

ELIMINATION OF COMMON DISEASES IN DOGS AND CATS THROUGH DIET ALONE

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The results of this clinical study suggest that 74.7% of common diseases in dogs and 63% of common diseases in cats can be eliminated without medical intervention over a period of one year with proper diet modifications.

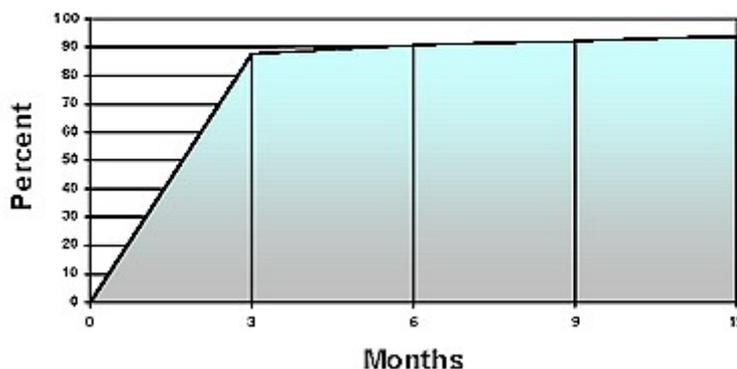
505 dogs and 83 cats, all with a history of assorted chronic skin diseases, averaging 33 months; 96% having been to Veterinarians, were treated by diet alone for their symptoms by the Pet Health and Nutrition Center in Corning, New York. The diet consisted of natural raw and cooked whole foods and PHD pet food. Feeding protocols varied depending on the animal's response to the newly introduced diet. 28% of dogs and 22% of cats developed transient digestive disturbances (healing episodes) which were treated by diet and fasting alone. Only animals free of medication during the study are included. All subjects remained in home situations without matching control groups. Results reported were based on client testimonials.

Dermatoses and Suspected Food Allergies:

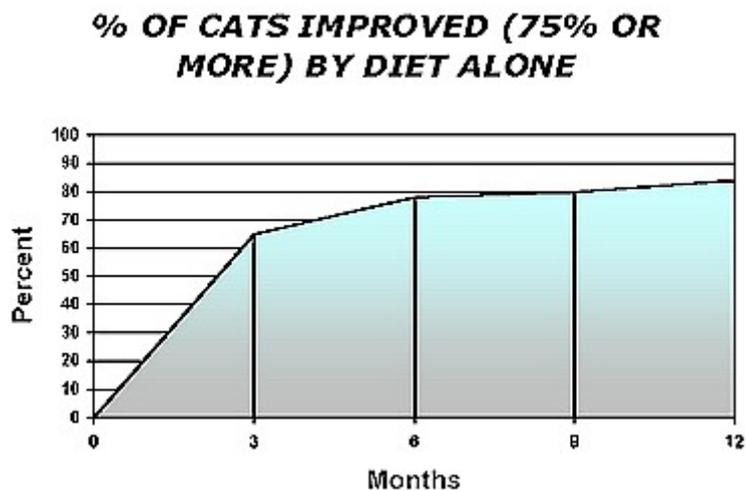
505 dogs (comprising 31 breeds) and 83 cats (comprising 5 breeds) all displaying classic symptoms of chronic skin disease, were placed on a diet of fresh raw meats and Perfect Health Diet (PHD) in a 1:2 & 1:3 ratio for 12 months. Initial problems included but were not limited to pruritis, alopecia, scaling, seborrhea, hyperkeratosis, with and without chronic biting and licking.

Of the 505 dogs with mild to severe pruritis, and dermatoses 88.% displayed a cessation of 80% or more of the symptoms within 3 months. The figure rose to 91.% by the 6th month, and 94.% by the twelfth month. (note: these test subjects had been off all corticosteroids for at least 1 month prior to testing).

% OF DOGS IMPROVED (80% OR MORE) BY DIET ALONE



Of the 83 cats treated 78% showed a 70%-80% healing response within 6 months; 80.% within 9 months, and 84.% within 12 months.



Gastrointestinal disorders observed and overcome with diet alone:

Of the 505 dogs and 83 cats exhibiting chronic skin problems; 114 dogs and 19 cats also displayed symptoms of gastrointestinal disturbance (parasites excluded), including; vomiting, irregular stool patterns, weight loss and general weakness. Dietary therapeutic management was instituted taking into account all these consideration. The general protocol was as follows.

Treatment was generally begun with a 24-48 hour fast. The animal subjects were then often given a vegetable base broth, followed by raw chopped meat. Other whole food substances like cottage cheese and cooked oatmeal were added gradually as long as diarrhea did not develop or get worse. This raw meat, oatmeal diet was continued for as little as 2 days or for as long as 5 weeks depending on the severity and history of the problem. PHD was introduced gradually several days to two weeks after introduction of the raw meat, until a 1/3rd whole food to 2/3rds PHD diet was reached. Subsequently the animal was maintained on these proportions for the duration of the test. Cats were not always given oatmeal but rather a variety of raw meats, blanched, often pureed raw vegetables, and other whole foods. As with the dogs the PHD was then introduced gradually to the same proportions.

