PET HEALTH SECRETS MOST VETS DON'T TELL YOU



The Truth About PET Cancer Pet Health Secrets Most Vets Don't Tell You ©2021 TTAC Publishing, LLC

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No one can deny that America is a nation that loves pets. According to the American Pet Products Association (APPA), 68% of U.S. households own a pet. Dogs and cats are by far the most popular pets with 60 million households having at least one dog and 47 million households with one or more cats.

Dogs were originally domesticated during the Stone Age for protection against predators and cats during Neolithic times as companions to royalty in Egypt. Today, our beloved furry companions take on many roles.

Whether for a good laugh, a brisk walk, a warm receiver of hugs, or to help outright with a disability, animals gently encourage us to lead more balanced, healthy, stress-free, and open-hearted lives.

Numerous studies have even demonstrated the significant health benefits of caring for a pet. Their presence can have a profoundly positive effect not only on our mental health, but also on our physical well-being.

With all that they give us, what do our pets ask from us in return? In general, they demand very little. But as a responsible and loving "pet parent" you may wish to go beyond providing the bare necessities of life needed to merely keep your pet alive...

Indeed, you may desire to do everything you can to help your pet live a long and healthy life free from disease.

Sadly, despite our wishes and best intentions, many cats and dogs are NOT living these long, healthy lives we desire for them. In this modern era our beloved pets are increasingly suffering from the same types of diseases and conditions that plague humans.

These afflictions include allergies, arthritis, diabetes, high blood pressure, autoimmune conditions... and cancer.

Animals have faster metabolisms and age more quickly than humans. As a result, the lifestyle choices we make on their behalf "show up" much more quickly than they do in people. For example, it might take 20 years of poor eating and no exercise before a human really starts to demonstrate



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the negative effects. With a dog or cat, poor nutrition will impact their health much faster.

The good news is that the reverse is also true. By taking steps to improve a pet's nutrition and lifestyle, great health gains can often be realized very quickly.

As the pet parent, you have 100% control over what your pet eats and drinks, how much exercise they get or don't get, and what type of medical interventions they receive over their lifetime. It's a big responsibility and your furry companion relies on you to make the best decisions that you can on their behalf.

In this short eBook, you will discover some of the key elements of pet health that you as guardian and caretaker need to be aware of. You'll learn crucial action steps you can take today to ensure the longest, healthiest life possible for your beloved pet.

Ty Bollinger

Co-founder of The Truth About Cancer and creator of The Truth About PET Cancer series



In this FREE online event, you'll discover how pet cancer experts and holistic integrative veterinarians are saving animals from cancer (and other diseases) with natural cures, therapies, and treatments most vets don't even know about.

> Click here to find out more and sign up now

www.thetruthaboutPETcancer.com



WHAT SHOULD DOGS & CATS BE EATING?

WHAT SHOULD DOGS & CATS BE EATING?

Aside from what they can steal off the table and any wild animals they might happen to catch and consume, your pet's nutrition is your total responsibility. You determine both the *quality* and the *quantity* of what they are fed.

Cats are **obligate carnivores**. This means that they *must* eat meat to survive. According to veterinarian Dr. Gary Richter, "The vast majority of a feline diet should be meat based, and all the protein should be sourced from meat."

Depending on who you ask, dogs are either carnivores or omnivores. Ultimately this just means that dogs have a bit more flexibility in their diet in that they'll eat non-meat food. That being said, most dogs do best on a meat-based diet.



"Dry food, or kibble, represents the most highly processed form of commercial pet food. Kibble typically combines many ingredients that are cooked via a process called 'extrusion.' " Dr. Jean Dodds. DVM

The Trouble With Kibble

What do we mean by "kibble"? It's those hard, dry pellets that come in bags and boxes that people purchase to feed their pets. It's so common that when many people think of "pet food," kibble is what immediately comes to mind. But this wasn't always the case...

Only 100 or so years ago most dogs were being fed table scraps. House and barn cats caught mice, birds, and other small animals and were given saucers of milk to drink. As more people moved from the country to the city, however, the demand for convenient pet foods increased. People were eating canned foods themselves and thus the natural evolution was canned foods for pets.

