



REBEL TALES

Inspirational Stories from Rawfeeding Rebels

why people swapped from processed diets for their furries to natural diets

compiled by Judith Broug



Hi

I am Judith Broug, and this is me with my Rebels; Merz, Nadar & Rothko. These three crazies inspired me to change to set up the Facebook group Rawfeeding Rebels, where we welcome anyone with an interest in feeding their dog (but also plenty of other animals including fish!!) a species appropriate diet; which is a natural diet based on raw meat & bones mainly.

A little while ago I started a thread about INSPIRATION, see opposite, this was a lovely and popular thread and the Rebels (members of the group) asked me to do something with it, so here we are a little book to inspire others and perhaps even you! You might have considered switching your dogs diet to raw but feel unsure and perhaps even a little scared - that's OK - a lot of us felt like this in the beginning but reading these little stories might inspire you to make the leap, if it does then come and join us!

facebook.com/groups/rawfeeding.rebels

who was **YOUR INSPIRATION** to make the change? was it a friend, or was it your dog, or was it out of necessity due to your animals health?

I started with Bakers (yes scream now!) then Pedigree Better By Nature (great name for unsuspecting consumers!) with my first dog Rothko, and slowly moved up to Orijen over the years, in the meantime I added Nadar to the family, by then I had wisened up and we were now on grainfree. Then, finally, Merz came along, and this little monkey struggled with colitis so bad, it seemed 60% of the poos he was churning out were bad, he was hyper (even on Orijen), he struggled throughout his puppyhood, and in hindsight I think it was because most of the time, the poor lad, just felt ill!

I started looking into raw, read loads and loads, but was put off for quite some time (understatement!) as raw feeders I met were overzealous and judgemental, all knew it better, equally I wondered if I could deal with the blood, guts and gore, but then I met a friend and she made it sound so easy, hooray for premade I say when you begin in particular.

Now years on I look at my boys and they fill me with pride, they look in the best of health, they are in fact! My stunners, sorry everyone but they are the best! hihhihi, and I am so grateful for this one friend, who did not judge me, who said just go ahead it's not scary, and trust me you will find your feet IF! it works for you!

I am pleased we left behind the dry funky coloured squares, the expensive (but pointless) dentastix, toothbrushes, the farts!, the smells, the vet bills, etc..



Kymthy Schultze

Author of health and nutrition books for dogs, cats, and humans including “Natural Nutrition for Dogs and Cats” and many more. Info: kymthy.com

After living in doctor's offices, I met an “unusual” doctor about 3 decades ago that helped my body heal so much through food...just food (I have MS, and many other health issues), I was blown away and went from wheelchair to walking. I immediately began learning everything I could about better nutrition for my animal friends. Had a background that helped and added lots of education and experience to it. Ended up writing a book because there wasn't one I felt totally comfortable with recommending. Life leads us down interesting paths!

Jenny

Knatchbull I never felt happy with manufactured food and I like to eat a healthy diet as much as I can so I felt why wouldn't I want the same for my dogs. After loads of reading I changed over to raw about 9 years ago there wasn't as much info at that time so you really had to search for it and lots of people were very anti it. It was very daunting in the beginning but the best thing I have done for our crew

Judy

I have 3 Berners and a rescue, my rescue was **way under weight** and had pups of her own, her coat was ready to fall out. She was **malnourished** and a mom. **The change in her over 1 month was mind blowing!!!!**

With the Berners, the coat is SILK, teeth are super white, and small poo's that's a total bonus, the ears are always clean, no fowl smell, my oldest is almost 4, absolutely no issues yet.

Linz

My pup was very **lethargic** having around 8 runny **grainy poops** a day. Had her on Royal Canin Intestinal tinned chicken and rice, then cooked chicken and rice then added some Royal Canin Junior Prescription kibble. Tried her on Canagan then Autarky puppy and for weeks and weeks no change. Met Kirsty and she suggested raw and literally over night on just green tripe I had a pup who was **bouncy** and passing really great poops. Slowly added new proteins and she's thriving! **Blood guts and stinky tripe beats my puppy rattling on vet medication for life love raw!**

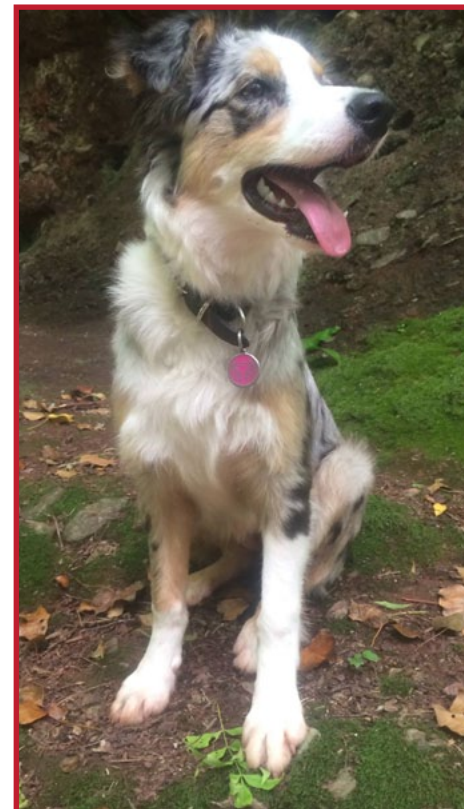


Jane

My raw food inspiration was the lady whose dog behaviour classes I took my Briard to. And it's how I started off with Landywoods too, it's who she uses.

