

- THE -
Golden Life

A Guide on How to Make Golden
Paste for Dogs & Pets



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Try the Golden Paste recipe!

This is the number one Golden Paste (GP) recipe, tried and tested by hundreds of thousands of members and their pets in the **Original Turmeric User Group** and spread around the world. Try it yourself – it's quick, cheap and easy.

In most cases, we advise against the use of **turmeric and/or curcumin capsules**, pills, supplements, tonics, drinks, etc.

THIS RECIPE MAY BE USED FOR HUMANS AS WELL AS DOGS AND OTHER ANIMALS.



Please note that some turmeric suppliers have begun to sell "raw" turmeric powder. You'll know it's raw if you see that wording on the packaging or their advertising. If the brand you buy is advertised as raw, you will need to extend the cooking time to at least 30 minutes (not the 7-10 minutes mentioned in the recipe).

In the past, turmeric has always been cooked in the process of converting it to a powder. Some vendors are now skipping that step in order to appeal to "raw food" practitioners. This is still fine to use, but it does require the longer cooking time to improve absorption of the active components of turmeric. Raw turmeric is poorly digested, so little of the active components are available for absorption before it's excreted.

Golden Paste Ingredients



- 1/2 CUP (125 ML / 60G) TURMERIC POWDER
- 1 CUP WATER (250 ML) PLUS EXTRA WATER IN RESERVE, IF NEEDED
- 1/3 CUP (70 ML) COCONUT OIL (USE RAW, UNREFINED, COLD-PRESSED) OR LINSEED OIL (FLAXSEED) OR OLIVE OIL (USE VIRGIN / EXTRA VIRGIN)
- 2 - 3 TEASPOONS FRESHLY CRACKED (GROUND) BLACK PEPPER



Note: The amount of pepper has been increased since May 2016, on Dr Doug English's recommendations and review of greater success in a large number of cases using the extra pepper. Omit pepper if you cannot tolerate it. The absorption of turmeric will still be improved by cooking it and adding oil, but it will be less effective without the pepper.

Cracked pepper and ground pepper refer to the same thing. How finely it is ground is up to the user. If you like to have crunchy bits of pepper in your golden paste, then grind it less finely. If you don't (and that's probably most of us), grind it more finely.






GOLDEN PASTE RECIPE:

1. Bring the turmeric and water to a boil in a saucepan, then lower the heat and simmer until you have a thick paste. This should take about 7-10 minutes and you may need to add the extra water along the way for good consistency.

GOLDEN PASTE RECIPE:

2. Add the freshly cracked (ground) pepper and oil AFTER cooking, when it has been removed from heat and cooled down (still warm to touch but not burning), about 10 minutes later.
3. Stir in well to mix the oil in everywhere and allow to cool again (if coconut oil is hard, it should melt in the mixture).

THINGS TO CONSIDER WHEN MAKING GOLDEN PASTE:

-  Do not use pre-made pepper meal (pre-ground pepper that you buy for pepper shakers). The active ingredient in black pepper (piperine) is oxidised when exposed to the air and also degraded by light, so not much is left in the pre-ground pepper purchased in the store.
-  Do not add honey or any sweeteners. Sugars are not necessary and they provoke inflammation.
-  Try 1/4 of a teaspoon, twice a day (with food and water), and build up to 3 - 4 times a day, for the first 4-5 days.
-  If you need more effect, increase to 1/2 - 3/4 of a teaspoon 3 - 4 times a day. You don't need much. Some move on to a full teaspoon for even more effect. See what your body needs and feed small amounts routinely to keep it in your system. As Dr Doug says: "Little and often is best".
-  If you experience an upset stomach or similar symptoms when first introducing turmeric to your diet, reduce your serving to 1/8 teaspoon and remain at a lower amount for a longer period. These symptoms will eventually pass and your gut microbiome will soon benefit.

STRONG GOLDEN PASTE

The Golden Paste will keep for 2-3 weeks in the fridge.
Do not leave it out at room temperature.

- Freeze a portion if you think you have made too much to use within 2 weeks. It has become popular to use silicon moulds to store the excess mixture in. It is then easy to pop out a single serve later on.
- If you don't like the earthy taste, you can [find some ideas here](#) to add it to your diet.
- Or you may like to try our own turmeric treat, the [Turmeric Life Power bars](#), made to work.



THE THING ABOUT CINNAMON AND THE "CAT PEE" SMELL...

Some dogs may smell a little like cat pee after starting Golden Paste. We're not exactly sure why, but it will eventually go away. One way to eliminate or at least reduce the odor is to add Ceylon cinnamon to the golden paste.

- After cooking, add 1 tablespoon to the recipe above. Use Ceylon cinnamon. Do not use Cassia cinnamon.