But during WWII this became a problem when metal was being rationed and cans were no longer available for pet food. This was the advent of dry food for pets. Then in the 1950s, the Ralston Purina company (now Purina) innovated a new process for creating dry pet food called "extrusion."

Extrusion is when ingredients are mixed together to create a soft, dough-like substance that is heated and extruded (pushed) through a small hole. The dough expands and cools and becomes a uniform piece of pet food known as kibble. The same basic process for creating kibble pioneered by Purina is still used today.



Along with the rise of pet food manufacturing, an organization called the Pet Food Institute was formed in the 1960s. The Institute started a campaign warning pet owners that feeding table scraps was dangerous. Instead, pet owners should only feed "complete" foods. In other words, they should only feed processed pet foods that they purchased. "Over the decades, the pet food industry has grown to be a powerful force in America's economy. We've been taught by it to believe that pet food comes out of a can or package — period." Dr. Martin Goldstein, DVM The Pet Food Institute still operates today and states on its "About Us" page that its members "make 98% of all U.S. pet food products." As an industry association it's primary purpose is to promote and protect the pet food industry. By the way, according to the website Statistica.com, the pet food market in the United States alone was valued at 24.6 **billion** dollars in 2016.

You can learn more about the shocking history of the pet food industry in Episode 2 of *The Truth About PET Cancer*.

Do Pet Food Standards Provide a False Sense of Security?

Most commercially-produced foods you'll find on store shelves will proudly display an AAFCO stamp on their packaging. You'll often see claims such as "our pet food meets or exceeds AAFCO guidelines" and "this food provides *complete and balanced* nutrition." But what do these claims really mean, if anything? And what is the AAFCO?

According to their website, the Association of American Feed Control Officials (AAFCO) is "an independent membership association of local, state and federal agencies charged by law to regulate the sale and distribution of animal feeds and animal drug remedies."

AAFCO doesn't have any regulatory authority itself, but its guidelines are used by government agencies.

As it turns out, the phrase "complete and balanced" is actually a legally-protected term which can *only* be used on foods that meet AAFCO standards. In other words, a pet food manufacturer can't make the claim unless their food passes the AAFCO testing process.





"If you look at the AAFCO guidelines, they don't recommend fresh foods. They actually speak about highly denatured, highly cooked products as the basis on which pet foods are to be produced."

Dr. Ian Billinghurst, B.V.Sc.[Hons] This all sounds great, and it must mean that any food bearing this claim must be healthy for your pet, right? Well... maybe not. When it comes down to it, the AAFCO testing isn't all that rigorous when it comes to ensuring the quality of pet food. The basic testing process goes something like this:

Ingredients are reviewed to make sure they are not overly toxic and include some representation from the basic food groups.

The food is then tested on a minimum of eight (8) healthy animals.

Blood samples are taken and the average group number for each test is determined. The results are considered "normal" if the average blood test values shows no anemia and there are normal values for liver enzymes, protein levels, and hemoglobin.

As long as the animals don't die of "nutritional causes" and the blood test values are satisfactory, the food passes. It doesn't matter if the animals are itchy, lame, sickly, gain or lose weight, or dislike the food.

This seems like a pretty low bar for a product that an animal can potentially be eating for its entire life. Hence it comes back to you as a good pet parent to take a closer look at what's *actually* in those packages and cans you're giving your precious pet. Let's examine that in Chapter 2.



THE #I THING YOU CAN DO FOR YOUR PET'S HEALTH LEARN TO READ A PET FOOD LABEL

A STREET

THE #I THING YOU CAN DO FOR Your Pet's Health: Learn To read a Pet food label

While attractive packaging and seals of approval on the front of a bag or can of pet food are what attract most people, the real information you need is found on the back... on the nutrition label.

As a savvy pet parent, you also need to be aware of what's NOT listed on the label. But let's start with the label itself. If you pick up any bag or can of pet food, you should see two key things:

1The ingredients list2The guaranteed analysis

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An **ingredient list** is required to display all ingredients in decreasing amounts (by weight) used in the product. The biggest contributors are first on the list and the smallest are last. While you're reading the ingredients list, pay most attention to the first 10 ingredients. These are the major ingredients that make up the bulk of the food. The very first ingredient you want to see is a specific named source of meat (beef, lamb, chicken, etc.) – especially for cats.