Len

Mine started on whatever kibble the breeder gave me, switched to various different brands over two years but **his skin** was my getting better and the vet was adding more and more drugs to the cocktail he was already on. When he was diagnosed with **arthritis** decided to look into more natural ways to help him, spoke to his breeder who is now also raw feeding and she suggested giving that a go. That was 6 months ago and not looked back. He's healthier than ever and not needed the vet **since I started raw and took him off all medication big YAY for raw!**



Nicki

💬 I made the switch after talking to breeder of my 5th Bernese, Blaize (we had our first back in 1993). She said she raw fed and I was immediately interested as it sounded like what a dog should eat.

I had my older Bernese, Lola at the time who was 7.5yrs, who had many **allergies** including storage mites, so I had moved her onto Nature Diet to get her away from dry food, so I switched her to raw before Blaize came to us at 8 weeks.

I would never, ever go back to kibble, I feel as though it has taken me 20 years of dog owning to now know how to look after them properly, and now with this group and the knowledge I seem to gain every day with this way of feeding and the people I communicate with on here about it, I can only see my dogs lives improving the longer I feed them this way.

I still get excited when my delivery comes, and get a buzz out of putting their dishes down and knowing they can't eat any better than they do. Blaize is also my inspiration, he is the best muscled dog we have had and **just has perfect everything - coat, teeth, skin, bright eyes** - so why would you feed any thing else, and at the age of 2 has not had a days illness, the vets only see him on their scales.

My only massive regret, is that my previous 3 Bernese never got a chance at raw, but I did what I thought was right food-wise by them at the time.



Roly

💬 I have never changed from a dry food, in fact I have never fed it to one of my dogs. I have always fed raw food since I started with my first dog when I was 9-10yrs old. My inspiration was my fathers way of feeding dogs, same as his father before him.

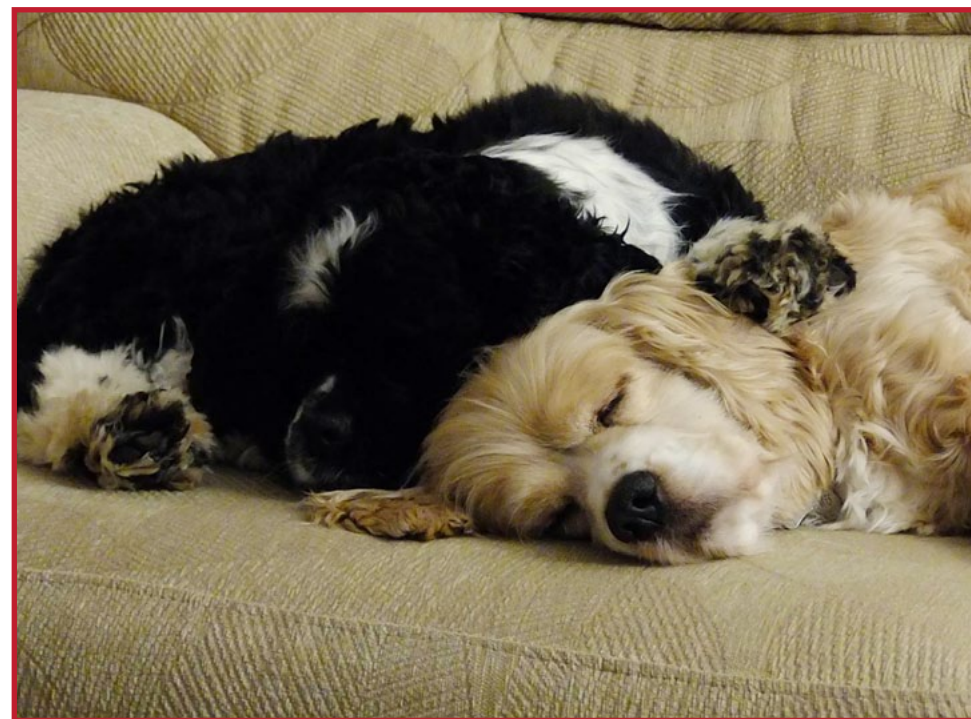
Sarah

💬 Always fed meat. When I went to university I was a bit lost and fed various kibbles due to no space, back to raw when I finished uni

Kenzie

💬 My shepherd died last year and he had a lot of allergies so I started a lot of research and was so shocked to find all that crap in kibble no wonder he was ill so often and that made me decide to put my 2 new shepherds on raw and **they look great** when I look at pictures of my old boy and compare them with pictures of my boys now you can see the difference right away **will never ever feed commercialized** food to my dogs ever again

Rosy



💬 My rescue boy was already been fed raw by his foster mum Sarah for the 3 weeks he was with her so having had a look at some information including this group I decided to stick with it. Was a bit "in at the deep end" but has lots of help from Cinque Ports Rescue volunteers and this group. So when my next dog arrived straight into me as a "failed foster" she went straight on raw. **Would never dream of giving them anything else now.**