How To Feed Turmeric in Dogs

Turmeric benefits your dog in many different ways:

1. It can decrease inflammation (can help with itchy, irritated skin)
2. It's a powerful antioxidant
3. It's an anticoagulant (lowering the risk of blood clots)

PLUS there is a range of other benefits when feeding turmeric to dogs – we suggest you read [Why Turmeric for Animals](#), if you're curious to learn more.

It's up to you HOW you choose to feed turmeric to your dog. Essentially you need to make sure you are adding the [3 Basic Ingredients](#) to help with the absorption and allow your pet to gain some [turmeric benefits](#).



PLEASE NOTE: Commercial capsules/pills (that have high levels of curcumin- 95%) are NOT RECOMMENDED for use with animals

Below are 4 ways to feed turmeric for dogs with method one being the No.1 way for maximum absorption and benefits....

METHOD ONE – CREATE GOLDEN PASTE



Create some Golden Paste and add it to your dog's diet as often as possible. Smaller portions work best.

Cooking the turmeric in water helps to make it more digestible by softening the starches and beginning the digestive process. It also makes the curcumin in turmeric slightly more water soluble than it is without being cooked. Those of us who have tried turmeric both cooked and uncooked have seen a significant difference in the amount of benefit for the same amount of turmeric.


Some dogs will lick the paste off a spoon but others like it in a soup or gravy with their food. Some need the paste syringed into their mouths. All are different and the Original Turmeric User Group (TUG) on Facebook will have the answer to your dilemma if you have a turmeric diva!


METHOD TWO – MAKE A SIMPLE GRAVY

This is a less desirable way to feed turmeric, but might be helpful in situations where you only have a small amount of turmeric available to you, or don't have a stove where you can cook a batch of golden paste.

Or perhaps you don't have refrigeration for a whole batch and need to make just enough for a couple of meals at a time.



 Put a teaspoon (or smaller) of turmeric powder in a heat-safe cup (like a measuring cup), add boiling water until the cup is 1/3 full and then let it cool for a few minutes. Add about 1/8 tsp of freshly cracked pepper and about a teaspoon of any healthy oil (such as coconut, olive or linseed). This will make roughly one half cup of 'gravy,' more than enough for one day's use.

 Mix some of the gravy to your dog's food and let it soak in prior to feeding.

METHOD THREE – JUST ADD THE INGREDIENTS

This is the least desirable way to feed turmeric, but if you don't have access to any way to cook the turmeric, it may be your only choice.

- Add 1/4 tsp turmeric powder, 1/4 tsp of a healthy oil (such as coconut, olive or linseed) and a few grinds of black pepper to your dog's food. This is not only the least beneficial way to serve turmeric, but also the least convenient, as it requires you to measure out three ingredients every time you want to feed it to your pet. But if there is no way for you to make golden paste, and you don't even have access to hot water to make a gravy, this would be one way to feed turmeric to your dog.
- Once the dog is used to having 1/4 tsp turmeric at a time, you might need to increase the amount you're feeding in order to produce the best results for your dog. If you do that, remember that the other ingredients must be proportionately increased as well.

METHOD FOUR – USE A COMMERCIAL MIX OR CAPSULES



We have a range of trusted suppliers that offer good quality turmeric around the globe here:

>> [Where to buy Turmeric](#) <<

PLEASE NOTE: We do not recommend commercial capsules/pills (that have high levels of curcumin-95%). These are not turmeric, but just a high-concentrate extract of one of the active constituents of turmeric, the curcuminoids.

Curcumin extracts have their place as an add-on to the effective use of whole turmeric, in cases of severe disease. However, they are minimally effective by themselves, and have not undergone sufficient testing for longterm adverse effects in animals.

General directions for feeding



- Start small and build up the serving size over a two to three week period. Gradually increase the amount—don't jump from a very small amount to a much larger one. If you are feeding golden paste twice a day, adding a third serving would be better than increasing the amounts of the other two. If the dog does well with the extra serving, but still needs more golden paste, then you could start to increase the amount of the other servings, one at a time.
- Little and often through the day is preferable to one large feeding daily, but if you can only manage to feed it twice a day, at least do that much.
- Guide lines are just that. It is trial and error to find the right amount for each individual.
- When you observe actual pain relief and improvement of movement OR in some cases, a reduction of tumour size, use this as the daily maintenance amount.

Note: Turmeric increases gut motility (the time it takes for food to transit the intestinal system). If there are any signs of loose stools or stomach upset then you may wish to reduce the portion to 1/8 teaspoon or so, and remain at a lower amount for a longer period.

Turmeric For Atopic Dermatitis

HOW TO TREAT SKIN PROBLEMS IN DOGS?