Other Things to Pay Attention to in the Ingredients List Are:

Ø Do you see mostly real food names that you recognize? (i.e. pork, pumpkin, rice, barley)

Ø Are corn, wheat, soy, white potato, powdered cellulose, or their byproducts listed in the first few ingredients? These are common allergens. Grains such as oats, barley, quinoa, and millet are much better options.

Ø Does the food contain fresh sources of fruits and vegetables? Bonus points if they're organic.

Ø Are there a lot of chemical names listed? BHA, BHT, Ethoxyquin, Glycerol Monostearate, and Propylene Glycol are chemical preservatives that are toxic to pets, but are often added to pet foods.

Ø Be aware of vegetables and grains being used as a source of protein. The majority of the protein in the food should come from real meat sources, not peas, soy, corn, gluten, or grains.

Ø Avoid foods that use byproducts such as "chicken byproduct meal," or "beef byproduct meal."

Ø If you can, it's best to stay away from protein "meals" in general. If you're purchasing a product that contains "meal," it's better for it to specify the animal (i.e. "lamb meal") than for the more generic "meat meal" or "poultry meal."

Ø Stay away from foods with MSG, artificial colors, and added sugars such as high fructose corn syrup. These ingredients aren't healthy for your precious pet... or you.

O Check for pet food recalls and voluntary withdrawals at: <u>https://www.fda.gov/AnimalVeterinary/SafetyHealth/RecallsWithdraw-als/default.htm</u>

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The **guaranteed analysis** section of the label lists by percentage the breakdown of the food. You'll almost always see a percentage for protein, fat, fiber, and moisture. Other things will also often be listed such as ash and different nutrients.

"For the most part, dogs and cats do not need to eat carbohydrates... excessive dietary carbohydrates can lead to obesity, a variety of inflammatory conditions, and a shortened life span." Dr. Gary Richter, DVM



You can learn much more about the pet food industry and the pitfalls you need to avoid when buying cat & dog food in Episode 2 of The Truth About PET Cancer series.

How Many Carbs is Your Pet Consuming?

What you usually **won't** find in the guaranteed analysis is the percentage of carbohydrates. This is a critical number that you can roughly gauge by subtracting the percentages of protein, fat, moisture, crude fiber (an indigestible part of carbohydrates), and ash listed on the label from 100. The number you have left over will be a rough estimate of the percentage of carbs the food contains.

Why does knowing the percentage of carbs in your cat or dog's food matter? Because in the wild, dogs and cats naturally consume very few carbohydrates. Feeding them high-carb foods is a sure-fire recipe for chronic health problems to develop.

An Uncomfortable Truth About Pet Foods...

There's an ingredient in pet food that sounds innocent, but has a dark side that most consumers aren't aware of. According to the National Renderers Association, "Rendered protein meals such as meat and bone meal, poultry byproduct meal, and fish meal are almost universally used in pet foods."

Rendering is basically a process where a whole lot of animal parts that can't be used for human food are thrown into large vats and cooked into a "sludge" that is then sold to pet food companies and used to make pet food. Included in this sludge can be road kill and euthanized animals (including cats & dogs!). While you as a loving pet parent may find this disturbing, it's not illegal. Look at how the FDA defines "rendered animal feed ingredients":

"Rendering of poultry and other animal tissues has been practiced for over a hundred years as a means of salvaging valuable protein and fat content from otherwise waste material. For many years end products from rendering have been used to feed animals. **The rendering industry utilizes packinghouse offal, meat processing waste, restaurant waste and animal tissues from other sources including animals that have died otherwise than by slaughter.**"

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Canned vs Dry Pet Food: Which is Better?

You may be surprised to learn that canned food is considered by many forward-thinking vets to be preferable to dry food. After all, many pet owners are advised that dry food helps to remove tartar and plaque off the teeth. In actuality, the high carbohydrate content of dry pet food (kibble) contributes to food sticking to the teeth and causes far more dental issues than it prevents.

