

# Kidney Health Quick Start Guide



**Dr. Ruth Roberts**



## **Kidney Health Quick Start Guide**

Armed with an understanding of CKD, what can you start doing today to help your pet? Here are a few basic steps you can begin implementing to help your pet thrive!

### **Hydration**

Fluid intake is the name of the game. Add water to the food, and try chicken broth or something similar to encourage your pet to drink more water. If your pet has very elevated values, your veterinarian may want you to give subcutaneous fluids to help support the kidneys.

### **Food**

If you are feeding your pet dry food, get wet! Convert your pet to eating either canned food, or a complete and balanced cooked diet like The Original Crockpet Diet™. If you use a commercial canned diet, go grain free. Restricted protein diets like the

prescription diets are better reserved, in my opinion for end stage CKD. Otherwise we will speed muscle wasting.

Go very slowly with any diet change in cats, as they are notoriously resistant to changes in what they eat, and can actually make themselves very ill if they do not eat for more than 72 hours.

## **Fish Oil**

Fish oil has been shown to slow the progression of CKD in many studies. The dose is higher than most veterinary products, so using a high quality human fish oil is very important. Brands like Prothera, Carlson's and Nordic Naturals stress providing the best fish oil that is free of toxic contaminants.

## **Improve Gut Health**

This may not make sense at first glance, but CKD is a disease where inflammation is the underlying cause. If your pet has experienced gastrointestinal disease in the past, or even if it has had antibiotics, steroids or other medication on a regular basis, then the gut flora has been disturbed. Probiotics, food rotation, and real food are crucial to restoring normal GI function and reducing inflammation in not only the gut, but in the rest of the body. Reducing inflammation in general will slow the progression of many diseases, including CKD. I have an in depth program available that will walk you through the steps of restoring gut health. (link to sales letter?)



# TOCPD FOR DOGS WITH KIDNEY DISEASE: BONELESS SKINLESS CHICKEN BREAST



## INGREDIENTS

- 2•lbs Chicken Breast, Light Meat, Raw, No Skin
- 22 tbsp Avocado Oil
  - 1 cup Calabrese Vegetables: kale, collards, cabbage, Brussels sprout, broccoli (rotate each batch)
- 2•cups Green beans (raw)
- 2•5 cups squash / zucchini (w/skin)
- 4•cups rice - cook separately
- 1•can Kidney Beans (not drained) or ½ lb. dry Kidney Beans (blood tonic, drains damp)
- 4•large Carrots (blood tonic, cooling)
- 1•tsp dried turmeric
- 1•tsp Dried Mustard
- 1•clove raw Garlic
- 7•5 tbsp Now Calcium Citrate
- 1•tsp Sea Salt or Redmon's real salt
- 5•scoops Now Kelp Powder

**Note:** *This creates a large recipe almost 2 times as much as a regular batch of The Original CrockPet Diet 6320 calories vs 3800*

## DIRECTIONS

1. Combine ingredients in a slow-cooker, add 4 cups of water (if not using rice, add only 2 cups water), and cook for 8 hours on low or 275 degrees.
2. Turn off the slow-cooker and let cool.
3. Keep no more than 5 days worth of food in the refrigerator at one time to prevent spoiling.
4. Any excess food should be frozen and defrosted as needed.
5. Mix in a multivitamin, and any herbs or supplements just before mealtime.

A MULTIVITAMIN WITH TAURINE LIKE  
**HOLISTIC TOTAL BODY SUPPORT**  
IS REQUIRED WITH THIS DIET.

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# TOCPD FOR DOGS WITH KIDNEY DISEASE: BEEF - TOP ROUND

## INSTRUCTIONS:

- Practice safe food handling techniques including washing of hands before and after handling raw meat. After cutting raw meats, wash all surfaces with hot, soapy water.
- We recommend pre-portioning and freezing any extra food you don't plan to feed after 5 days.
- Frozen food is best offered up to 3 months after freezing for optimal nutrition.
- All nuts, seeds, grains, tablet based supplements, and produce used in this recipe should be coarsely chopped for better digestibility, bioavailability, and distribution. A food processor works great for this step, or use a potato masher to provide a chunkier texture.
- Fine powder supplements and oils should be thoroughly mixed into recipe.
- Capsule/perle ingredients may be opened for better distribution.
- Fish oils or other sources of omega 3 fatty acids should be added at the time of feeding.

