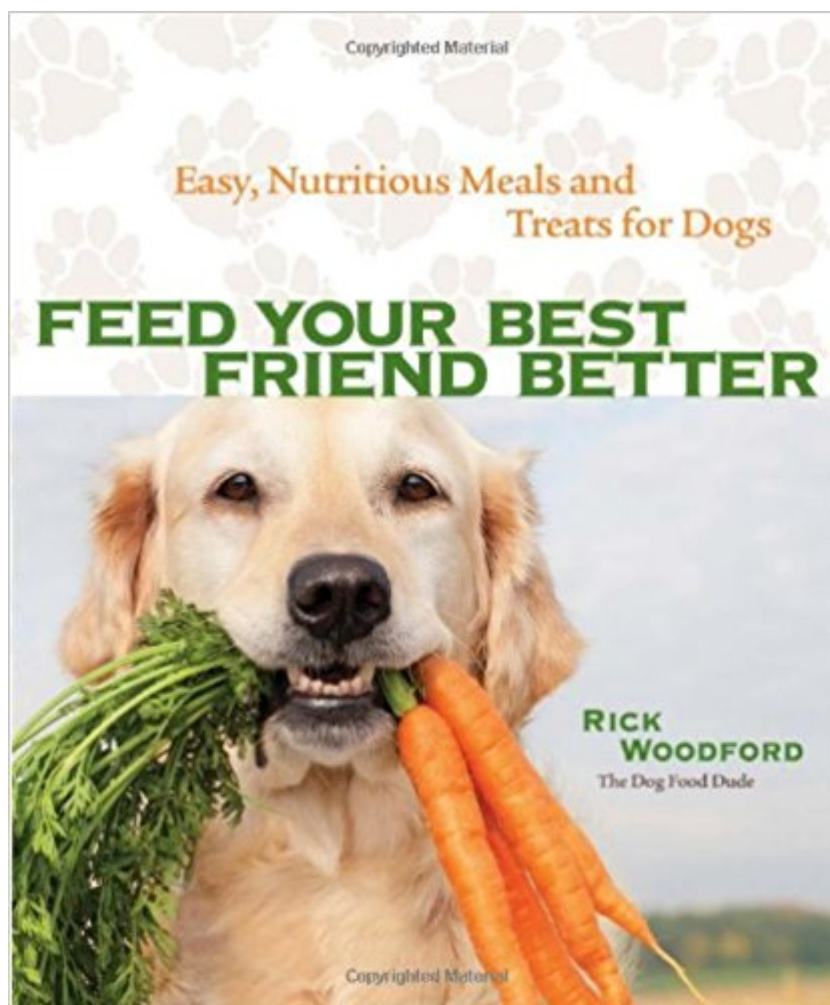


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Feed Your Best Friend Better: Easy, Nutritious Meals And Treats For Dogs



Synopsis

If you wouldn't eat processed food, why feed it to your dog? The Dog Food Dude's essential nutrition book for dogs is the only one you'll need, with guidelines, charts, tips, and more than 85 easy recipes for healthy dishes to help your best friend live a long and happy life. From Rick Woodford, the "Dog Food Dude" himself, comes *Feed Your Best Friend Better*, with easy recipes that will make even humans drool a little bit. Healthy food can enable dogs to live longer, healthier lives, just as it can for humans, and with these meals, treats, and cookies, dogs will never miss commercial kibble. Rick has researched nutrition for dogs and has used the same manuals veterinarians use to develop his recipes. *Feed Your Best Friend Better* makes the transition to homemade dog food simple, so you can make natural pet food for your dog every day. From nutritional value to portion sizes, these recipes will help dog parents know what their dog is eating. The meals are healthy, and dogs love them. Rick Woodford wants dogs in every family to be healthy and happy. His recipes use a variety of herbs and spices for their antioxidant properties but they smell so good everybody in the house will be drooling. Recipes include: * Puppy Pesto * Bacon Yappetizers * Barkscotti * Mutt Loaf * Gingerbread Mailman In addition to 85 recipes other helpful chapters include: * How to Pick out a Commercial Food; making the ingredient label easy to understand with a breakdown of ingredients that are good for the bowl and those that are best left on the shelf. * Determining Portion Size; information on body type and size help readers understand how much food their dogs need to be in the best shape * Problem Mealtime Behaviors; how to deal with the early morning wake up call, reluctant eaters, counter surfing and more

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Customer Reviews

"We highly recommend checking it out for its inspiring, easy, super-healthy, vet-approved recipes your dog will adore." (Modern Dog magazine)