> According to veterinarian Dr. Barbara Royal, canned food also has the following benefits over dry kibble:



- Ø typically contains fewer preservatives
- Ø has a higher moisture content which helps hydration (especially in cats)
- Ø food with more moisture goes through an animal's GI tract better
- Ø wet food can be licked off teeth easily



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Do's & Don'ts of Pet Treats

You've just read about choosing pet foods, but what about treats? Many pet parents get as much pleasure out of feeding treats as their pets do eating them.

All of the tips you learned above about choosing the best quality pet foods also apply when it comes to selecting treats. Additionally, here are a few more "Do's & Don'ts" for choosing treats that won't harm your pet's health.

Ø **DON'T** feed colorful treats that contain chemical food dyes. Pets don't care what color their food is and the dyes and preservatives are harmful to their livers.

Ø **DON'T** feed "cookie-like" treats that are made with corn, wheat, soy, and sugar.

Ø **DON'T** feed treats made in China – especially jerky treats.

Ø **DO** feed protein or meat treats. Freezedried liver or lung are good choices. Cheese and butter are great for hiding pills.

DO feed bits of fruit or vegetables such as apples, carrots, celery, blueberries, banana, and green beans.

According to their website, as of December 31, 2015, the U.S. Food & Drug Administration (FDA) had received "approximately 5,200 complaints of illnesses associated with consumption of chicken, duck, or sweet potato jerky treats, many of which involve products imported from China, which produces much of the jerky pet treats on the market. The reports involve more than 6,200 dogs, 26 cats, three people, and include more than 1,140 canine deaths."

Be aware too that some pet treat packages will say "packaged" or "processed" or "distributed by" an American company. That doesn't tell you anything about where the ingredients came from. Treats purchased at low cost retailers (i.e. dollar stores) are often made of imported, poor quality ingredients. At the very least, read the ingredient list of any food or treat product carefully.

PET HEALTH TIP:

Treats that are colored and made into shapes like bones or hamburgers are among the worst treat choices for your pet's health. According to **Dr. PJ Broadfoot, DVM,** "Dyes and preservatives are hard on the liver. That's your major detoxifying organ. If you can't get rid of the trash, it's going to accumulate somewhere else in the body and create a problem."



The Best & Worst Foods to Feed Your Pets

While your conventional vet may not agree (more on this below), the following is the general consensus among many holistic and integrative veterinarians about the best to worst foods to feed cats and dogs.

	In order from best to worst
1	Raw or lightly cooked homemade pet food made with quality human food and balanced recipes
2	Frozen raw food
3	Freeze-dried raw food
4	Quality canned food packaged in BPA-free cans
5	Quality dry kibble processed using low heat
6	Grocery store brands of dry kibble & canned food in conventional cans
7	Grocery store brands of pet food in cellophane packages that looks "moist" (even though these are usually more expensive, they're actually worse for your pet's health than the canned or dry foods!)

While we all want to give our pets the very best, the reality is that time and money are very much factors in what we feed ourselves and our pets. Do your best with the resources you have to work with. If possible, move up one step (or more) on the scale. If canned food or kibble is the only option, do some research and see if there's a better brand that still fits within your budget.

If you've never fed a raw or homemade diet and want to explore that option, be sure to do your research before getting started. There are plenty of comprehensive books and online resources available. You can also learn more about the benefits of raw food for disease prevention and treatment in Episodes 2 & 5 of *The Truth About PET Cancer* docu-series.

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If you can't afford to feed a raw, whole food diet all the time, consider these cost-saving tips from veterinarian Dr. Barbara Royal:

Ø Feed the best diet you can afford most of the time (e.g. canned or kibble).

Ø Supplement with meat-based scraps some of the time.

Ø Provide perfect meals (e.g. pre-prepared raw) a few times a week.

If you're a dog owner, even feeding as little as 20% real, whole foods instead of processed dog foods can have a positive impact on its health. Consider this revelation from vet Dr. Richard Palmquist in an interview he gave for The Truth About PET Cancer.

"We're having some food research done in Helsinki ... it's not published in any journals yet. What they found was that when they fed kibble, the inflammatory markers went up, and when they stopped feeding kibble and started feeding a raw food ... an unprocessed food, inflammatory markers go down. They found that **if they added 20% of the diet as fresh food, they lowered those inflammatory markers.**"

Another important aspect of feeding is to rotate through different types of food, especially different kinds of protein. You wouldn't get optimal nutrition eating the same food day in and day out for years on end, and neither does your pet.

