals and micronutrients. It's packed with coconut and chia seeds; the coconut acts as a anti-microbial, anti-fungal and anti-viral while the chia is a protein packed, gluten free seed high in omgea-3s.

You're feeding one of the best diets on the market, and there are still ways to get even more out of it. Stop by and talk to our trained staff about which supplements are perfect for your cat or dog's needs.

(1) [http://www.whole-dog-journal.com/issues/8\\_10/features/15752-1.html](http://www.whole-dog-journal.com/issues/8_10/features/15752-1.html)