Style Sheet: Clubhouse Pet Egg and Dairy Diet

Watch the following videos:

“Homemade Dog Food - Scrambled Eggs Sassy Style”
https://www.youtube.com/watch?v=_xLeVa9xqwo

“Home Cooking Dog and Cat Food With a Crock Pot”
https://www.youtube.com/watch?v=4szeiIoizkg

“Coconut Oil in Your Pet’s Diet”
https://www.youtube.com/watch?v=ND8doiVSLDw

Dogs and Cats Need Eggs and Dairy
If you’ve read my November 2013 article titled “Your Protein Requirement is Higher Than You Think” (http://articles.x10.mx/protein.html), you know that eggs and dairy are the most efficient protein foods due to extremely high levels of usable protein. Meat, poultry and fish contain 15-20% usable protein. The limiting factors in these foods are detrimental to animals as well as humans.

As I thought about this, I realized that Dr. Francis M. Pottenger’s success with his cat studies that showed cats thrive on raw milk—may have been due to the fact that dairy contains 76% usable protein. Nutritionists who have studied Pottenger’s work have always thought his success was due to the vitamins and enzymes in raw milk. While these nutrients may have been a contributing factor in Pottenger’s cats, dowsing helps me to understand that it was his choice of dairy that made his experiment a success.

Dr. Greg Martinez is a veterinarian who has developed a method of making homemade dog food in a slow cooker.

A YouTube member named Queeniechi makes scrambled eggs for her dog.

Dowsey Adjustments in YouTube Videos
The YouTube video producers shown on this page have correct ideas, but their presentations need minor adjustments that I’ve learned through dowsing:

Dr. Greg Martinez
Dr. Martinez’s slow cooker recipe should contain the following foods: organ meats (all of those he selected), chicken (but without the bones), eggs (increase by a factor of 4), and carrots. Slow cookers and Mason jars will need to be stored in the main supply area (stainless steel mashers can be hung in the clubhouse). Cook these foods for 20 hours on high to make a similar stew-like mixture. Use wide-mouth pint size Mason jars with plastic lids for storage.

Queeniechi
Queeniechi’s scrambled eggs can be cooked in coconut oil (see: Dr. Karen Becker’s video on the benefits of coconut oil). The ham in the recipe should be replaced with small pieces of boneless chicken.

Dr. Karen Becker
Dr. Becker’s presentation on the benefits of coconut oil is correct and she provides an excellent summary.

Baked Egg Recipes
Recipes that combine eggs and dairy (e.g. coconut milk sweetened custard and quiche made with an oat bran crust instead of flour)—are additional recipes that can be introduced to pets.

Note: Improvements in nutrition will occur when backyard hens are raised on nutrient-dense grass fertilized with seaweed.

Dowse to Check on Pets’ Status
Every aspect of pet care will require you to dowse and ask the question, “Are the pets ok?” A “No” response will require that you dowse each of their names. Once you have identified which pet needs added attention, you will need to dowse general topics such as “food,” “parasites,” “grooming,” and “socialization.” A “Yes” response to a topic will help you to form new questions until you figure out what a pet needs.