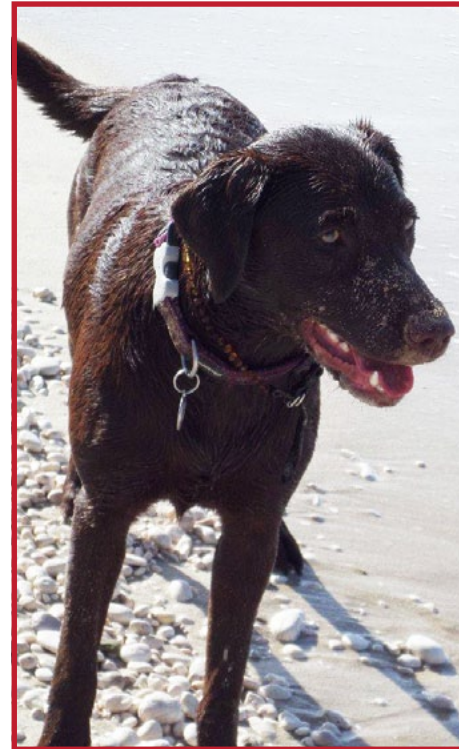
Top 10 Benefits of dogs eating real & raw food

as polled by Rebels (members of the group)

1. smell less
2. suffer less from tummy upsets
3. cost less in vet bills
4. poo less
5. have better coat condition
6. have better teeth & breath
7. really enjoy their food
8. have less health issues
9. are less hyper & are able to focus more
10. do not gas you out of your own home!

Bernadette

🗨️ My mum always fed dogs a **species appropriate diet** when I lived at home, when I moved to Greece it just seemed the right thing to do, then when my first Lab got old enough she used to catch her own rabbits so that made me certain I'd carry on feeding raw whatever dog I owned.



Angie

🗨️ Ulrika inspired me to change, thank god she did, I take my hat off to her on a daily basis xx



Jenny

🗨️ Started on Pedigree Puppy as recommended by breeder, first dog since I was a child when we fed our boxer on a shillings worth of meat from the butcher and Winalot, he was very slim and healthy. Changed to Burns on trainers advice, Luie had **allergies** from a puppy so jumped at chance to go to lecture on raw by holistic vet, also arranged by trainer, and **haven't looked back**. Lu had 2 years on steroids, but has been off them for 3 years now with the help of a raw diet and wonderful holistic vet.

Naomi

🗨️ We got a puppy who was weaned on raw beef which we were curious about, so did my research into it and hey presto...converted! We raised four dogs on tins/kibble not knowing any different, it will be interesting to see if these two who are raw fed lead healthier and longer lives.

Adam

🗨️ *I wasn't happy with feeding a biscuits it has never made sense to me so researched about the dogs digestive system and decided to feed him what he his built for just wish I had of started with my previous dogs earlier.*



Natalie

🗨️ *Joanne who isn't a member here encouraged me to go RAW when I had serious ADHD behavioural issues with my rescue lab boy, Bean, and I am so glad we did, now all 4 or mine are fed raw and we even started our puppy at 7.5weeks old on it.*



Fran

🗨️ *As a child I was obsessed with Afghan Hounds and bought every book I could find. One was written by a lady who fed raw. It stayed in the back of my mind for decades though I didn't realise that commercial food was often bad, just that raw was extra good. Also, I didn't have the time to trawl butchers for food. When my six month puppy started to have loose poo and I tried several different kibbles, I just had a hunch that it was kibble in general that was the problem. I switched cold turkey and all the dogs' poo changed from the first day. After I switched them I started reading up (not as stupid as it sounds, I did know that balance was required over time not immediately) and here I am five years later and very happy.*



Colette

🗨️ *...my inspiration was from articles in Dogs Today, lots of reading and then a seminar by Nick Thompson - made the switch from Orijen/Natures menu as new rescue dog hated kibble so I thought "lets go for it & do raw"!*

Virginia

🗨️ *My dog told me (I know it sounds mad) that he wasn't happy on kibble. I switched to raw and haven't looked back. It was the stealing of chicken I was preparing for dinner which said it all. If buffalo tripe doesn't make an appearance he knocks things off the counters. I think they communicate better than I do.*

Jenna

🗨️ *Peanut wouldn't eat anything and seen at some point that Shakira fed her fur kids raw I messaged her and she helped me. And Peanut enjoys her Nutriment she's still fussy some days well most days but I've learnt not to fuss and worry if she's not gonna eat then it goes back in the fridge till later..*

She probably doesn't get her recommended daily amount but something is better than nothing and she looks happy and healthy to me

Sam

🗨️ *He is my first dog and I did lots of research into food before getting him - wham bam then I fed raw*

Donna

🗨️ *I heard about Raw 8 months ago from Cath, my poor crew were fed on Chappie complete! After doing lots of reading I finally took the plunge and started them on RAW. Best thing I ever done, the difference in them is amazing.*

Pauline

🗨️ *I started with my first dog when he was 12 weeks old cause my obedience trainer told me she fed raw chicken wings. My first reaction was horror at feeding chicken bones, lol! Then I researched it on the net and did the full switch. Very happy she told me about the wings.*



Tracey

🗨️ I was quite lucky - I have never had a dog before, not even when I was a child. All the dogs I ever met we're badly behaved, jumped up at me and seemed to be uncontrollable by their owners. My husband was extremely allergic to every one of them and we could never stay long at friends houses before he started sneezing and before you knew it, his eyes were streaming too - he always wanted a dog as did the kids but for me, it was a definite no! Then we made friends with a couple that had a Rhodesian Ridgeback (Zulu) now here was a dog that was well behaved, intelligent and seemed to have no doggy smell to him. My husbands allergies never kicked in when we were there either. Was this a breed thing or something else? His owner was sure it was because he was being fed raw and his skin was so good. I got the opportunity to look after Zulu for 6 weeks while his owners were emigrating and although he was on grain free kibble at the time (getting ready for quarantine where raw wasn't an option) I totally fell for him.

