



My Pet...Naturally

PAT MCKAY RAW FOOD PROGRAM

By Pat McKay

Felines and canines both eat the same prey in the wild, and this food program is based on what they would be eating as designed by Mother Nature. So the very same formulations are suggested for both cats and dogs.

My Pet Naturally has Pat McKay's most recent recipe called Candida-Free, produced by Harmony Farms, which comes in four different proteins: Beef, Chicken, Lamb, and Turkey. Beef, for instance, would be a combination of beef muscle meat, heart, liver, kidney, and ten different vegetables.

Proteins should be fed separately; in other words, do not mix beef with turkey or chicken with lamb or any other protein combination. It is important to rotate proteins. The same meat and organ meats from the same farm animal can be mixed. In other words, you can mix chicken muscle meat with chicken hearts and chicken livers.

Vegetables are just the opposite. Vegetables work synergistically. The more vegetables in one meal, the better, because they all work together to enhance one another. The vegetables included in the Candida-Free formula are: broccoli, squash, Romaine lettuce, cauliflower, cabbage, celery, kale, chard, parsley, and pumpkin.

The vegetables included in the Pat McKay Raw Food Original Recipe are: carrots, sweet potato, kale, chard, green squash (zucchini), and cauliflower.

Please note: The difference between the Original Recipe and the Candida-Free Recipe is the type of vegetables. The Candida-Free Recipe does not have any root vegetables. Root vegetables have a lot of natural sugar and starch and for some cats and dogs the root vegetables can cause problems. For instance, 95 percent of all dogs now have yeast infections caused by eating grains, canned/dry foods, and being given drugs, chemicals, and poisons over the last several decades. Yeast infections are exacerbated by root vegetables. The symptoms you will see in your dogs are: chronic licking, scratching, and chewing of their feet, sides of their bodies, ears, and genital area. In cats you will see excessive grooming.

For the past two years, I have been recommending that everyone feed the Candida-Free Recipe, because it is a perfectly balanced formulation, and you can avoid some of the above symptoms from ever developing. If you see any of the above symptoms, then for sure you must feed the Candida-Free Recipe; you don't have a choice. If you have a healthy animal, and you wish to feed the Original Recipe, that's fine.

For those who don't have access to the Pat McKay/Harmony Farms ready-to-eat raw food recipes, and for those of you who prefer to prepare the food yourself, good for you.

Pat McKay's Raw Food Basic Recipe

The Raw Food Basic Recipe for preparing meals for your cats and dogs is 75% raw ground meat and 25% raw ground or steamed/mashed vegetables.

To prepare one cup (8 ounces) of food:
3/4 cup (6 ounces) of raw meat and 1/4 cup (2 ounces) of vegetables.

To prepare 4 cups (2 pounds) of food:
3 cups (1 1/2 pounds) of raw meat to 1 cup (8 ounces) of vegetables.

To prepare 8 cups (4 pounds) of food:
6 cups (3 pounds) of raw meat to 2 cups (16 ounces) of vegetables.



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You can prepare sufficient amounts for your family of animals on a daily basis or you may prepare large amounts and freeze it in packages containing enough for their daily food.

You may have an animal that eats 1 tablespoon a day or you may have an animal that consumes 6 cups a day. No matter what the size of your animal the 75/25 proportions remain the same.

Proteins: the best to feed are: Raw egg yolks, beef, lamb, chicken, turkey, buffalo, venison, elk, emu, ostrich all fit for human consumption.

Organ meats: Heart, liver, gizzards, kidneys from the same animal as the muscle meat you are feeding should be 20% of the basic meal. If you have problems getting sufficient organ meats, then just do the best you can, and include them in their meal when you can get them.

Vegetables: the best to feed are: broccoli, zucchini and any other squashes, kale, chard, dandelion, Romaine lettuce, celery, parsley, asparagus, and pumpkin. (Even canned pumpkin is fine as long as the label says 100% pure pumpkin.)

The only foods that should pass your cat or dog's lips are raw meat, raw egg yolks, raw poultry and raw or steamed vegetables.

The only treats that should be given to your cats and dogs are tiny pieces of raw meat. For training purposes, you may make an exception and give tiny pieces of roasted meat, because it certainly isn't convenient to carry raw meat in your pocket.

The following are a list of No-No's for dogs and cats:

NO grains, cereals, bread, rice, pasta, dairy, fruit, yeast, pork, rabbit, soy, ground bone, bone meal, egg shells, alfalfa, kelp (or any other herbs), canned/dry foods, dehydrated foods, commercial cat/dog treats, milk bones, rawhide, pigs' ears, nylabones, etc.

NO vegetables with hulls (peas, corn, beans, etc).

NO nightshade vegetables: white potatoes, raw tomatoes, eggplant, peppers, onions, raw garlic, or iceberg lettuce or raw spinach.

When dogs or cats have an illness of any kind:

NO root vegetables (carrots, potatoes, beets, etc). Later on when symptoms are gone, some cats or dogs may have some root vegetables depending on their body's response to them.

NO drugs, chemicals, or poisons including vaccines, frontline, advantage, program, heartgard, antihistamines, antibiotics, rimadyl, benadryl, flagyl, steroids, etc.