Whether you're feeding canned, dry, or raw food, rotating ingredients can help prevent the development of food sensitivities. It also keeps food more interesting for your pet. The caveat here is that you need to introduce new foods slowly, and that cats can be much less open to food changes than dogs. "In general, I have found that smaller pet food manufacturers tend to use higher-quality ingredients. Larger companies often outsource to a food-processing facility, which may substitute lower-quality products that can be purchased more cheaply." Dr. Judy Morgan, DVM

"One of the best things to do when it comes to feeding dogs and cats is to rotate their protein source in their food." Dr. Gary Richter, DVM "The veterinary school is often supported by these pet food companies, and they supply the lecturers. As far as the veterinary school or the student is concerned, they are being taught the very best science there is, because these are the only people who have the money to do research into the companion animal nutrition."

Dr. Ian Billingurst, B.V.Sc.[Hons]



Why You Can't Rely On Your Vet to Tell You What to Feed Your Pet

Even the most caring and competent of conventional veterinarians may not understand what's actually in processed pet foods. Indeed, if you ask their opinion, there are many vets that will actively try to talk you out of a raw or homemade pet diet.

It may come as a shock to you as a pet owner, but **pet nutrition is not a big area of focus in vet schools**. What is common practice is for big pet food manufacturers to teach classes or provide seminars on pet nutrition to veterinary students.

It's also common practice for veterinary students to receive large quantities of free samples throughout their schooling from the big pet food manufacturers. This creates an indoctrination process whereby young vets gain loyalty to commercial pet food lines early on, which they often carry into their practices.

Many veterinarian offices have also been purchased by pet food companies. For instance, Banfield Pet Hospitals are owned by the Mars company (yes, the candy bar manufacturers) who also own Pedigree Petfoods, Iams, Whiskas, Royal Canin, and a number of other pet food brands. Banfield has close to 1,000 locations in the U.S. alone, along with centers in Mexico and the UK.

While we can't say for sure, how likely is it that a Banfield vet is going to recommend anything other than kibble or canned pet food to their clients?

Even if a vet practice is not owned by a pet food manufacturer, many of them sell specialty, "science-based" pet foods. Often these foods are packaged or labelled in such a way that they appear superior to what is sold in the grocery or pet supply store. The reality is that when ingredients are compared, these so-called premium foods aren't always better – even when they cost 2-3 times more! Selling pet food can also represent a significant source of revenue for the vet practice, which means that (once again) YOU need to be an informed consumer.

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ARE YOUR PETS DRINKING ENOUGH WATER?

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Just like your body, your pet's body needs adequate amounts of water to function properly. How much is "adequate" for your pet depends on a number of factors: the size of the animal, their activity level, the climate they live in, the type of food they eat, and how healthy they are to begin with. Be aware too that cats are much more likely than dogs to become dehydrated as they don't tend to drink as much water.

If your pet eats dry food, you need to pay extra attention to how much water they're taking in. According to veterinarian Dr. Judy Morgan, "Dry food requires moisture from the pet's body to rehydrate it for digestion." She warns that "Pets fed dry food for long periods of time are in a constant state of dehydration, leading to a moisture deficit in their bodies." "Animals risk permanent physical harm or death by going without water for even a few days." **Dr. Gary Richter, DVM**





Plastics can leach toxins. Get rid of plastic water (and food) bowls and replace them with glass, ceramic, or metal.

Veterinarian Gary Richter, DVM, offers these tips for making sure your pet gets enough water:

Always have a bowl of water available

Change the water frequently

Make sure the bowl is roomy enough. (Many cats don't like their whiskers touching the sides of the bowl)

4 Consider running water such as a circulating water fountain

5 Change to food with a higher moisture content

Aside from the quantity of water, you need to ensure that the water you're giving your pet is of good *quality*. Many municipal water supplies add fluoride and/or chlorine to the water which are both chemicals with health consequences. Not to mention many water supplies are contaminated with a range of toxins including pharmaceutical drugs, pathogens, and heavy metals.

Purchasing a quality water filter is one of the very best investments you can make in your pet's long-term health and your own. If you're not sure what type of water filter is best, the Environmental Working Group (EWG) offers resources <u>here</u>.