Having a dog around the house when hubby was on deployment and the kids were away at school gave me something to get out of the house for! Before the friend emigrated she helped me find a responsible breeder & now I am the proud owner of an 11 week old RR we call Savannah - who has been fed raw since weaning! My husband is back next Friday from a 6 month deployment and I am just hoping that his allergies are not triggered by her - but other than a puppy smell, all is good - so I think we should be ok! She is better behaved than all the other puppies at socialisation classes, she is responding to training well and is a calm adorable little thing (apart from a mental half hour first thing in the morning and for a spell in the afternoon)

Obviously this isn't ALL down to diet, but despite my vets disapproval at me feeding a puppy raw - I am hanging in there and following my gut instinct - that **raw is the best I can give her**. Fingers crossed it continues for a long and **healthy life** for her



Joanne

🗨️ **George nearly died, that's why I had to try raw.** He was allergic to all meats, and potato; wheat; oats, etc... His body just had a **meltdown** and was losing a lot of fresh blood from his bum. He was on steroid drips in the vets and we got the call to say the vet could do no more; it didn't look good. But, he turned a corner, we changed vets, and the new vet put him on kibble and I just thought I would rather he be put to sleep than eat that for the rest of his life. I researched as the thought of raw feeding scared me but I did it & 2 months later put my other lab on raw too. They have both **thrived**. George was always very underweight but now he's slightly podgy! He eats all meats and we have only had a couple of mild colitis episodes.

Shakira

🗨️ I hadn't had a dog for a year after losing a dog to cancer. When we got Dexter we did loads of research and started on James Wellbeloved. Well, but he wouldn't eat it, so I did a Google search for something like **'what's best to feed my dog?'** And there I saw a link to a raw feeding group on Facebook.

I was hooked overnight and the next day called and placed my 1st ever order. I felt guilty for a long time for not raw feeding before - once I really looked into what was in kibble! It seems daft now as my dad had working dogs and I had grown up with it but I guess because

I wasn't involved with his dogs I never learned.

It sort of dominates my life now I'm always meal planning and ordering and chatting up butchers and preaching (gently) to people. My converts stands at 9 now which I'm really proud of. My new pup was weaned on raw and thriving, Dexters allergies are under control and more importantly - it made me address my own eating habits and lifestyle. We no longer have processed food in our house and use holistic therapies for everything we can. **Raw is Rawsome!**

Cath

🗨️ *I started on Wagg original as that is what my dog's previous owner fed him. I then thought I would give him much better food so opted for lams (yes, I know!). I then changed to Land of Holistic Pets and finally raw after going to a raw feeding seminar with holistic vet, Nick Thompson. I also learnt a lot when I was training to be a fully qualified canine massage therapist which is what I am now. I **only wish I had given Paddy raw food sooner** but as soon as I got my other rescue dog he went straight on to raw, no messing. He was about 5 months old when I got him.*



Sarah

🗨️ *When I picked up my first dog, as a puppy, I was given a small bag of James Wellbeloved dry food for him. He wasn't really that interested in it and I got thinking about how bizarre it was to be feeding a dog biscuits. I did some research but I was mainly influenced by a friend of mine who is a vet and is a very enthusiastic advocate of the raw diet. I read lots, sought advice from others and went for it. I also had a lot of support from another person, who*

has since become a friend, who is also a raw feeder. Synnu (my original puppy) is now four years old and has been on raw since he was about 12 weeks old. Tsieina, my second pup, is now three years old and has been raw fed since I got her at around eight weeks. I am an enthusiastic recommender, but I also appreciate that people have their own beliefs and reasons for feeding their dogs the way they do.

example dinner

top: Lamb Ribs, below: Ox heart, egg & herbs





Anne

🗨️ 5 months ago I was hand feeding Daisy, worrying myself silly because she wouldn't eat, kept changing the kibble. Even blamed myself when she needed her 2 leg operations thinking if she had eaten better it wouldn't have happened! Last summer I really wanted to swap to raw but I gave her a chicken wing, watched her swallow it whole and worried for 48 hours that something dreadful was going on inside of her!! So I bottled it....then Amber joined us and Daisy started eating better. Amber liked to eat the kibble from my hand but the slobbery smelly mess left afterwards was yukky and I thought why am I feeding them this! So I started cooking for them, which was hard work. **Suddenly they were having poorly tums.**