In virtually all cases the digestive tract returned to normal within one to three weeks unless the pancreas, or large intestine were found to have been compromised (history of pancreatitis and/or parasites). In only 3% of the cases with cats and 2% of the cases with dogs was there a need for further medical intervention.

Behavioral Improvements seen on the Natural Raw Meat / PHD Diet:

Documentation of behavioral changes was the most difficult to chronicle and was based solely on overall improvement or the lack thereof, as observed by the owners. In the 505 dogs and 83

cats, a total of 72% said that they could definitely see some positive change based on pre-existing behavioral patterns, including more settledness, greater responsiveness and less voracious eating habits. In many instances the higher nutritional intake restored more youthful traits and playful characteristics in the geriatric animals.

Healing episodes and Conclusions:

The higher quality nutrition, freshness of diet and formulation (predominantly meat in a natural and dry food form) of the "Natural Raw Meat Diet and/or PHD enables the animal's immune system to throw off lingering chronic disease. The inability to remove disease completely; whether in a sub-clinical or chronic form is due predominantly to the feeding of marginally adequate grain based commercial pet foods. The resultant long term sub-clinical multiple nutritional deficiencies makes the appearance of healing episodes impossible, thus enabling a fertile ground for the establishment and growth of chronic disease.

In a retrospective survey of data from people who are and have been feeding a combination of the foods mentioned, 46% of the animals exhibited a healing episode on the road to greater wellness.

A healing episode is a transient, mild appearance of symptoms mimicking disease without the loss of vitality, mental or physical clarity or strength; with the cessation of symptoms without medical intervention. These symptoms regress on their own and result in the emergence of greater wellness. The symptoms are an indication that the body has summoned enough vitality to expel accumulated toxins through the kidney, colon, lungs or skin.

Healing episodes appeared in both dogs and cats as one or more sets of symptoms in predominantly one of the following body systems: Gastrointestinal, Skin or Behavioral.

Gastrointestinal-a transient return of periods of intermittent or continuous diarrhea 8% , soft stools 34%, with or without excessive gas.

Skin- a return of a transient period of scaling, dry or oily, with mild or moderate shedding 12%; (more than one episode 9%), with or without varying degrees of pruritis, indicative of deeper (allergic) disease.

Behavioral- a transient return of hyperactivity , general unsettledness, mild aggressiveness, with a mild or moderate lack of owner responsiveness and clarity of learned behavior 2%.

During this time period, a surprisingly consistent picture of one or more of the symptoms sets have appeared as a response to the increased quality of nutrition. The initial challenge and subsequent delight was in watching these episodes subside and terminate on their own with little or no traditional or alternative medical intervention.

These healing episodes ended with an emergence of higher quality life functions. This occurred not only in the three areas mentioned, but was expressed as overall enhanced vitality not

seen previously by the owners. The initial guarded waiting during the healing episode; without medical intervention of any kind was well worth it, and in our eyes an unmistakable indication of the power of the health remaining within our companion animal population, if just given the right ingredients and an opportunity to express itself naturally.

Raw meats and vegetables with occasional cooked grain (mostly oatmeal) served as the predominant diet during transition periods i.e. from coming off of a fast or directly after or during healing episodes. Slow introduction of PHD by gradual percent increase in the diet resulted in minimizing the duration and strength of the healing episodes.

PHD diets were chosen as they are designed to mimic the natural diets of dogs and cats. The manner in which they are manufactured and distributed enables them to deliver as much freshness as a commercial diet can provide. As a totally natural raw meat diet is impractical in most households, PHD with its very high meat meal content and delivered freshness without chemicals seemed to be the best supplement to a natural diet at this time.

Monitoring of animals after the one year period of survey (anywhere from 0 to 12 months) has shown no return of original symptoms as long as the natural diet is maintained.

The results of this clinical trial suggest that 74.7% of common diseases in dogs and 63% of common diseases in cats can be eliminated without medical intervention over a period of one year with proper diet modifications and an understanding of the healing process as exhibited through healing episodes. The results are profound in light of the simplicity of the "treatment". This study demonstrates through a simple change in diet, the profound benefits waiting for our pets in a health oriented approach. The simplicity of treatment makes the results easily reproducible. Approaching disease from the perspective of health is the most powerful means of eliminating disease.

These statistics have been provided to show the powerful healing effects of diets that reflect the natural feeding habits of dogs and cats. The removal of disease by providing a better diet for pets who are presently consigned to a less than optimum diet is clear and reliable. The improved quality of health as reported to us through the owner participants is heartening and inspiring. It has been our desire to quantify these clinical observations and share this information with others. It is also our desire to more accurately portray the occasional healing episodes that reflect a strengthening of the immune system and overall vitality of our pets.