SCRIPT FOR LOW CARB VIDEO REVISION:

This is my second video on low carb feeding in dogs. I've been recommending it for about a year now and have had considerable feedback on it. Results have been very good. There have been some difficulties which, hopefully, this video will help you work around.
Let me give you the background of low-carb feeding.
Dogs and cats have eaten meat and proteins to the virtual exclusion of carbohydrate since they were invented. That does not mean that they cannot thrive on carbohydrate diet. So the people who are saying that you must only feed your carnivores meat, are incorrect in that it's like saying you can only keep a cactus in parched environments. Maybe you did not know that many cacti do extremely well in moist environment with good drainage and brilliant sunlight. In other words just because they **can** live on meat alone, doesn't mean they have to.
I said all that to say this: the people who are feeding their dogs raw diets, and I'm not talking about those fat rolls of carbohydrate rich diet is labeled as "raw"…**real** raw diets are having excellent luck with their pets. And it is breaking down old beliefs as we discover that high protein diets may actually **not** be deleterious to the liver and kidneys.
But most people do not want to chop up fresh bloody chicken beef and rabbit for their dogs.
So I wondered if there was a dry food that met those nutritional equivalents.
And I found out that there are.
Let's go back to the physiology of high protein, high and low carbohydrate diet.
When a dog is eat eating a high carbohydrate diet, they are producing nonphysiological amount of insulin all the time. Insulin drives sugar into the cells but more importantly, it limits access of the body to metabolize fat. In other words**, insulin protects fat cells**.
They know this for humans, and it is graphically evident in animals.
Taking it a step further, animals that have been spayed or neutered, have even more trouble accessing their fat stores because they have no anabolic hormones to speed their metabolism and build muscle with the excess energy.
So, a low carbohydrate diet allows insulin levels to subside. This allows the body to access fat stores for energy. The dog switches into its alternative metabolism which actually is its primary, intended metabolism: using fat for energy.
This brings me to one of the most important pushbacks in low-carbohydrate feeding: Dogs lose their appetite at some point when they switch into fat burning mode, most notably in dogs with excess amounts of fat to burn. **They may stop eating for days**. I *repeat*: they may stop eating for days.
If you read the reviews of some of the high protein low fat carbohydrate diet on Amazon you will see a high return rate on the food because suddenly the dog would not eat it. That has nothing to do with the dog's appreciation of the food: it has it has to do with the fact that the dog is meeting all of its energy requirements in fat burning mode by utilizing its **own** stores of fat.
Given a little bit of time, the dog will eventually develop an appropriate appetite.
"Why does my dog eat bread, and it's old food as if it is starving?" The new metabolism does not eliminate the dog's ingrained desire for the carbohydrate and insulin it has lived with for years.
Just like a person switching over to the old *Atkins* diet, sugar cravings become extremely severe. Even though overall appetite may be off.
If you just stick it out, your dog will be fine.
A second pushback to low-carb feeding, is gastrointestinal upset.
Almost no one switching to low-carb feeding has gotten away without some gastrointestinal

upset. That manifests in the form of some spitting up, and probably some diarrhea. But it is worth it. Let me explain why this happens.
When your dog switches over to ultra-low-carb and high-protein, it calls upon a brand new set of Gastro intestinal bacteria in the gut. It takes a minute for these germs to grow up. While that is happening, the dog is using the wrong germs to break down so much protein with so little carb. This causes loose stools.
There are **two** things you can do to limit this:
First, add some water to the high-protein food when offered. What I do is put the food in the cup, take it to the sink and add enough water to where the food just begins to float, then I pour it into the bowl. It does not even need to soften.
The second, is to mix the food with the old food, gradually weaning off the old food and onto the new food.
Another thing you can do is feed the new food in three or even four feedings per day so that the gastrointestinal tract is not overloaded with the new diet all at one time. That is not necessary on the long term for example, you could feed three times a day for a week, and then resume two times a day for a week. If you typically feed one time per day, that's fine.
One of the key elements to low carbohydrate feeding is to be strict. It is ***crucially*** important to be strict.
If your dog continues to get carbohydrates, and produce high levels of insulin while ALSO on appropriate ultra-low carb foods, it will get as fat as a house. This is because ultra-low carb foods have 30% fat. If your dog continues to have insulin and it's system from extras, treats, or even using a little bit of its old food to "get it to eat during that hard phase", the insulin will drive that fat straight into magnificent levels of obesity.
So when you do undertake ultra-low carb feeding, it is an "all or nothing" thing.
I cannot emphasize that enough.
When you are feeding low carb foods, you are looking for a particular ratio of proteins, fats, to carbohydrates. The diet you choose should be less than 15% carbohydrate, and in fact we did find an ideal at 10%.
There are several diets like that. Raw food is like that.