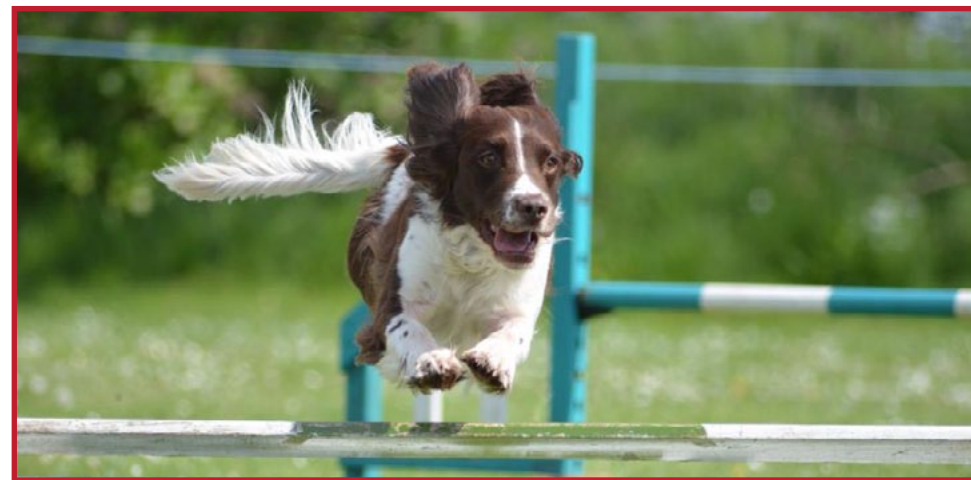
After 8 months of sitting on the fence we took the plunge. They both love it, Daisy has never eaten so well in fact she cleared the liver Amber left yesterday morning....a real turn around for someone who would never eat!!

I have my friend Raina to thank for the help and confidence she gave me to make the swap. I am 5 months into raw now, love this group and learn loads



Lauren

🗨️ I have been on a journey of trying and being recommended many types of kibble (even worked in pet shop where the big brands tried to brainwash us with their spiel) over the last 11 years. While I don't hate some of the premium kibble I have a **pancreatic dog** who I wanted off kibble and a young Dane who had hideous gut function so I knew I wanted to change - just had to find the right way to do it!



Georgia

🗨️ I always used to feed dry dog food until Obi came along and had **constant diarrhoea right from a small puppy** tried every type of dry and wet dog food out there, he had blood and faecal tests and medication all to no avail. He was also a proper little skinny Minnie and nothing would put weight on him.

As a **vet nurse** I must admit it took a long time for me to even think of raw feeding at all (brainwashed) but one day it occurred to me that in ten years I had never actually seen a case of a dog with problems from eating raw food (though could think of a few with processed foods, my Nan's dog had campylobacter and never saw a raw meal in his life!). So I decided to give it a go-well **the transformation was practically instant** and we have never looked back. Obi loves his food and **shines with good health**, no more diarrhoea and **spotless teeth**. I am excited about getting my new little rescue dog and starting him on his fabulous new diet

Carole

🗨️ When we had our first dog as a couple back in 1983, we fed minced raw, that was the way my husband did things, wind the clock forward many year to 2011, hubby had passed away, new dog (Leo aged 16 months and a nut case!) was to be my sons, he chose to feed symply, because that was what the rescue was feeding and he was advised to continue, July 2012 saw the arrival of my daughters 12 week pup Violet, her sister Lilly belonged to Gary and Natalie, with whom we became friends. Both girl's had **stomach problems**. Sadly in June 2013 Nat and Gary lost Lilly. They later got Bean, whom much has been written about how raw helped him, Violet's **health got worse** and Natalie suggested we try RAW, which we started in March this year and have **not looked back** since. Leo is much calmer, Violets tummy is so much better, we are loving the easy life. Daughter has it down to a fine art, surprising since she a virtual vegan, but loves her dog.

Jules

🗨️ Started out feeding tripe many, many years ago, it's just what people fed round here, never thought of it as raw lol! Then vet advised kibble so we did the Bakers/Burns/CSJ/Millies and now back to full circle! Round & round we go

Judy

🗨️ Rodney, started me on raw. I have a breed that is prone to **9 types of cancers**, I will do whatever it takes to insure a proper diet for my pack.

Lizzie

🗨️ I was at a loss of how to get my husky to put in weight and to eat a regular diet! Even when we were in high exercise mode he would go days without eating On raw he eats **EVERY DAY AND EVERYTHING** and gained weight

Caz

🗨️ My now 6yr old GSD X had **constant runny poos** since being in rescue centre. She was still a young pup when we had her but didn't seem to have the same **energy levels** as youngsters normally do. She also wasn't filling out much. We tried various kibble, those recommended by vet (Hill's Science Plan) and those grain free kibbles researched on line. I even ended up contacting manufacturers for advice when their "quality products" failed to address the problem. The only thing I learnt in that first 12-18months was how to pick up runny poos!

I eventually gave her home cooked products minus the bone with very small quantities of kibble. So long as I kept the kibble to just a tiny amount she was fine. At that time I was under the false impression that if I didn't feed her kibble she would be lacking in nutrients!

I then discovered articles on-line about raw feeding and **that's when my dog changed**. She filled out, had more energy, her coat thickened up and it's texture changed. Her poos became normal almost overnight.



Zoe

🗨️ My little %*#+ off a Sheltie had his **third cancer operation** and was told that he could not have any more surgery so started reading about Cancer and diet so switched him and the other dogs to a RAW diet a couple off years ago the little %#^* cancer has not returned. But the last op he had was very large and they I think they did a better job but I am sure the diet not feeding the cancer helps sugar, starch and carb free no veg for him just dark green leafy veg coconut oil, turmeric , **I am convinced the diet has helped his battle against the big C :-))**

Julie

🗨️ Sammi was on Wainwrights from 2 months old and I had no problem with it then the TV programme about dog food was on & very next day he was raw fed (DAF) his attitude changed even tho he is still a bit wild, then when we got Bree a couple of months ago we put her straight on it too.

