

How to Tuesdays

How-to Make Healthy Pet Powder

I spend a lot of time researching, thinking, planning and preparing food for my animals. Dogs, cats, chickens, goats, bunny and now a cow. Some folks feed the cheapest prepared food possible, and I understand the cost factor weighs in here. But, I think we come out ahead when it comes to the health (and consequently vet bills) of the animals. Not to mention (why do we say not to mention when we are mentioning it?) the animals need good health to do their work: varmint control, egg production, milk manufacturing, guard duty, round-up and look-out captain, and cuteness factor.



Charlie the Bunny and Sunny the Cat with FarmBoy.

You don't have to outspend your budget to start feeding healthy. Just remember, animals thrive on FRESH, WHOLE food just as we do. A modicum of thought and reading will yield ideas for food. There are now scores of books for natural animal foods and the internet is crawling with information.

I use eggshells as one of the calcium sources for my cats and dogs: bake 'em (300 degrees for 10 minutes) and grind 'em (blender, food processor, mortar/pestle). (For eggshell calcium for YOU see my blog post 3/22/11 www.blogspot.com/rockycreekvalleyfarm).

One teaspoon equals 1800 milligrams of calcium carbonate and 6 milligrams of phosphorous. (You must keep calcium/phosphorous ratio 1 to 2 parts calcium to 1 part phosphorous.) Bone meal is another good source and already has balanced calcium/phosphorous levels. An EXCELLENT book on this is Dr. Pitcairn's Complete Guide to Natural Health for Dogs and Cats. I have several books on the subject and I like this one the best.

Here is a simple easy way to UP your pet's nutrition: Healthy Powder (This is in Dr. Pitcairn's

book--I tweaked it slightly). Just sprinkle it on commercial food or add it to your home made food.



- 2 cups nutritional yeast (or brewer's yeast)
- 1 cup lecithin granules
- 1/4 cup alfalfa powder (or kelp powder)
- 2 T ground eggshell
- 1000 milligrams of Vitamin C (grind with mortar/pestle)



Sprinkle on food:

- 1-2 tsp per day per cat or small dog
- 2-3 tsp per day medium dog
- 1-2 tbl per day large dog



Cassie inspecting the cold frame.