You can discover more about how the quality of the water you're giving your pet impacts their health in Episode 5 of *The Truth About PET Cancer*. Sign up to watch here: <u>www.thetruthaboutPETcancer.com</u>



PET OBESITY & HEALTH: THE PROBLEM WITH OVERWEIGHT PETS

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PET OBESITY & HEALTH: THE PROBLEM WITH OVERWEIGHT PETS

We love our pets and often demonstrate that love by giving them lots of treats or feeding them whenever they give us "the look." Unfortunately, showing love in this way comes with a hefty price tag for your pet in the form of a decreased life span and an increased risk of:

Ø Type 2 diabetes	Ø Chronic inflammation
Ø Respiratory and heart disease	Ø High blood pressure
Ø Kidney disease	Ø Many types of cancer
Ø Osteoarthritis	





According to the Association for Pet Obesity Prevention, **54**% of dogs and **59**% of cats in America are either overweight or obese (2016 statistics).

A couple of extra pounds on a cat may not seem like much, but consider these startling facts on the Association for Pet Obesity Prevention's website: **each excess pound** on a cat is equal to approximately 15 pounds on an average adult woman and 17 pounds on the average adult male.

On dogs, one extra pound on a female lab or golden retriever would be equivalent to an extra 4-5 pounds on an average human adult. On a small breed such as a Pomeranian, every excess pound is the equivalent of 21 human pounds!

You may be surprised to learn that **many vets are reluctant to tell clients their pets are overweight** for fear of harming the relationship. However, if you bring the subject up, chances are your vet will give you a straight answer.

You can also pretty easily figure out on your own if your pet is at its optimal weight by using the Body Conditioning Score (BCS). It's the same tool that veterinarians use to evaluate body weight and overall condition based on a pet's body fat deposits and how visible its bones are. There are plenty of BCS charts available online. Simply **search "Body Composition Score for cats" or "Body Composition Score for dogs" to find the appropriate chart**.

"High-glycemic starches such as corn and cereal grains used in pet foods are a leading cause of the rampant obesity and chronic disease..."

Dr. Jean Dodds, DVM





When it comes to helping your dog shed some pounds, Dr. Barbara Royal recommends NOT using diet dog foods. "Just feed excellent dog food and much less of it," she recommends.

Low calorie "stomach fillers" you can give hungry, overweight dogs while they're dieting include plain rice cakes and low-sodium canned green beans.

While dogs can lose weight quite quickly, cats are another matter. Don't be in a hurry for your cat to lose weight as it could result in serious illness. Again, Dr. Royal recommends a high-quality food and relying on the cat to lose the weight over time.

"Feline weight loss takes time. Some cats may take over a year to reach a normal weight once they are on a suitable food. This is fine," says Dr. Royal.





There you have it. Some simple steps you can start taking today that will dramatically improve the health of your precious cat or dog. Depending on your veterinarian these are all things you may or may not have heard about before (although we hope you have). At the very least we hope you found one new tip or idea that you can incorporate immediately to put your pet on the path to (even) better health.

At The Truth About Cancer, we are a family of pet lovers. Since creating and airing our three docu-series for people (*The Quest For The Cures, The Quest For The Cures... Continues,* and *The Truth About Cancer: A Global Quest*), we have been flooded with requests from concerned pet parents pleading for help for their beloved pets with cancer.

Confronted by shocking pet cancer statistics, we decided to expand our mission from eradicating cancer in humans... to include protecting and saving our beloved pets from cancer too.

Cancer in dogs and cats is at the epidemic stage right now and it's showing up in increasingly younger pets. To uncover what's causing this epidemic, we sought out the leading cancer experts, animal health specialists, and holistic integrative veterinarians. They shared with us why they believe so many pets are being afflicted by cancer today. They also revealed the newest and most cutting-edge ways they are saving animals from cancer with natural cures, therapies, and treatments you're unlikely to hear about anywhere else.

We've compiled all this ground-breaking information into a 7 Part docu-series which we're airing for FREE. To find out more and to sign up for your complimentary viewing of The Truth About PET Cancer, please go to **www.thetruthaboutPETcancer.com**

> Click here to find out more and sign up now



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