Sarah

🗨️ When I got my first dog last year, I just assumed I'd feed him tinned dog food. That's normal, right? **All I had to do was open my first tin and smell it to know that this was not right**. After all, I avoid rubbish processed food, so why would I impose it on my dog? I then discovered the 'Which Dog Food' site, which led me to higher quality processed food such as Eden and Orijen. By that time, though, I'd joined an online forum



which included a number of enthusiastic raw feeders.

The philosophy just made sense to me, so I made the switch and have never looked back. Since then, I've acquired two rescue dogs, both of whom came to me underweight with smelly breath and dull scurfy coats. They're not like that now - **all my dogs are energetic, shiny and healthy**, and do firm, minimally-smelly poohs. **It's win-win!**

How to start in a nutshell!

There are a lot of differing opinions out there but the more you read the more you can decide what you agree with and what you don't and therefore come up with your own way of feeding raw, as raw is all about being able to provide the very best food customised to your dogs, and with time you WILL learn what works best for you and your dog. Raw feeding is also often called BARF, RMB, prey model etc... However don't get hung up on the labels - it's all raw - just different presentations!

How much do I feed?

Firstly, you need to work out how much to feed your dog. A good place to start is **2-3% of bodyweight for an adult dog**. i.e. adult at 16kg would need 320g per day based on 2% and 480g based on 3% per day. I increase the amount fed or reduce accordingly to how my dogs feel. With a healthy dog you can feel the ribs and they have a waist.

How do I swop over?

You have 2 choices when swopping over to raw, either cold turkey or combine kibble and raw. Most will not recommend feeding kibble and raw simultaneously as 1. they digest at different rates plus 2. it's difficult to know you are feeding in fact a balanced diet.

How do I start?

To start with feed one protein source, one meat, and keep a diary. I would recommend starting with chicken or turkey as it is easy to source and most dogs can tolerate it. I would start feeding chicken mince with some wings or half a carcass, maybe mince for breakfast and then some wings for tea. See how your dog goes for a week. You will find you will become an expert at looking at dog poo as this is the best way of telling how your dog is doing. You will find that poos generally become smaller and better formed as they utilise more of the food that they are being fed. For many starting out it can make a lot of sense to use premade minces with everything already in it - there are many suppliers who offer this, it can be useful.

The reason to keep a diary is to find out if there are any foods your dogs does not tolerate, this way you can keep track.

So what should I be aiming for?

You want to aim to have a good varied diet, the more variety the better the balance and the less likely a chance of your dog missing out on something.

Aim for a ratio of 80% meat, 10% bone and 10% offal, but note with the offal you need liver however this should never be more than 5% which leaves 5% for something like kidney or spleen. With bone it's better to start slightly lower and build up then feed too much. You will know if you feed too much bone as poo becomes very hard and chalky - if this happens skip a bone meal for a boneless meal like tripe or just some more meat. If you are concerned you have given too much bone and the dog is struggling feed offal - this gets the bowels moving.

What many avoid feeding, myself included, is any weight-bearing bones (I mean as bones not minced up). These are very hard bones especially of bigger animals and can break teeth and splinter - so be aware!

For much more info and help:
**[facebook.com/groups/
rawfeeding.rebels](https://www.facebook.com/groups/rawfeeding.rebels)**

Sian

💬 *Colette was my inspiration to give it a go! As I was a vet nurse, I was totally **anti-raw feeding**, had all my dogs on Royal Canin and thought that was best, I eventually worked up to Arden Grange, then Acana and finally Nature Diet before taking the plunge. My whippet with **IBD** is doing much better, would never go back now*



Mags

💬 *Django never really liked kibble from day one. I remember one day when he was a pup giving him some cooked chicken & rice for a change (not knowing any better), when he'd finished he picked his bowl up & brought over to me - we thought "how cute" but thinking about it, it was the first sign he didn't like kibble. From then on for a year and a half we tried all sorts of kibble - he never showed any interest in his food though (& being half lab that surely is a bit odd!). Anyhow I started adding toppers to it - mince (which I cooked at first until a friend told me I was bonkers) and tinned sardines - he loved these but I was having to add more & more to get him to eat the kibble (still the penny didn't drop - doh!). Then I hired a dog trainer who raw feed and she suggested, perhaps Django was telling me something & pointed me towards the Honey's book as a starter - I was hooked after that & Django was so pleased - **he'd been trying to tell me for a year & a half that he hated kibble!** He had a very nasty ear infection at the time I hired the trainer & the vet said he would always be prone owing to his ear shape but...since raw no ear infections! So, in essence - Django told me to feed him raw*





Emma

💬 I guess mine was the dogs really. I researched foods a lot before we got them because I wanted to make sure I didn't give them anything rubbish. The amount of bad products really surprised me.

I started them on CSJ little champ and then moved on to big champ. Daisy was **constantly poorly with a bad stomach**. If we went a week without exploding bottom we were doing really well. She was on Prokolin a lot and the vet mentioned perhaps exploratory surgery was needed. At that point I swapped to wheat and gluten free which made her a lot better.

The problem I had was that it took about 3 days for them to eat 1 days worth of food but Kev was just getting bigger and bigger.

My girls stomach is the best it has ever been and they now actually enjoy their food. I would never swap back.

