

Vital information concerning Your dogs diet!!!

Outrageous Shadow Filas would like to strongly recommend that you visit the following two websites and commit to studying the information provided there. You will find this to be a task not to be taken lightly. The amount of information, medical knowledge, and case history is staggering. We feel, however, that this is time well invested. For your fila, and for yourself.

We are enclosing some pertinent information here for you but please be aware that this is only a piece of a great quantity of information. As with all diet changes you should contact your veterinarian if your dog has any health issues prior to altering your feeding program.

Gluten Intolerance and Your Pet

By Dogtor J

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"Chomp, chomp, chomp, chomp....*GULP*. Slurp, slurp, slurp, slurp....*BELCH*." This is the sound of "Fido" eating his scientifically formulated, well-balanced dog food. It can be purchased at the grocery store, but the discerning owner travels to the local pet shop to buy the better quality food. Most people know that you get what you pay for in a pet food and that the higher grade foods come from certain recognizable manufacturers and can only be found at specialty pet supply outlets. But, is that axiom true? Does purchasing the most expensive food guarantee that your pet will be receiving the best in nutrition that the industry has to offer?

The unfortunate truth is that pet food is not as scientifically formulated as most would like to think. For the most part, Fido's food is made with convenience and cost of manufacturing in mind more than science. Yes, the first few ingredients look appetizing enough and there are essential nutrients such as vitamins and minerals added to the mix. But are these ingredients natural for the pet and are they readily available for absorption and use by their body? Here in lies ment, I am a recovered celiac. For forty-something years, I suffered like most other celiacs of a myriad of symptoms, including allergies, heart burn and intestinal problems, depression/chronic fatigue, memory and balance difficulties, joint pain, and even fibromyalgia. I was taking at least four drugs twice daily; caffeine addicted, and was quite frankly not having any fun anymore. I am now two and a half years gluten AND casein-free, off all drugs, symptom-free, and feeling better than I did when I was twelve. This miraculous recovery got my attention as a patient and as a doctor. How could this be? How could I be suffering from what millions of people and pets were experiencing but be well in such a short period of time? How could all of these conditions be linked together?

The readers of www.celiac.com and its publications have read many a testimony like this. Many have experienced similar responses while others are still wondering when wellness is going to happen to them. Those in the latter category have been trying to faithfully adhere to the gluten-free regime but are frustrated by the fact that they are making such huge sacrifices with less than optimal responses.

Well, "Fido" is about to teach you something. The fact is that the celiac is a "who's who" of what is wrong with human beings but the conditions that we suffer from are

not limited to those who walk upright. When I read the list of conditions that we as gluten intolerants experience, my first thought was that "This is me. This describes me to a T." My second thought was "...but this describes everything that is wrong with everyone, including their dogs and cats." And it does. Suddenly, medicine through the eyes of celiac disease (and other similar food intolerances) made sense. I tell everyone that it was like someone had finally put the right program into a stalled computer and it began operating at lightning speed. All of the idiopathic conditions that are so poorly understood in medicine became "open season" for this medical headhunter.

And, the answers did come one after another. I launched into two years of intensive research while applying the newly unveiled principles to my patients as well as myself. Miracles started happening around me. Allergies abated, intestinal problems cleared up, older pets became less painful and more active, and yes, even their epilepsy stopped. "Wait a second! Epileptic seizures stopped?", you may be asking. Yes, 100% of my epileptics have stopped having seizures, just like many celiac children that were placed on gluten-free diets have responded. I got the idea from the celiac literature. How that occurs is totally explainable but beyond the scope of this article. It can be found in my paper entitled *The Answer* on my Website, www.dogtorj.com.
the crux of the matter.

The wake-up call comes when one realizes that once the meat source is removed from the diet, the remaining ingredients are mostly unnatural for the pet. If we exclude the beef, poultry, fish, and lamb, the remaining calorie sources are mostly wheat, barley, corn, rice, and oats, all of which are man-raised crops that the dog and cat would never consume in the wild. I love to inquire of my clients "How would a pet get rice? Swim to Viet Nam?"

But what is the problem with these complex carbohydrates being in the diet? Humans consume these with every meal and they are doing just fine, aren't they? Ahhhh. Are we? If we were, those reading this paper would be reading something else right now, wouldn't they? The problem is that the grains listed above have some universal problems among humans and pets alike, as do a couple of other problem foods that eclipse even the grains in health issues.