Who knew feeding your best friend could be so easy? *Feed Your Best Friend Better* is the most complete, accessible everyday nutrition guide for your dog, including information on foods you can feed your dog straight from the cutting board, as well as 85 recipes for meals, treats, snacks, and supplements that you can prep in just minutes for the stovetop or oven. It's not gourmet, it's gourmutt--and your dog will love it! When Rick Woodford's best friend, Jackson, was diagnosed with cancer, Rick was devastated. Determined to make Jackson's last meals count, Rick studied dog nutrition and began preparing Jackson's food, and an amazing thing happened--Jackson got better! From there, Rick started a dog food business and went on a mission to help everyone feed their best friends better without breaking the bank or spending a lot of time at the stove. After all, less time in the kitchen gives you more time to play with your dog. If you don't like to eat processed foods full of ingredients you can't pronounce, why feed them to your best friend? *Feed Your Best Friend Better* makes it so easy to skip the chemicals, corn fillers, and meat byproducts, and give your dog the same antioxidants, natural vitamins and minerals, and phytochemicals that keep you healthy. Think of it as farm-to-dog dish food for your four-legged companion. *Feed Your Best Friend better* is full of practical ideas anyone can use: fast fixes, making and storing meals to share with your mutt, and even some tips for curbing problem mealtime behaviors. It also includes suggestions for buying better commercial foods and supplementing them with homemade goodies when you can, as well as warm-nose recipes for ailing dogs. Unlike many cookbooks for dogs, it features easy portion sizing and nutritional information for all sizes of dogs. It has everything you need to feed your best friend better through a long and happy lifetime.

I like a lot of things about this book. It is well-researched and the author has drawn on his own experience with his own recipes, which I really appreciate. I think he has put more effort into trying to provide a balanced diet than do most authors on the subject. This is an author who cares very much about his dogs, and about his readers. This book is a great alternative for folks who want to home-feed but who prefer cooked meats over raw. I think the section for ailing dogs, those with cancer, kidney ailments, etc is especially good. If you have a very sick dog who does not want to eat, then especially this book is for you. It's not perfect though and as someone who has used and relied on herbal medicines for years a few of the ingredients used or recommended here cause me

concern: A lot of the recipes call for Rosemary. Rosemary is a great plant with likely some anticancer properties, but it is also traditionally used as an abortifacient, and it is generally avoided by women who suffer from endometriosis, cysts, fibroids and other hormone related conditions - its antiestrogenic properties may be helpful in some cancers, but I do not believe it is a safe thing to give to female dogs unless they do have cancer and even then only under the direction of a vet. Ditto for Yucca - although none of these recipes call for Yucca it is listed as a good ingredient in dog food. I disagree. Yucca may be antiinflammatory, and might be okay to give an arthritic old dog now and then, but it acts as a steroid. I do not agree that it belongs in dog food. Millet is easy on the tummy and nutritious but it suppresses the thyroid - something I had personal and very bad experience with. Millet may be alright now and then, but be prepared for thyroid damage if you give a food that has it on a regular basis. Avoid this ingredient like the plague if you have a breed that tends to have hypothyroidism. The whole reason I quit buying commercial food for my dogs was to get them back on a more natural and simple diet and to get them away from having to eat this kind of stuff. Although I have no doubt the intentions are good, I would personally urge some caution when it comes to some of these nontraditional plant ingredients unless your dog has a specific medical need. They do indeed have medicinal properties but are not good for normal, healthy dogs to be eating every day. That said, overall this is a good book, most of the recipes are sensible and its loads of fun to make tasty and nutritious meals and treats for your dogs. I think most of the recommendations here are still a much better alternative than what the dog food companies are giving to us lately. Your dog will thank you for the fresh home cooking and you will likely see a healthier dog for it. The author has worked hard to come up with these recipes, has put them through the ropes with his own dogs and it is evident that his work comes from the heart - which automatically puts him well ahead of most of the dog food companies!

ME: -----I just want to start by saying that I am a long time "Good Eats" / Alton Brown fan. That basically means my husband and I have been cooking for ourselves, pretty much everything from scratch, for over 10 years. This also means we have all the requisite geek-science-cooking knowledge Alton has to offer and some better knife skills than most, plus all of the higher end appliances to go with it. We can basically sleep walk through a high end, from scratch thanksgiving dinner, and not bat an eyelash. A few friends had been feeding their dogs the BARF (bones and raw food) diet and I myself had been recently converted to the: "Hungry for Change/Forks Over Knives/May I Be Frank/Crazy Sexy Cancer/Fat Sick, Nearly Dead" philosophy of eating (Check Netflix for those documentaries). Basically more raw, unprocessed