Forty years (since 1974) of observing, pondering and treating dogs with skin problems have led me to think that I have a good concept of the issues.

Skin problems are common and very often put down to an “allergy” to a grass, food etc., etc. Skin tests and blood tests reveal reactions to dozens of allergens and only once in my career did a blood test reveal a reaction to a single element which was a plastic in a food dish and once removed the reaction disappeared.

The standard treatment is cortisones given orally or by injection, which do stop the skin reaction symptoms, but then have side effects which impact health and eventually stop working because the immune system is compromised and the skin becomes thinner.

If the skin of these dogs is thin and is not healthy with a defective keratin that allows various infecting organisms like malazzezia yeast and bacteria such as staplococci to infect, this combination allows allergens to contact the immune system and cause allergies as a secondary effect rather than being a primary issue.

MY PRINCIPLES ARE:





Eliminate uncommon diseases such as pemphigus, hypothyroid, and cancers which are more of a prevalent in old dogs.




Use a good quality shampoo like Malaseb, Topizole or Austrazole and massage onto the skin at a ratio for both of 1 part to 50 warm water (e.g. 10mLs/500mLs). Create mixture in a container, and with a sponge, massage vigorously all over paying more attention to problem areas. Do more often initially and gauge the periodicity as when the itch returns (e.g. initially wash daily and then extend to every few days depending on the result). Chlorhexidine leave on conditioner (Pyohex Lotion) has been proven effective on skin allergies for a week after use.


MY PRINCIPLES ARE:


 Rinse well with $\frac{1}{2}$ cup vinegar to a $\frac{1}{2}$ bucket water. Dry well and finish with a hair drier. Coconut oil can be rubbed into the coat afterwards, too. Robert's choices for moisturiser/barrier repair after are Pyohex Lotion or Paws Nutriderm Conditioner as a spray.


 Keep the Golden Paste in the fridge and feed out $\frac{1}{2}$ to 2 teaspoons with food 2-3 times a day.


 Sometimes the skin is bad enough with an entrenched infection that a course of antibiotics is needed as well as topical wash. The course of antibiotics should span at least 2 weeks and preferably a month or even longer. My favourite antibiotic for long term use is doxycycline at 5mg/kg for dogs up to 30kg and over may reduce to 2.5mg/kg after a priming dose for 2 days. Cephalaxins are also good. I have used doxycycline successfully on some intractable cases for years when after cutting it out regression of problem occurs.

Antihistamines generally give very inconsistent cures but if you successfully are able to use one they have few side issues.

 Feed a good quality grain-free diet with correct ratio of omega-3 oils to omega-6. Coconut oil can be added at a dosage of 1 dessert spoon per 10 kgs bodyweight. Coconut oil, which is mainly lauric acid, does not affect the pancreas unlike some other inflammatory oils.

 Quite often with poor skin immunity comes an infection of Demodectic mange. It is evidenced by hairless, mildly itchy patches. This can now be controlled easily with the new oral drugs like Bravetco and Nexgard as well as the old standby of Dectomax injections.

 I do not like cortisones because of their side effects and it also depresses skin immunity. However, I will use it short term to give dogs relief from intense itching.

 Cyclosporin (Atopica) is useful in about 80% of dogs with Atopy. It can be used instead of cortisone for Atopy and has fewer side effects. However, it is expensive, some pets cannot tolerate it and vomit excessively.



Turmeric Dog and Pet Bites - for health and longevity

WHAT ARE TURMERIC DOG BITES?

Turmeric Dog Bites are a 100% natural food-source and nutritional supplement.

Formulated by Veterinarian, Dr Doug English BVSc, the combination of ingredients synergistically increase metabolism and bioavailability (absorption) of the superfoods, thereby enhancing their health benefits.

BENEFITS OF TURMERIC DOG BITES:

- Accelerates recovery from illness & surgery
- Anti-inflammatory (great for Cushing's Syndrome)
- Antioxidants eliminate free-radicals (which cause damage to cellular functions and DNA)
- Arthritis (perfect for aging dogs)
- Increases energy in older & convalescing animals
- Nutraceutical (foods providing health benefits)
- Nootropic (supports brain function & cognition)
- Healthy gut function (microbiome)
- Immune system stimulation (disease resistance)
- Promotes longevity (reducing free-radicals)
- Supports coat, skin & nail health



SERVING: 30 to 60 bites

Turmeric Dog Bites have been formulated as a nutritious and delicious turmeric bite for your pet's delight. With gluten-free and non-GMO ingredients, and liver for added taste, boost the health of your pets with a tasty treat.

[Click to know more about Turmeric Dog Bites](https://www.turmericlife.com.au)