Sarah

💬 Being a **nutritional therapist**, I'm ashamed to say it took me ages to wake up and realise that it was my dog's food causing his **colitis and eczema**. He was 10 before I made the change, mostly triggered by the TV programme and with encouragement from the wonderful Doreen at Have a Happy Hound. We moved to half raw, half kibble, then fully raw 2 months ago. **I feel so guilty that I didn't do this before - so busy perfecting my family's diet that I overlooked one very important member for far too long.**

Joanne

💬 I finally switched to raw when I had literally tried every dog food you can get your hands on on the UK as Josie was allergic to them all!! It really was a last ditch attempt to get her a quality of life back and it seriously worked!

Denise

💬 I was converted by Carol Anne Rayson in 1998, on a Beardie forum

Emma

💬 We started on Tesco dog food when we first got Pepper, then moved onto a non-branded "working dog" food that was basically just cereal and produced **brick red poops**. Then Ellie came along, complete with a bag of Arden Grange food from the rescue centre. She was much more interested in Pepper's food so we moved her onto that.

Pepper started **itching a lot**, so both dogs were moved back onto Arden Grange in a quest to go grain free but neither were that interested in it on it's own so we started adding grain free wet food as well. Pepper's itching didn't improve so we moved to a mix of Applaws and Lily's Kitchen, which both dogs loved. Everything was great for a few months - less itching, better poops etc., then

Ellie had what we thought was a bad bout of **diarrhoea** that culminated in her passing blood, a trip to the vets and £50 steroid treatment. She was given the usual chicken & rice with a bit of prokolin and it cleared up nicely. Back onto regular food and the **problem occurred again** the next month and the month after with the same results. While this was going on, I'd been researching raw, initially to help Pepper but then thought it might help Ellie too. Just over a year ago, we made the full switch and **both dogs are so much better now!** They love their food, Ellie hasn't had the problems again, and Pepper has stopped itching as much and has lost the extra weight she was carrying. I doubt I'll ever go back to kibble now that I know the benefits.

Andreas

💬 It was my breeder 12 years ago... I used to cook mince meat and she said: are you mad Andreas? Don't cook it, just

feed it raw. It is the best you can do. So I did (and lazy as I am was grateful that I didn't have to faff around frying it)

Anya

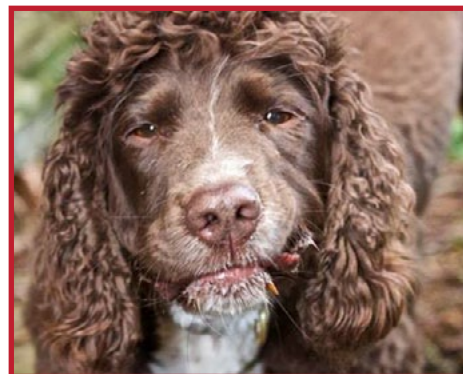
🗨️ The person who opened my eyes, was the lovely and very knowledgeable Angie Roberts. She never, ever pushed the issue, but planted little seeds here and there... Seeing her beautiful dog Pippa and hearing that her wellbeing was achieved through raw and a completely chemical free existence, is what made me switch. I am a little ashamed to say, that I kept a bag of kibble in the larder, just in case..



I have a now 7 year old GSD, Tyra, who at the age of about 7 months “**went nuts**”. 1000s of £s, behaviourists, psychologists, wolf whisperers, medication, training aids and the vet saying: “**She has the dog version of ADHD and would be better off on permanent tranquilisers or being put to sleep**” (he never got to see Tyra again btw!!!) I just battled on.

I had also had several RSPCA visits, because people thought I wasn't feeding her. Her ribs were always showing. After Angie initially mentioned the raw and it's hugely varying benefits, I started researching. Another 6 months went by,

then I braved it all. All of my gang loved it and did exceptionally well straight away, but the biggest improvement was with Tyra. She started being **calmer** (other people wouldn't recognise it, because she is still doing everything at 500mph, but I know), and she **put weight on for the first time EVER!** Actually, she got rather fat, because I loved seeing her enjoy food and putting weight on.. I know I am repeating myself, **BUT I soooo wish I had known about raw and it's awesomeness years ago. It may well have saved Tyra's mum from having painful ears and her granny from liver failure.**



Tina

🗨️ I had an affenpinscher, Liza, who had really bad itchy skin so went in search of answers on this new fangled thing called the internet it was the mid '90s. I discovered all this talk of BARF, bought books by Billinghurst and found a chat forum (remember those - before FB?) which Denise A Barley and a few others here were also on, run by a very strict chap called Derek. It was all very radical and 'new age' seeming back then, and no-one was supplying prepared raw food so it was butchers shops, supermarkets and dodgy frozen blocks from pet shops. It **cured my girls itches** (she got BOB at Crufts 6 months later) and I never looked back.

Terry

🗨️ I've had dogs now for over 30 years, my first dogs were fed tinned Chappie with Winalot mixers and occasionally cooked liver and plain boiled rice. For some bizzare reason I then moved onto Vitalin, I don't know what possessed me to feed that, why anyone would feed the equivalent of doggy muesli I don't know. I progressed to various kibbles, even WAGG and Bakers! Over the last few years tried better quality kibbles, Fish 4 dogs etc until one of my current 3, Bracken **refused kibble**, tried Wainwrights trays which he ate but wasn't happy, did research and moved to raw 18 months ago, **could never imagine moving back to commercial dry food**

Lucy

🗨️ I was looking into raw diets and green smoothies and juices for people and came across it for dogs. Read raw meaty bones and thought it made complete sense so switched my pup across almost straight away much to the bafflement of my family at first. Can't believe how well he is doing on it compared to other dogs we have had and we are all now in agreement that it was the best plan ever. **No smelly breath or brown teeth** also he is not greedy like kibble fed labs can be. I think its because he is getting all he needs and so is more choosy about what he hoovers up around the house - he won't even touched cheerios if they are on the floor! Told my kids its a sign that cheerios have 0 nutritional value and should be banned from the house!