food. I had given up soda and followed the general gist of "Hungry for Change" myself and was suddenly migraine free and I felt great. MY DOGS: -----It only made sense that I get on board the raw food wagon. I have a new rescue pup who was riddled with ulcers and other problems. Higgins is a 9 month old flat retriever/Aussie mix rescue dog from a high kill shelter in TN. He took to the BARF diet and he is doing MARVOULUS! Literally a dramatic change almost overnight. I could not be more pleased. YAY BARF! I also have one elderly Jack Russell/Beagle mix who is 12 years old named Ginger. Ginger wouldn't TOUCH the raw diet, even after trying to wait her out a day and a half, she really put her foot (paw?) down and just flat out refused. Which is what lead me to this book. Not commercial food, but not raw.....Ginger started growing fatty tumors at a young age, her muzzle went gray very early on, and so even though most of my dogs make it to 14, 15, 16+ I started to become very concerned for her health. We had just lost her long time companion dog and she just seemed to loose the will to live on top of that. Ginger didn't even want to be touched. I thought it was arthritis, the vet suspected maybe pancreatitis or a swollen liver, etc. I had a full medical checkup done and although they didn't find anything, no tumors pushing or organs or anything, no real medical reason for her behavior.....needless to say it was a scary time. Ginger was raised on Fromm Family foods, a product I buy from a local organic/higher end dog food place. It's not like she had been eating discount bottom barrel food her whole life. I wasn't sure it would make any kind of difference, but the BARF went so well for my rescue pup, I was willing to try anything. THE BOOK:-----I made two batches of the kibble and one batch of Beef & Potatoes, which IMO, is really great alternative to canned food. Ginger was raised on a mix of canned & kibble at each meal. The food was easy for me to make and froze well too. =====Ginger ADORED the food. =====The book frequently mentions dogs coming back later to check their bowl and this was definitely true for me. Ginger pushed the bowl around to make sure she hadn't missed anything and double checked it again an hour later! The next morning she was standing on me in bed, jumping all around, and then ran downstairs and sat next to her bowl. Within a week Ginger was perky and begging for butt-rubs. Sure she's still older and it's not the fountain of youth, but it made a HUGE difference. Ginger had a history of poor bladder control, even as a pup, and occasionally in adult life (some hormone imbalance I'm told), she would wet the bed in her sleep. This became an issue in the past month and the rubber sheets went back on, and trips to the Laundromat were becoming 'a thing'. Since switching to food made from this book she has not had one accident in the house of any kind and her poop is awesome and on a regular schedule! Although we haven't changed her eating or food habits, well...ever really, her potty schedule did change and it became an issue. That's certainly expected with older dogs, but that has

disappeared on this food as well. I've had my new rescue dog vetted fully, with an x-ray and everything, to check on his ulcer and he's gotten the all clear! Before this he struggled to put on weight, and did nothing but throw up, and despite his intelligence and training and obvious effort to remained house trained.....I had shampooed my carpets at least 5 times in 5 months after rescuing him. At this point I'll have to replace my carpeting in the living room. It was bad. Since switching to BARF and meals from this book he's not had one single accident of any kind (And he was having ALL kids prior) and his poop-schedule is on the mark too! MY CONCLUSION:-----> I'm a moron for not doing this years ago. I can't believe I personally subscribed to a whole foods/raw diet and didn't think about my dogs. I was clearly healthier and happier. My dogs are CLEARLY healthier in every way and happier now too. I do suggest going back to re-visit the book once in a while to ensure you don't end up making only one or two recipes all the time, which might result in an unbalanced diet, and eventually health problems. As long as you mix it up I can't see how you could ever go wrong. INVEST IN A DIGITAL FOOD SCALE. You can get them now for like \$15-20. Get one with a TARE button (which will zero out the scale with a bowl or other food on the scale) and multiple reading outputs (grams, ounces, pounds). I throw my dogs bowl up on the scale and give her specific ounces of different things, and it makes it easy to put the bowl on, TARE, put in cooked kibble, TARE, some veggies, TARE, etc. That way I know she's getting X amount of food per meal, and what percentage of her food is meat, veggies, etc. It keeps everything very honest and you'll feel better having done the math! It may sound complicated, but after a week, I felt I had gotten into the groove and it wasn't much work at all. THIS BOOK ALSO HAS DISEASE SPECIFIC DIETS! You will not have to do all the extra math for special needs dogs! Yay.-----THE COST:-----If you went with a combo of the cooked Kibble and beef and potatoes to replace commercial kibble and canned food like I did with Ginger you'd run about \$30-40 at the grocery store. Some of what you buy will last for many many months, (The flour), some for multiple weeks, (the quick oats), and there will be some initial investment for the yeast or oil.....so yes for the first week's investment you'll pay like \$40. However you won't pay that EVERY week for a 40lb dog.. Especially, if like Ginger, your dog is banging on deaths door anyway. I'm sure \$40 is nothing. - And really, what's the worst case scenario here? You give your dog one hell of a send off? Some really fantastic great last dinners? If you're even considering this book I have to assume you'd be more than okay with that! Now as a new BARFer, I knew I was going to foot a hefty bill for raw food, and given my personal background as described, I felt okay with this. I felt properly educated and equipped to take it on without spending a enormous amount of time and money doing it. Not that it wasn't scary anyway, because let me be clear.....THIS WAS REALLY REALLY SCARY. There's

about a million things we hear is bad for pets, food that will kill pets, that will make them choke to death, and OMFG we might raise them to be nutritionally deficient and they will die.....and it'll be all out fault. Please don't let that fear stop you! The only thing I regret is I didn't do this sooner. I do personally feel a combo of BARF and cooked is where it's at, for a number of complex reasons, but frankly ----->ANYTHING BUT STORE BOUGHT.

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