



The 7 Secret Ingredients In Your Pet's Food



Sahaja Animal *Healing*
The Natural Alternative

Introduction

Hi! If there is one thing I'm passionate about it's animals. That passion extends to ensuring that our furry companions are in a state of optimum health so that they can live a long, healthy and happy life.

So many cats and dogs today suffer from disease that results from poor nutrition. Disease such as obesity, skin conditions, kidney disease, diabetes, urinary tract conditions and digestive issues such as inflammatory bowel disease.

Changing your furry companion's diet to one that is species appropriate and natural will play a big factor in helping your furry companion to heal from these diseases. A clean, natural diet provides the building blocks for achieving optimum health and preventing disease.

In a world where there is an abundance of pet food options, it can be confusing to know what is the best food for your beloved cat or dog - tinned food, kibble, veterinary prescribed diets, raw meat, raw bones, vegetables, grains. There is also a massive range of brands promising health and vitality.

In this eGuide, you will learn about the seven secret ingredients in your pet's food. This information is vital if you want your cat or dog to live a long, healthy and happy life. If you're feeding your furry companion veterinary prescribed or supermarket type foods, you can be assured that it contains these ingredients. By feeding your furry companion a diet that does not contain these ingredients, you are taking the very first step in ensuring your cat or dog achieves optimum health.

At Sahaja Animal Healing, we know you love your furry companion as much as any other member of your family. We can clear the confusion and provide you with natural solutions for healing. We can also provide you with natural solutions for achieving optimum health so that your furry companion lives longer and happier.

Contact us today at www.sahjaanimalhealing.com to take the next step in ensuring a long, healthy and happy life for your furry companion.

Always for the animals,

Ruth xx



The 7 Secret Ingredients In Your Pet's Food

1. Meat not suitable for human consumption.

Not only is the meat derived from animals who have suffered in an intensively farmed environment, the meat in your pet's food is derived from sick, diseased and dying animals – the animals that would never be packaged up to sell to humans for their dinner.

2. Carbohydrates

Carbohydrates like cereals and grains are not commonly eaten by cats or dogs in their natural environment. While research has established that dogs can digest cereals and grains, cats can't. Even if dogs can, they are unlikely to be able to adequately digest the large amount of grain that is commonly found in commercial dog food. Grain free products simply replace the grains with starchy vegetables like potatoes and corn. A diet high in carbohydrates can result in obesity and type 2 diabetes.

3. Highly heated, processed ingredients

The more a food is heated and processed, the greater the removal or destruction of nutrients that promote health and prevent disease. Your pet's food contains highly heated, processed ingredients. Just think how much heating and processing is required to turn meat, grains and cereals into a dried biscuit-like food...

4. Toxic chemicals

Not only are there a variety of chemical additives in your pet's food, the food contains chemical contaminants such as pesticides, herbicides and heavy metals. These can negatively impact the long term health of your pet.

5. Synthetic vitamins and minerals

Vitamins and minerals included in your pet's food are generally not derived from natural sources. Synthetic vitamins and minerals are an inferior product. Natural is always best. The levels of vitamins and minerals added to your pet's food are generally low, the minimum required by law, and their nutritional value is heavily reduced due to the heating and processing methods used.



6. Artificial flavours, colours and preservatives

Artificial flavours and colours are readily added to your pet's food to make it look acceptable to you, the human consumer. Preservatives are used to extend the life of the food. These additives can cause hypersensitivity reactions, allergies, skin problems, over activity etc.

7. Meat by-products

Whilst some by-products are beneficial, e.g. muscles and organs, your pet's food may contain a mishmash of leftover animal parts such as skin, hair, teeth, feet that have been cooked for several hours. By-products are added to keep the production costs down and the protein levels high. They are also sprayed onto the outside of dried food in the form of digests to make it palatable.



Sources -

1. Billinghamurst, I 1993, Give Your Dog A Bone: The Practical Commonsense Way to Feed Dogs For a Long Healthy Life, Warrigal Publishing, NSW.
2. Hodgkins, E M 2007, Your Cat: Simple New Secrets to a Longer, Stronger Life, Thomas Dunne Books, New York.
3. Pitcairn, R 2005, Dr Pitcairn's Complete Guide to Natural Health for Dogs & Cats, Rodale Inc, USA.



About Me

Hi, I'm Ruth Hatten. People know me as an Animal Advocate, an Animal Nutritionist, an Animal Lawyer and a Mentor.

My number one passion in life is animals. If I could surround myself with animals and just be with them, forsaking all others (well, most others - I'd keep a handful of my closest people nearby) I would be like a pig in mud.

I have been an animal advocate since I was 11, when I decided I no longer wanted to eat animals for the simple reason that I loved them.

I started Sahaja Animal Healing in 2015. Prior to that, my main professional focus had been the law. For about six years, I was a lawyer in the construction industry. In 2007, I found my way to animal law. In 2010, I moved to Sydney and became legal counsel for Voiceless, the animal protection institute. I returned to Brisbane and private practice in 2013.

When I was working at Voiceless, I craved direct interaction with animals. The work was confronting and coming home to my cats every night kept me grounded, as did the few occasions when I got to visit farm sanctuaries. With a passion for health and animals, I decided to pursue a career in animal naturopathy in 2014. I commenced studying a Diploma in Small Animal Naturopathy at the National College of Traditional Medicine. I have completed my Certificate in Small Animal Nutrition and will shortly complete the full Diploma.

In addition to running Sahaja Animal Healing, I operate a plant based living coaching business, The Whole Plant Living Co. I also volunteer for various animal groups including the Animal Law Institute, the Australian Animal Protection Law Journal, Minding Animals International and the Centre for Compassionate Conservation. I am also a member of the Voiceless Legal Advisory Council.

I am privileged to share my home with cats Lilly, Max and Elvy, rescue greyhound, Louie, kelpie x staffy, Billy and my partner Mick.

Always for the animals,

Ruth xx



Let's Stay In Touch

Now that you've discovered the 7 secret ingredients in your pet's food, I can't wait to share more with you. Below is a list of where and how we can stay connected.



My Facebook community is where you'll find me most often sharing pics, tidbits of info and more. Drop by and say hi.



My Instagram feed is filled with THE most gorgeous pics of animals, including my very own furry companions - Lilly, Max, Elvy, Louie and Billy.



I've got a treasure trove of blogs over at www.sahjaanimalhealing.com/blog on all things animal health. Future blogs on animal health will be published at www.ruthhatten.com/blog so make sure you come and visit me here as well.



My tweets are bite sized snippets of my favourite things - animal health, animal advocacy, plant based living and animal law.

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Ruth xx