Epigen. Ketona . Stella and Chewy's Chicken Toppers to name a few. Some from Blue Ridge Beef.

https://ketonaturalpetfoods.com/

Which brings me to another point: there is a diet being sold as " raw" because it is sold wrapped in plastic in the refrigerated section at Target. All that is is dry food that has been wet down and rolled into what looks like a hamburger sleeve. **It is crucial that you calculate the carbohydrate percentage in the diet that you may choose.**
The math on this calculation is simply taking the number 100, and subtracting the percentage of ***protein***, the percentage of ***fat***, and the percentage of ***Ash***, and the percentage of ***moisture*** in the diet. This leaves you with an accurate estimation of the carbohydrate in the diet, and you would be very surprised.
So, remember, 10% is the ideal for carbohydrate in ultra low carb feeding.

If you are feeding a commercial, ultra-low carb diet like Ketona, you should need no other supplementation. However, if you would like to give extras, please use ultra-low carb vegetables. Examples are cauliflower, broccoli, snow peas, and most definitely **exclude: corn, peas, lima beans, beans of any kind, potato, and even sweet potato.** You will be re-introducing carbohydrate via those vegetables, and diminishing the fat metabolism in that dog. That will impede results and create worse obesity.

If you choose to supplement a vitamin, that's a great idea, because sometimes the water soluble vitamins may be lacking in meat.

So, I will paint a clinical picture of my experience is switching my dogs to ultra-low carb.

When I switched Isabell over to ultra-low carb she have the same symptoms as my dog Ajax. Some spitting up, and a loose stool. Eventually her appetite dropped off and she began to lose weight. She was accessing her own fat stores and did not need calories from the food bowl. Her appetite returned, but her stools remained variably hard and soft throughout her time on ultra-low carb. My wife Kelly did not appreciate this because Isabel is pad trained and does not go outside so Kelly was cleaning up these varying consistencies of stool on or near her pad. After a few months, Kelly brought Isabell back to regular carbohydrate feeding, and she regained the weight.

My dog Ajax on the other hand, experienced some gastrointestinal upset because we did not know to mix the food gradually, and at first, I did not know to mix the food with a little water before offering it. This resolved Ajax signs. His appetite dropped off predictably, stayed down for two days and then came back. I should note, that when they started the ultra-low-carb feeding, they went nuts over the new food because they could sense it was high in fat. Later, once they went into fat burning mode and fat metabolism mode, their desire for fat was satisfied and they did not hit the food like ravening pigs. Appetite may drop off completely for days. The record so far is FIVE straight days of zero appetite for low carb food. (But still ravening for carbohydrate rich food, bread and anything they could steal.)

Within a month of starting ultra-low-carb, Ajax coat was glistening, his energy level was peak, and he is lean. This, in a neutered dog. I cannot say enough in support of ultra-low carb feeding.

To close, let me recap the **three** most important points that I have brought up:

1. First, your dog may experience some gastrointestinal irregularities which should be cleared by the two techniques I mentioned.
2. Secondly, you can expect your dog's appetite to drop almost to nothing with a low-carb food while remaining ravenous for carbohydrate rich foods while the addiction to insulin is broken.
3. Finally and thirdly, you must absolutely avoid carbohydrates in the strictest, "all or nothing" regimen of feeding so that insulin levels can get low enough to allow access to the dogs fat stores and reestablish the physiological metabolism mother nature intended. If you do not exclude carbohydrates from the dogs treats, grazing on your other animals food bowls, or carbohydrate rich vegetables, he or she will only get fat.

Wishing you and your dog excellent health,

Dr. Johnson.