In a nutshell, after all of my research into so many of the medical problems and conditions that plague pets and mankind, I decided that the center of our health universe lies in that "J-shaped" stretch of intestine known as your duodenum. Most celiacs are aware of the pathophysiology of their condition and are familiar with the terms malabsorption and "leaky gut syndrome". But, many are like I was in that they don't understand all of the fine details. There are three food ingredients that adhere to the villi of the duodenum and induce the change that is characteristic of celiac disease known as villous atrophy. These three substances are gluten (from the grains), casein (from cow milk products), and soy protein. Oh oh. Did you know that the last one was on the list? Hopefully so.

these substances together? For one, they are all used as adhesives, either as non-food glues or as binders in the foods we consume. Gluten, casein, soy and even corn are all used in industry as adhesives, some even being waterproof. Put "gluten", "casein", "soy protein adhesive" or "corn adhesive" in the search engine of any

computer and read the responses. Wow! They are not only used in the food industry to hold items such as oats together but they are put to use in industry to hold just about anything together.

As we all know, it is the nature of the starches to be sticky. And, as it turns out, the foods that are the "stickiest" are the ones that cause the most problems. This should not be a surprise once this issue is introduced. Casein and gluten are used for the most powerful adhesives. Therefore, it should not be a shock that they are the number one and number two childhood food allergens according to the FDA. What is number four? Soy. What is number three? Eggs. (This is the first secondary allergen brought about by the damage done to the gut by the first two.)

Now, imagine these proteins leaving the stomach of a human or their pet. I have always used the illustration of three slices of pizza leaving our stomach. But, for this sake of this article, I will use a wheat, barley, or soy-based pet food to drive the point home. Now that you have an idea of where we are headed, you can imagine the stomach is filled with "glue-containing" food. This "glue" leaves the stomach after it has been worked on as much as possible by that organ. Of course, not being a ruminant like a cow or sheep, these foods are not completely broken down any more than the cellulose that they eat that non-ruminants are unable to digest. As simple-stomached animals, our pets and we are not designed to eat grasses like the ruminants do and all of the grains are in the grass family. They are all grasses that man has chosen to consume, with those in Asia picking their grass (rice), the Europeans choosing their grasses (wheat and barley), and those in central America picking corn. Here in America, we consume them all and in abundance.

In an attempt to digest these grasses and their "glue" (along with dairy and soy), our stomach adds as much acid as possible to break them down. Heart burn, anyone? (Yes, my two years of acid reflux abated after just one week of being gluten-free. This, again, should be no surprise.) But, the increased acid is inadequate to eliminate the "glue". It is this sticky substance that adheres to the villi of the duodenum. Whether it be from wheat, cow milk, soy, corn, or the others mentioned, it adheres to these finger-like projections of the intestine that are vital for the absorption of nutrients, effectively reducing the amount of those essential ingredients that would be absorbed into the bloodstream.

What are those nutrients? The vital substances are calcium, iron, iodine, all B complex, vitamin C, most water-soluble vitamins, and most of our trace minerals such as zinc, boron, manganese, magnesium and more. In other words, just about everything that is important other than our proteins, fats, and calories are absorbed by the duodenum. How well can this organ function when it is coated with "glue"? The important thing to realize here is that this happens to everyone and every pet that eats these foods.

That bears repeating. This happens to everyone and just about every simple-stomach creature that eats these foods. We have simply focused on the worst-of-the-worst... as in the celiacs, casein intolerants, and soy intolerants...in which an immune response is mounted against the glue leading to severe villous atrophy. This immune assault also generates the warning antibodies that we call "allergies" to tell you that this process is taking place. Otherwise, it would be a "stealth operation" that goes on undetected for years and years until the bottom falls out. Yes, this is all

too familiar of a scenario as well, isn't it? It happens in pets all of the time, I'm afraid.

So, the ultimate question is whether pets suffer from celiac disease? My answer is that it doesn't really matter. In the pet, every bite of the average commercial food has "glue" in it, whether it is of wheat, barley, soy, corn, or rice origin. Yes, there are better glues" than others and they are in line with what we see as the principle allergens in the pet, just as one would expect. Wheat and soy are the worst (now that dairy has been eliminated from pet foods) while oats and rice are the best...the least sticky. Corn is in the middle. This is exactly what we see as the main sources of food allergies in the pet, a problem of huge importance in dogs and cats. Now people can understand why lamb and rice foods have become so popular. Rice is the least of the adhesives and thereby less allergenic and lamb is (or at least used to be) an unusual protein source compared to beef and others, which have become the main secondary allergens in the pet. It does all make sense.

