

Healthy Add-Ins To Your Dogs Bowl

“All good changes to extend life start with food. Replacing as little as 10% of your pets daily ultra-processed food (kibble) with fresh food creates positive changes in their body”. - Rodney Habib

It's easier than you think to add healthy ingredients into your dogs food bowl. Some of it can be purchased at your local healthy pet food store like Dexter's Deli and some of it you probably already have in your refrigerator. Replacing just 10% of the dry food in their bowl has amazing health benefits but you can actually replace up to 25% of the kibble in the bowl for even more nutrient packed goodness.

Here are some easy add-ins that you probably already have in your kitchen:

- raw, boiled or scrambled eggs
- lean meat, gently cooked
- plain Greek yogurt, kefir, or low fat cottage cheese
- lightly steamed or sautéed veggies ie: broccoli, cauliflower, asparagus, beets, sweet potatoes, squash, or zucchini
- sardines in water

These add-ins you can find at most healthy, pet food stores:

- Green Juju Blends
- Primal Toppers: mussels, squash, or greens
- Dr. Harvey's dehydrated pre-mixes: Paradigm, Raw Vibrance, Veg to Bowl, Canine Health
- Freeze dried food used as toppers from Small Batch, Primal, Open Farm or Stella & Chewy's
- Doggie Bone Broth from Primal, Bones & Co, Open Farm, Honest Kitchen and many others
- Raw goats milk from Answers, Primal, Bones & Co, Open Farm, Honest Kitchen
- Fish Oil/ Omega 3 Fatty Acids like Nordic Naturals, Iceland Pure, Four Leaf Rover

You shouldn't leave your dogs dry food dry.

In the very least, you should mix with warm water and add in digestive enzymes with probiotics and a multivitamin made from whole foods.

“We have a choice to prevent and promote health in our pets or prescribe and pay for disease”. - Dr. Katie, The Natural Pet Doctor

So what foods are you adding to your pets bowl to make it healthier?

Rina Gressett
Holistic Pet Health Coach
Heart and Soul Pet Connection
619-335-5236

Join us on Facebook for more ways to help you and your pet live happier, healthier lives together.

https://www.facebook.com/groups/1596445820673550/?ref=share_group_link

Links to some of the products mentioned above:

<https://greenjuju.com/collections/frozen-and-freeze-dried-blends>

[https://primalpetfoods.com/collections/all-products?
gf_248194=Toppers%20%26%20Hydrators](https://primalpetfoods.com/collections/all-products?gf_248194=Toppers%20%26%20Hydrators)

https://www.drharveys.com/products/dogs?jump_to=type-foods