

Book of the month



*Work Wonders: Feed your dog
raw meaty bones*
by Tom Lonsdale, DVM

ISBN: 0975717405

Click picture to order from
Dogwise

Work Wonders: Feed your dog raw meaty bones
by Tom Lonsdale, DVM

ISBN: 0975717405

Click picture to order from Dogwise

review by Margaret Auld-Louie

For those who found Dr. Lonsdale's previous book, [Raw Meaty Bones Promote Health](#), too long and technical, this is a short, simple book that explains how and why to feed raw meaty bones to your dog. You can read this book in an hour or so. If you then want to learn more about the science behind feeding raw, how commercial pet food damages our dogs' health, as well as Dr. Lonsdale's contention that vets are in collusion with the pet food industry, you can return to his longer, more scientific book. This book, [Work Wonders](#), explains briefly the science behind feeding raw, whole carcasses to dogs and how important this is to the health of their teeth and gums, in addition to providing the proper nutrition for a carnivore (meat eater).

Dr. Lonsdale also goes into considerable detail about the logistics of feeding whole carcasses to dogs--where to obtain food, how to store it (buy a big freezer), how to feed it and the importance of varying the diet. Reading that, I thought of a dog I know that was fed raw chicken parts but had a poor quality coat and later developed health issues. It's important to remember that wolves are consuming the entire animal in the wild, as well as a variety of animals. When we feed our dogs a single animal repeatedly and only selected parts of that animal (rather than all the meat, bones, organs, digestive tract, skin, etc.), it's inevitable that they will develop nutritional deficiencies over time. Each different prey animal is high in certain nutrients and low in others. The same is also true of the different parts of the animal. For instance, hearts are high in taurine, adrenal glands in Vitamin C and livers in Vitamin A. So Dr. Lonsdale's tips on proper feeding are very important to the health of our dogs.

The book includes a chapter on "Risk Management", describing the varied risks in feeding raw carcasses and how to minimize these risks. Unlike some books on raw feeding that minimize the risks and imply that feeding raw is totally safe, Dr. Lonsdale acknowledges the risks as real and then explains how to avoid or minimize them. He addresses the problems of choking as well as bacteria and parasites in meat. Since he advocates supplementing the diet with table scraps, he also explains the risks to watch for with that, such as [human foods that are toxic to dogs](#) (onions, chocolate, etc.).

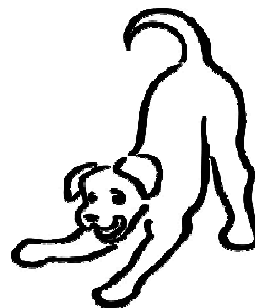
His position on supplements is that it makes more sense to try to properly balance the diet than to add supplements to it, which could imbalance the diet and even be dangerous. For instance, companies sell flaxseed oil supplements for dogs. He asks, "How does anyone know if their dog suffers a flaxseed oil deficiency? Especially since flaxseed forms no part of a wild dog's diet." We would add that it's unlikely your dog can absorb the nutrients in flaxseed since they are carnivores and therefore probably don't have the enzymes required to convert those oils to the EPA and DHA required by the body (to learn more, go to http://www.optimumchoices.com/April_2006.htm#Flax-oil). We do feel that superfoods that are native to a dog's diet, such as [BioPreparation](#) algae (mentioned in the case study article above) make sense for dogs. Even raw-fed dogs can suffer from nutritional deficiencies that can be hard to remedy by diet alone if they have previously been fed commercial pet food or their parents were fed commercial pet food. Plus, our modern dogs are exposed to high levels of toxins--pollution, vaccinations, drugs, etc., that Mother Nature did not design their bodies to handle, even on a good diet.

Despite the shortness of the book, Dr. Lonsdale touches on many important topics, such as dental problems and the impact on overall health, how pet food affects dogs' behavior and impacts humans (such as a high number of dog bites), the reduced environmental impact of feeding raw and the positive impact of raw feeding on the various body systems of dogs as well as their overall health. We recommend this book highly as a primer, by an expert in the field, on how to feed raw food safely to your dog.

Contact us



[Click here to give
your pet
the fountain of youth
today!](#)



E-mail

General Information: Russell@OptimumChoices.com

Webmaster: Webmaster@OptimumChoices.com

Newsletter Editor, Margaret Auld-Louie: Editor@OptimumChoices.com

Telephone

303-271-1649

866-305-2306 (toll-free)

Normal office hours are 11:00 AM – 7:00 PM Mountain Time (U.S.). If you would like a return call outside those hours, please specify what days and times are best.

Location (call first for appointment)

416 Plateau Pky

Golden, CO 80403-1533

U.S.A.