

DR. PITCAIRN'S COMPLETE GUIDE TO NATURAL HEALTH FOR DOGS AND CATS  
2005, Third Edition.

These are the changes to make in your copy of the book. Most of these changes are changes in commercial calcium supplements. The formula may have changed slightly, or the amounts of calcium and phosphorus not quite the same as when the book was printed. So as of April 2014, the vendors of calcium supplements were all evaluated again and adjustments made as indicated here.

Most of these changes are minor changes in amounts or wording. The table for calcium supplements has the most and this then resulted in some changes in the Healthy Powder recipe and analysis.

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Page 53 Edit:

The HEALTHY POWDER recipe, will you change:

4      tablespoons Group I bone meal powder\*

to:

2      **tablespoons + 1 teaspoon** of Group I bone meal powder\*

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Page 54 Edit:

In the ANALYSIS OF HEALTHY POWDER INGREDIENTS table

— make the same change as above, change:

Bone meal, approx. 9 gms

to:

Bone meal, **2 tablespoons + 1 teaspoon.**

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Page 63 Edit:

In the recipe FRESH MEAT SUPPLEMENT FOR DOG KIBBLE

The last line of the recipe says:

5,000 IU vitamin A with 200 IU vitamin D (or alternate regularly with Fresh Egg Supplement, page 64)

Change to:

5,000 IU vitamin A **with vitamin D (100-200 IU usually included with many formulas)** (or alternate regularly with Fresh Egg Supplement, page 64)

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Page 67 Edits:

### TABLE OF CALCIUM SUPPLEMENTATION PRODUCTS

(Some of the product amounts have changed and I updated these as you see below. I also moved Solgar up to Group I since the amount of calcium has increased. In the book Solgar is in Group II.)

#### GROUP I

Product	Calcium & Phosphorus (per tsp)
KAL, Inc. Bone Meal	Calcium = 1,620 mg Phosphorus = 540 mg
Solid Gold	Calcium = 1,368 mg Phosphorus = 684 mg
Solgar	Calcium = 1,000 mg Phosphorus = 600 mg
Group 1 average amounts	Calcium = 1,329 mg Phosphorus = 608

#### GROUP II\*

Product	Calcium & Phosphorus (per tsp)
NaturVet Bone Meal	Calcium = 860 mg Phosphorus = 430 mg
Now Bone Meal Powder (amounts estimated, exact amounts not available)	Calcium = 500 mg Phosphorus = 250 mg
Group 2 average amounts	Calcium = 680 mg Phosphorus = 340

\* Same notes as presently in book.

#### GROUP III\*\*

Product	Calcium & Phosphorus (per tsp)
Animal Essentials Calcium	Calcium = 1000 mg Phosphorus = 1.5 mg
Eggshells (dried and powdered)	Calcium = 1800 mg Phosphorus = 6 mg
Calcium carbonate powder	Calcium = 1,775 mg Phosphorus = 0
Calcium gluconate	Calcium = 188 mg Phosphorus = 0
Calcium lactate	Calcium = 317 mg Phosphorus = 0

\*\* Same notes as presently in book.

Page 67 Edits, continued:

## SUPPLIER CONTACT

KAL, Inc. Bone Meal	Many sources.	Search for “KAL bone meal” on the web.
Solid Gold	(800) 364-4863	www.solidgoldhealth.com
NaturVet Bone Meal	(800) 352-7261	www.naturvet.com
Now Bone Meal Powder	(888) 669-3663	www.nowcatalog.com
Solgar Bone Meal Powder with Vitamin B12	(201) 944-2311	www.solgar.com
Animal Essentials Calcium	(888) 551-0416	www.animalessentials.com

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Page 80 Edit:

In the recipe POULTRY DELIGHT

For ingredient 6, the vegetable oil change:

4 tablespoons vegetable oil or butter (or 1 tablespoon each). Some cats will prefer the taste of lard, either beef or pork.

to:

4 tablespoons vegetable oil or butter (or 2 tablespoons each). Some cats will prefer the taste of lard, either beef or pork.

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Page 299 Edit:

For the recipe directions DOG ALLERGY DIET 2

starting on page 299, after the recipe listing, change the amounts of water to use. The book presently has:

Bring 9 cups of filtered or spring water to a boil. Add the millet, cover and simmer for 20 to 30 minutes or until soft and fluffy.

change to:

Bring 12 to 18 cups of filtered or spring water to a boil (depending on consistency you prefer, 18 cups more creamy). Add the millet, cover and simmer for 20 to 30 minutes or until soft and fluffy.

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Page 351 Edit:

In the listing of homeopathic remedy treatments, the one at the bottom of the right column is missing schedule directions.

In the book it is:

**Homeopathic** — *Arsenicum album* (arsenic tioxide) 30C: This cat will be very chilly, restless, and thirsty.

change to:

**Homeopathic** — *Arsenicum album* (arsenic tioxide) 30C: Use Schedule 3, page 442. This cat will be very chilly, restless, and thirsty.

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Page 364 Edit:

For the recipe CANINE DIET FOR KIDNEY PROBLEMS

Add a vitamin A supplement. It can go right above vitamin C, like this:

20 milligram-level of a complete B complex

5,000 IU vitamin A

1,000 milligrams vitamin C (1/4 teaspoon sodium ascorbate)

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