But celiac disease *has* occurred in the dog. It has been definitively identified in one breed, which is almost extinct now.... the Irish setter. This hapless breed was effectively sent the way of the buffalo when the industry added wheat, the number one dog and cat food allergen, to the pet foods about 15 years ago. Thanks to the wheat glut in this country, corn-based diets were quickly replaced with wheat and the subsequent decline in our pet's health began. Veterinarians found themselves wondering why the immune system of the dog and cat were having such problems, ranging from worsening allergies to a rapid rise in immune-mediated diseases. The answer was right before us: you don't add the number one dog and cat food allergen to the diet without having some major repercussions. The veterinary profession was just as shortsighted as the medical profession is today about the ramifications of consuming the top food allergens as the bulk of the diet. 60-70% of the American diet is comprised of cow milk products and wheat alone, with 40-50% being the number one food allergen, dairy products. There is a price to pay for this sort of ignorance and it is heavier than most realize.

The main cost is the disruption of duodenal function. Once the essential nutrients have been malabsorbed for a long enough time, Pandora's Box is opened. This may occur every early in life or very late, partly governed by the degree of immune-mediated component. The worst of the worst will experience severe problems by the time they are adolescents while the more resilient will not be affected until late in life. But, as I tell my clients, I believe that with the top three foods...wheat, dairy and soy...it is a matter of *when* they cause problems, not *if*. The "glue" will eventually affect everyone and every pet with it' nutrient-blocking qualities.

Suddenly, conditions such as hip dysplasia, elbow and shoulder problems, intervertebral disc syndrome, cruciate ligament ruptures, and even heart valve failure all have better explanations. All of these problems are caused by failing cartilage and connective tissue, both of which are structured similarly and made up of calcium and collagen. Collagen is the building block of most of your skeletal support structures. The principle component of collagen is vitamin C. Therefore, when it is understood that calcium and vitamin C are absorbed by the duodenum,

then it is easily seen that inadequate amounts of these in the diet or failure of their absorption will compromise the integrity of these structures...all of them.

Imagine that a German shepherd puppy begins eating a wheat, barley, corn, or soy-based diet from the moment it is weaned. If inadequate levels of calcium and vitamin C are absorbed, what are the chances that its hips, elbows, spine, and other cartilaginous structures are going to form properly? I would say "Not good". Most people familiar with dogs know that this breed has a reputation for horrible hip dysplasia. But, they also have serious allergies and other immune-related disorders. This, of course, is no coincidence. Once it is understood that the allergies form in the area of the gut that is being damaged or coated by the "glue", it is easy to see why the trouble breeds like the German Shepherd, Cocker Spaniel, Shih Tzu, and others have their "genetic" tendencies such as allergic skin and ear problems, orthopedic abnormalities, intervertebral disc ruptures, and cancers. Once again, Pandora's Box is opened and unleashed upon these poor breeds through one basic mechanism: malnutrition via malabsorption taking place in the duodenum.

I used to be concerned that the veterinary profession had somehow missed the incidence of celiac disease in breeds other than the Irish setter. But, now that I understand the effects of the "glue" on the absorptive ability of the duodenal villi, I believe this possible oversight to be much less important. I believe the same to be true for humans. The "glues" affect all that consume them. Certainly, the "worst of the worst"...the celiacs, casein intolerants, and soy intolerants...have the most to be concerned about. But, with these trouble foods, it *is* a matter of *when* they will create a problem, not *if*. Those who test negative for these food intolerances should not be lulled to sleep with a false sense of security. These fortunate souls will just be healthier longer. This is clearly one of the things that make us individuals, placing us on a spectrum of wellness that ranges from serious illness during the first year of life to a clean bill of health well into the twilight years. The same is true of our pets.

One important determinant will be the length of time it takes for an individual to deplete their reserves of these vital nutrients. We must realize that a condition like osteoporosis is an end-stage result of chronic calcium deficiency and that there existed less identified but significant symptoms that preceded this dreaded outcome. Certainly we can affect the pace of these syndromes through supplementation and eating correctly in other regards. However, if we continue to consume the blocking agents, the "glues", I am afraid that we will eventually lose the battle. If we don't understand this, it *is* a matter of *when*...not *if*.

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Wheat, barley, rye - ALL of these grains. (including bread, snack crackers, treats, etc.) *Oats* are the safest grains from an immunological standpoint (least allergy-producing) but they do have high levels of glutamate in them and will contribute to pain and epilepsy. (See my paper [Pain, Pain, Go Away on this site](#))

2) Dairy products - ALL of them. (including milk, cheese, whey, casein, dried skim milk, etc.)

3) Soy - ALL of it. (This is also a **HUGE** problem in people)

4) Corn- (including corn gluten meal)- Try to eliminate as much of this as possible. This is especially important in asthma, pain syndromes, lower gastrointestinal problems, and epilepsy. Eliminate **ALL** of this whenever possible.

