

## Work Wonders Book Review

By Ann Walker [www.annwalkerbooks.com](http://www.annwalkerbooks.com) published in Newsletter of the Koolie Club of Australia, June 2010 <http://www.australian-koolies.info/>

Mars and Nestles, - what you may ask do these two have to do with your dog? A great deal if you feed commercial pet food for these two vast multinationals are the biggest producers of canned and dried pet food in the world. Be sure of one thing they exist to make money not to create healthy happy dogs, that is the aim of Tom Lonsdale an Australian veterinarian well known as advocate for what has become known as the BARF (Bones and Raw Food) way of feeding dogs and other carnivores such as cats and ferrets.

He points out that there is nothing new in this way of feeding our dogs, its something we forgot and allowed the commercial manufacturers of pet food to brainwash us and take over the feeding of our dogs.

WORK WONDERS is Tom Lonsdale's second book and, if you will excuse my synonyms, easier to get one's teeth into than his earlier and meatier tome, RAW MEATY BONES. I would recommend dog owners read his second book, WORK WONDERS first, this is written in a very easy style and well illustrated with amusing line drawings that succeed very well in bringing the point home, and photographs. Dr. Tom Lonsdale graduated from the Royal Veterinary College in London in 1972 and RAW MEATY BONES first published in 2001 grew from his own experience as a practising vet and the diseases he encountered every day in dogs fed commercial pet food.

I discovered the benefits of raw food many years ago when I was living in England and breeding and exhibiting pedigree cats. When I switched to a raw meat diet for them their health improved dramatically and consequently my veterinary bills dropped and my cats looked better and won more prizes. Whenever I relaxed this diet and fed commercial food the health of my felines dropped and they suffered from eczema, gum and tooth troubles and kidney disease.

I was brought up on a farm in England in the Second World War when food, especially meat, was scarce for humans and commercial pet food virtually unknown. We had two Border Collies, one a brood bitch. My father shot rabbits to keep them fed and fit and as we had our own poultry heads, legs etc., were always given to the dogs, raw, when we killed any. These dogs never needed to see the vet and both lived to a good age. One of them in fact was 14 when he died and had never had a day's illness and survived being run over by the tractor in his youth.

Some years back the effects of commercial food was brought home to me very forcibly. We then had a wonderful German Shepherd dog who suddenly, and inexplicably to us, changed character completely becoming so neurotic and nervous she hardly dare poke her nose out of the house. We had an extremely good vet at the time who was capable of thinking out of the square, he asked to see the biscuits we were feeding her and decided it was the red colouring in them. "Take her off then." He advised, within a week she was her normal self.

Trial and error and experience has taught me the value of the BARF diet, of my three dogs one is 15 years old and did not come to me till she was 5. She is remarkably fit and spry. My oldest cat is 18, she will be 19 later this year and my last cat to die was few months off her 19<sup>th</sup> birthday and only ever had to visit the vet for essential inoculations when I had to board her.

Unfortunately the huge multi-national companies who manufacture most of the pet food on the shelves of supermarkets and pet stores under various brand names wield great power and are able to convince not only dog owners but veterinarians that canned, processed food is what dogs need. Those who KNOW what they need cannot express their opinion only show it in their far from optimum health. For your dog's sake, read Dr. Lonsdale's books. Both are available from his web site [www.rawmeatybones.com](http://www.rawmeatybones.com) and at \$15 and \$30 (plus postage) are very reasonably priced.