



December, 2014

Just took an animal nutrition course at our local pet store, My Pet Naturally, on Pico between Bundy and Barrington. The animal nutritionist is holistic expert, Lita Cesar 818 703 8377. Not too long ago, I had a rescue dog named Otis. Otis came to me with ear infections, skin scabs, and lots of scratching. In our short three years together, we explored every medical answer available on the Westside to find a relief for the sweet animal. Personally, I take nutrition seriously. I love that Hippocrates says "Food is Medicine." A few things that I learned, and of course, only take what resonates, that when our animals were in the wild the first thing they would eat in their prey, was the stomach and intestines. It was in the stomach and the intestines of the smaller animals that the plant enzymes from berries, leaves, and greenery existed. After that, the animal would eat the muscle meat which would now be digestible. What I took away from the workshop was that in our convenience of feeding dry food and canned food to our pets, we often lose the variety of nutrition that they would have received in the wild. Albeit, it was more difficult to find food, unlike my pets who know they will eat every day at 5am, no matter what?! The workshop was primarily focused on raw food for animals which would require a pet guardian to approach feeding their pet from an entirely different paradigm. And I understand that too, even for myself. But many of the concepts that I learned seemed simple and intuitive. The other benefit I learned was that if I transitioned my dog and cats to this diet, I could actually feed them the same thing which you cannot do with conventional pet food. My first few attempts with my pets were met with resistance, and I'm not far enough along to share the results or the integration of practicing it. However, would love to hear from you, if you've tried something similar at JacqJordan@aol.com. In addition to My Pet Naturally serving raw pet food, Bark Williams on Ocean Park also has a raw food for pets.