5) Beef and fish - (only if allergy symptoms are present and persistent. These are the most common *secondary* allergens in the dog and cat, respectively.)

6) Artificial preservatives and colors - (You want to see preserved with vit.E)

By eliminating the above items, you will be taking care of at least 80% of all food *allergens* and all three of the major sources of food *intolerance* (*gluten* in grains, *casein* in dairy, and *soy* protein.)

This must be considered in ALL foods, including **TREATS** and **TABLE FOOD**. Most grocery store dog and cat treats are loaded with wheat, artificial preservatives, and many of the animal proteins to which pets may be allergic. In the cat, these treats are a major problem in that they are a who's who of artificial preservatives and colors in addition to the fact that the main proteins are wheat and soy in most cases. I have had numerous cats that have recovered from chronic vomiting by the simple elimination of these treats from their diet.

Below are some of the safe foods for your pets that leave out most or all of the above ingredients.

ALWAYS READ LABELS. Not every flavor variety is safe.

Note: This is only a partial list of foods that I routinely recommend to my clients in the exam room based on availability, price, and ingredient content. Which foods I suggest depends somewhat on what condition(s) I am trying to improve.

For allergies, I **always** eliminate the big three...wheat (and barley), dairy, and soy. The next to remove is corn if the allergies persist. The next is rice. That leaves only the "cure in a bag"...duck and potato.

For epilepsy, I follow the same progression as above **if** the seizures are mild or far apart and if the owner is reluctant to go straight to the potato-based diet. For severe seizures, the first choice is the IVD Duck and Potato. However, at this time, I have a number of dogs on the Purina One Lamb and Rice, a number of the Nutro Lamb and Rice, and the rest on the IVD Duck and Potato. I have them avoid ALL commercial treats and give fruits and veggies as snacks.

Here are the foods again:

* **Nutro Natural Choice Lamb and Rice** Adult formula (available at pet shops)- One of the best available kibbled dog foods at the pet shop as of this writing. Comes in regular, growth, and reduced calorie. Not all lines of Nutro are "safe", however. Read labels.

* **Purina One Lamb and Rice** dog food (but, has corn). Note: The Chicken and Rice has wheat!!! This lamb and rice food is the best *grocery* store food as of this writing, BUT they recently added oats to the mix. For pain sufferers or epileptics, this is bad news. A change may be in order if your pet relapses while on this food.

* **Nutro Natural Choice Complete Care** cat food.(has some corn gluten meal)-Once again, "**The Best**" available cat food at the pet shop that I know of as of this writing. Most others are loaded with wheat or soy or are becoming that way. Read labels each time you buy!!

* **I.V.D.** - *Potato*-based diets available through most veterinarians. **The Cadillac** as far as what is readily available. This is the food that I call "a cure in a bag". I use it for my *toughest* epileptics and allergy cases with great results. Then, if people want to upgrade OR downgrade from there, it is their choice. Time will tell if people want to take that chance.

* **Dick Van Patten's Natural Balance** Duck and Potato dog food- Like the I.V.D. above, this potato-based diet is ideal for allergic, epileptic, and chronically painful dogs because of it being hypoallergenic and low in the neuroactive amino acids glutamate and aspartate. It is now available at select pet shops. Here is their site, where you can find the distributor nearest you- <http://www.naturalbalanceinc.com/>.

* **Hills Science Diet, I.V.D., and Nutro RICE-based Treats**- Available here and at pet shops. These are here if you must feel compelled to give your dog a cookie of some kind. I prefer that people think outside the box and give fruits and veggies as treats.

* **Iams** cat foods - Most are now wheat and milk free. (Read labels though!!) Once again, *corn* is an issue in most foods at the grocery store or the pet shop. Certainly, this grain should be eliminated for optimal health, but I also realize that there are limits to what people will do or can afford... multi-pet households, especially. Whether it is mandatory to get rid of corn is determined by the condition to be eliminated.

Note: If allergy symptoms persist after 3-6 weeks of starting these diets, then blood testing is available to identify other food *allergies*. These can be varied and numerous, especially in aged pets. If seizures persist for more than a few days, then further restriction of glutamate-containing foods should be accomplished immediately.

Above all, **BE STRICT**. Food allergies can be very sensitive conditions and the least amount of the offending substance can trigger reactions that can *last for days*. Remember: When the immune system decides that it doesn't like something, it wants *no more* of it, not just less of it. Be creative in finding safe treats for your pets- those that **MATCH** the diet. This will be a lot harder on **you** than your pet. I now encourage people to think outside the box, incorporating fruits and vegetables as treats for their dogs. Mine love baby carrots, blueberries, apples, broccoli, and cherry tomatoes, especially with a little peanut butter on them.