Fran

🗨️ I remember reading one of the Ian Billinghurst books (I think it's Grow Your Pup With Bones) which has some fairly radical views about **skeletal diseases in dogs**. My first dog (border collie) had appalling hips (my vet said the worst he'd ever seen) and he was raised on Pedigree Chum tinned, Winalot biscuits and SA37. Made me wonder.



Rhi

🗨️ *Jeni was my inspiration. She planted the seeds which grew, I then planted those seeds with my partner. Raw2Paw had it's shop opening just up the road from us and I suggested we went to visit Jeni there, and my partner by the end of the visit was discussing us going raw. We started within a week, went to a talk by Nick Thompson which cemented things for us both, and we're about 2 months along our raw journey. I love reading new things and my world outlook has also changed, with looking to more holistic/natural remedies for us all. This page has also been an inspiration as I joined before changing, it also gave me the **confidence** to go for it knowing there were a lot of knowledgeable people with a wealth of experience and different opinions to share. So thanks to you all too.*

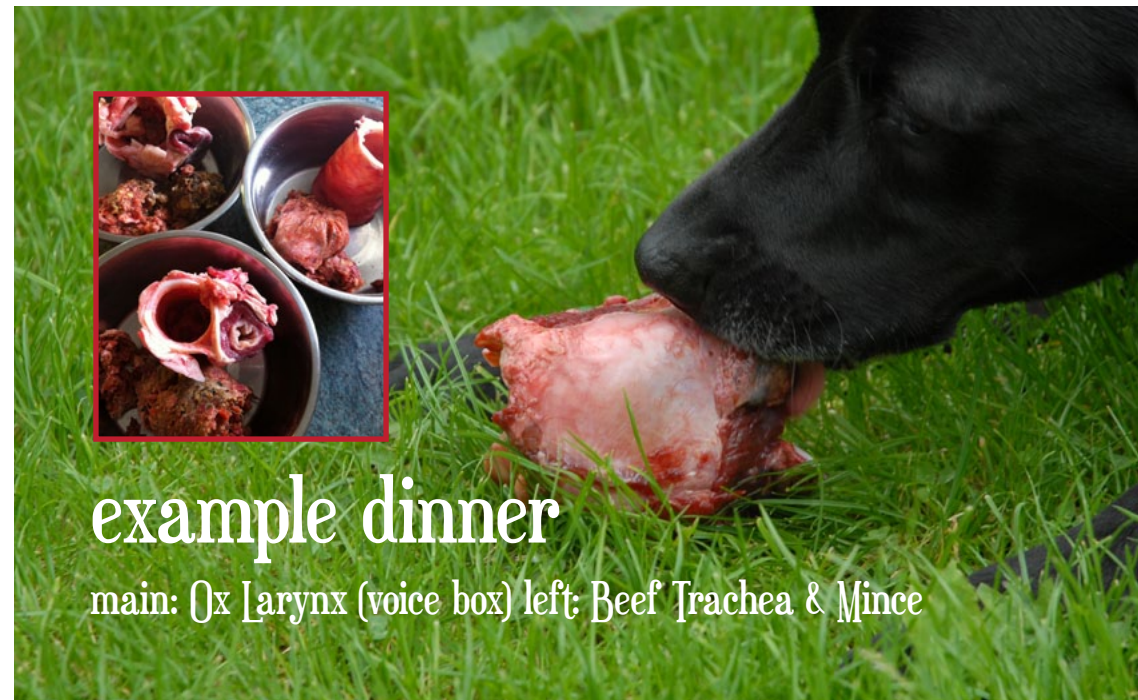
Laura

🗨️ *Buddy was my reason for changing. He was 4 and a half, **vomiting undigested food daily, had constant diarrhea, under weight, hypothyroid, and undergoing tests on his liver that kept crashing.** The Vets had told me they do not know what was wrong, and they had run out of options. My boy was dying. Raw was the only thing I could think that I hadn't tried. Basic, simple, easy to digest in theory. Had to be worth a shot. **The day I changed to raw was the last day he vomited.** He stopped the diarrhea within a week. He gained weight and had no more liver crashed. He will be seven in a couple of weeks.*



Penny

🗨️ *I overheard someone talking about raw feeding at a show. She took me to the Natural Instinct place in Camberley, they showed me round, showed me all the food and gave me about 10days worth for free. I made the decision to feed it all to one of my 9 dogs - Tumble drew the short straw. The others would gaze through the gate in absolutely envy as she demolished turkey backs, chicken carcasses, breast of lamb, tripe... etc etc. I made the switch in one go and Tumble never had any problems tummy wise. I found a freezer, researched and found a butcher, bought a load of food and switched the others over within a couple of weeks. We've never looked back.*



example dinner

main: Ox Larynx (voice box) left: Beef Trachea & Mince

for information such as Starter Guides,
Recommended Reading Lists, Suppliers and
lots of support and advice
on rawfeeding your pets



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