

Functional super-foods are nutritional ingredients that send signals to the *epigenome* to trigger healthy gene expression.

Epigenome are chemical compounds that surround our DNA and act as the instruction manual for our genes and tell them how to behave. But unlike our DNA, which is inherited and does not change in our lifetime, epigenome is influenced by the environment, including nutrition, stress, toxins etc.

This means that, while our dogs might have a genetic propensity for a certain disease, they don't really have to **get** that disease or suffer from it, if we provided the conditions for healthy gene expression.

Notice how many of these foods are part of the traditional Indian diet. We have used them for centuries and the western world is slowly discovering them. Why should we not benefit from them, especially when they are so readily available.

Don't forget do your own research on these superfoods before you feed them to your dog and try some yourself.  
It's good for you too.

There are more such foods - coriander, chia seeds, blueberries, wheatgrass, kefir, milk thistle, pumpkin seeds, garlic (in limited quantities), kale etc...Look them up!

**Remember!**

Dosage depends on your dog and dog's weight.  
Check online for dosage recommended by experts.  
Start with small quantities and build up to the recommended dosage.  
Check with vet for contraindications with the dog's medical conditions or medicines.

**Read more on canine nutrition:**

Book on Canine nutrition by Dr. Jean Dodds  
(Leading Veterinarian & expert on thyroid disease)  
Canine Nutrigenomics

Nutrition blog by Rodney Habib  
(Canine Nutritionist)  
<https://rodneyhabib.wordpress.com/>

Holistic care by Dr. Peter Dobias  
(Holistic Veterinarian)  
<http://peterdobias.com/>



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# Super charge your dog's food!

## Natural Functional Food Supplements



## Coconut oil

Coconut oil is a medium-chain triglyceride (MCT). It's most amazing quality is its proven ability to improve brain function. MCTs readily cross the blood-brain barrier, supplying 20% of the brain's energy requirement.

**Health benefits:** Improves brain functioning, contains antiviral, antimicrobial and antifungal properties, helps with weight loss (MCTs increase metabolism, signal satiety and cannot be stored as fat), improves digestion and absorption of fat soluble vitamins, benefits the skin & coat.

**Feeding:** Use only virgin cold pressed oil. Do not heat the oil and store it away from heat and direct sunlight. Do not cook the oil before serving it.



## Turmeric

Curcumin is a phytochemical in turmeric, used for centuries in Ayurvedic medicine and is now extensively researched in western medicine, mainly for its ability to fight cancer. Cancer uses multiple pathways in order to "outwit" the defenses of its host, but cancer therapies often address only one pathway. Curcumin, however, is able to affect multiple pathways, without destroying normal cells, unlike chemo.

**Health benefits:** Contains anti-inflammatory, antioxidant, anti-tumor and potent anti-cancer properties, boosts the immune system.

**Feeding:** Curcumin is poorly absorbed in the digestive track and rapidly clears from the blood. Combining it with freshly ground pepper increases absorption by 2000%! The best way to consume it is to make something called a Golden paste, the recipe of which should be easily available online.



## Raw honey

Raw, unprocessed honey is typically thick and milky in appearance. Pasteurized (heat treated) honey is filtered typically looks clear and smooth. Pasteurization compromises beneficial properties of honey.

**Health benefits:** Antimicrobial, antifungal, antioxidant properties, packed with natural enzymes and nutrients, helps heal ulcers, manage diarrhea and reduce indigestion.

**Feeding:** Don't feed this to puppies and diabetic dogs. Raw honey ONLY (processed honey is harmful!)



## Fish & Fish oils

These are rich sources of Omega-3 fatty acids. While flaxseed and chia seeds too contain omega-3 it's not as efficiently used in the body.

**Health benefits:** Reduces inflammation, increases learning ability, psychomotor skills, memory, immunologic and retinal functions, protects the heart, aids weight loss

**Feeding:** Fresh fish is the best source (anchovies, sardines, mackerel, halibut). Fish oil can be used too. But, no fish liver oil (Ex: cod liver oil) due to toxic levels of Vitamin A & D.



## Moringa

We in South India know this as Drumstick or Nukke Soppu. You could use the leaves or buy the powder. It is rich in vitamin A, C and E, calcium, potassium and protein.

**Health benefits:** Strong antioxidant that fights free radicals, fights inflammation, reduce some symptoms of diabetes, protect the cardiovascular system by preventing plaque formation and reducing cholesterol, improves brain function, protects the liver (especially in the case of dogs under medication), has antimicrobial and antibacterial properties



## Curds

Fermented milk products like curds do not cause gastric issues in dogs (like milk does) and are an excellent source of bioavailable calcium, protein, potassium and magnesium for dogs. In addition, it's also a good probiotic with over 37 billion "good" bacteria.

**Health benefits:** Prevents the overgrowth of bad bacteria in the gut, improving gastrointestinal health, prevents onset of allergies and reduces risk of recurring urinary tract infections. It can help clear up yeast infections and reduce gassiness.



## Pomegranate

Pomegranate (a rich source of Punicalagins ) is one of the world's oldest known fruits that originated in Persia and is used in Ayurveda. Many studies have shown that pomegranate is one of the most powerfully nutrient-dense foods to support overall health.

**Health benefits:** The rind of the fruit and bark of the pomegranate tree were used as a traditional remedy against diarrhea, dysentery and intestinal parasites. Pomegranates contain powerful anti-tumor activity and anti-cancer effects.



## Spirulina

This is a class of ancient, microscopic blue-green algae that grows in warm, fresh water. It's a rich source of vitamin B complex and E, wide array of minerals. Contains more protein by weight than any other food.

**Health benefits:** Strong antioxidant, anti-inflammatory, anti-arthritic, anti-cancer properties, protects the liver, decreases pain and inflammation