## CONVERSION:

- Now Calcium Citrate 45 g = 7.5 Tbsp
- 0.45 g of Now kelp powder = 5 scoops
- 5 g of salt = 1 tsp
- 2.5 g garlic = 1 clove
- 5g of turmeric, mustard = 1 tsp

## RECIPE INGREDIENTS

<i>Item</i>	<i>Custom</i>	<i>Grams</i>	<i>Ounces</i>	<i>Percent</i>
Chicken Breast, Light Meat, Raw, No Skin, ADF Typical <sup>TM</sup> values	2.00 lb	907.18	32.00	29.82%
Rice, Brown, Long Grain, Raw	760.00 gms	760.00	26.81	24.98%
Avocado Oil	297.00 gms	297.00	10.48	9.76%
Carrots, Raw	288.00 gms	288.00	10.16	9.47%
Squash, Summer, Zucchini, Includes Skn, Raw	260.00 gms	260.00	9.17	8.55%
Beans, Snap, Green, Raw, ADF Typical <sup>TM</sup> values	220.00 gms	220.00	7.76	7.23%
Beans, Kidney, Mature Seeds, Sprouted, Raw	183.00 gms	183.00	6.46	6.01%
Kale, Raw	67.00 gms	67.00	2.36	2.20%
Calcium Citrate	45.00 gms	45.00	1.59	1.48%
Turmeric, Ground, ADF Typical <sup>TM</sup> values	5.00 gms	5.00	0.18	0.16%
Mustard Seed, Ground	5.00 gms	5.00	0.18	0.16%
Garlic, Raw, ADF Typical <sup>TM</sup> values	2.50 gms	2.50	0.09	0.08%
Sea Salt	2.50 gms	2.50	0.09	0.08%
Now Organic Kelp Powder	0.45 gms	0.45	0.02	0.01%
<b>Total</b>		<b>3,042.63</b>	<b>107.33</b>	<b>100.00%</b>



# TOCPD FOR DOGS WITH KIDNEY DISEASE: BONELESS SKINLESS CHICKEN BREAST

## MINERALS

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>	<i>Daily Amt</i>
Ca	g	1.25	6.25	1.54	0.89
P	g	1.00	4.00	0.79	0.46
Ca: P	ratio	1 : 1	2.1	1.95 : 1	
K	g	1.50	0.00	1.13	0.65
Na	g	0.20	0.00	0.29	0.16
Mg	g	0.15	0.00	0.25	0.14
Cl (no USDA data)	g	0.30	0.00	0.31	0.18
Fe	mg	10.00	0.00	4.42	2.54
Cu	mg	1.83	0.00	0.57	0.33
Mn	mg	1.25	0.00	5.11	2.94
Zn	mg	20.00	0.00	4.11	2.36
I (no USDA data)	mg	0.25	2.75	0.36	0.21
Se	mg	0.08	0.50	0.06	0.03



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## VITAMINS

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>	<i>Daily Amt</i>
Vit A	IU	1,250.00	62,500.00	9,163.14	5,268.09
Vit C	mg	0.00	0.00	40.35	23.20
Vit D	IU	125.00	750.00	1.45	0.84
Vit E	IU	12.50	0.00	2.96	1.70
Thiamine, B1	mg	0.56	0.00	0.83	0.47
Riboflavin, B2	mg	1.30	0.00	0.48	0.28
Niacin, B3	mg	3.40	0.00	22.77	13.09
Pantothenic Acid, B5	mg	3.00	0.00	3.71	2.14
B6 (Pyridoxine)	mg	0.38	0.00	1.76	1.01
Vit B12	mg	0.01	0.00	0.00	0.00
Folic Acid	mg	0.05	0.00	0.10	0.06
Choline	mg	340.00	0.00	171.69	98.71
Vit K1 (minimal data)	mg	0.00	0.00	89.10	51.22
Biotin (minimal data)	mg	0.00	0.00	0.05	0.03



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## FATS

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>	<i>Daily Amt</i>
Total	g	13.80	0.00	55.67	32.00
Saturated	g	0.00	0.00	7.20	4.14
Monounsaturated	g	0.00	0.00	36.09	20.75
Polyunsaturated	g	0.00	0.00	8.84	5.08
LA	g	2.80	0.00	7.87	4.52
ALA	g	0.00	0.00	0.68	0.39
AA	g	0.00	0.00	0.15	0.08
EPA + DHA	g	0.00	0.00	0.04	0.02
EPA	g	0.00	0.00	0.00	0.00
DPA	g	0.00	0.00	0.02	0.01
DHA	g	0.00	0.00	0.04	0.02
omega-6/omega-3	ratio		30:1	11.05 : 1	

## AMINO ACIDS

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>	<i>Daily Amt</i>
Total protein	g	45.00	0.00	46.40	26.68
Tryptophan	g	0.40	0.00	0.56	0.32
Threonine	g	1.20	0.00	1.91	1.10
Isoleucine	g	0.95	0.00	2.28	1.31
Leucine	g	1.70	0.00	3.57	2.05
Lysine	g	1.58	0.00	3.46	1.99
Methionine	g	0.83	0.00	1.16	0.67
Methionine - cystine	g	1.63	0.00	1.72	0.99
Phenylalanine	g	1.13	0.00	1.97	1.13
Phenylalanine - tyrosine	g	1.85	0.00	3.57	2.05
Valine	g	1.23	0.00	2.40	1.38
Arginine	g	1.28	0.00	2.96	1.70
Histidine	g	0.48	0.00	1.40	0.81
Purines	mg	0.00	0.00	225.43	129.60
Taurine	g	0.00	0.00	0.02	0.01