Healthy DOG EATS with dr. cos

Shrimp & Veggies

Ingredients 4 servings

l pound large raw shrimp
l cup halved grape tomatoes
l cup diced bell pepper
l cup shitake mushrooms
2 cups spinach
2 large zucchini (Zoodles)
l/4 cup olive oil
(additional olive oil if desired)

Seasonings to taste:
Fresh Organic Garlic
Dried Oregano
Dried Basil
Dried Garlic Powder
Fresh Basil
Fresh Parsley
Pecorino Romano Cheese

Instructions:
Steam shrimp until pink approximately 5-7 minutes. Take off heat and season to taste with oregano, garlic powder (lightly) and fresh parsley. Set aside.
Flavored Oil: Add 3-4 tablespoons of olive oil to a small sauté pan. Turn on low heat and add dried oregano, basil, sea salt, minced garlic, and small amount of diced red pepper. You are just adding seasoning to flavor oil. You can also add some parmesan or pecorino romano cheese as well.
Saute halved grape tomatoes, with red pepper and shiitake mushrooms in a small amount of oil until tender. Add spinach to wilt. On another burner place a larger

skillet and heat pan slightly. Place Zoodles in pan to steam off excess moisture and heat for 1-2 minutes.

Plating:
Place Zoodles on 4 plates and divide tomatoes mixture between them. Top with shrimp and flavored oil.

Garnish with fresh basil, pecorino romano cheese, and fresh parsley if desired.

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Nutrition Facts

Amount per 235 g
1 serving (8.3 oz)

Calories 243
From fat 132

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Amount	% Daily Value*	Amount	% Daily Value*
Total Fat 15g	23%	**Total Carbohydrates** 11g	4%
Saturated 2.2g	11%	Dietary Fiber 2g	6%
Trans Fat 0g		Sugars 7g	
Cholesterol 143mg	48%	**Protein** 17g	35%
Sodium 657mg	27%		
Calcium 8% • **Iron** 6%		**Vitamin A** 48% • **Vitamin C** 63%	

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Garlic- Garlic is one of the ingredients that I have found to be so controversial whether it is good or bad for our dogs. So in this episode I decided I was really going to see if I could find the real truth on whether it was good for our dogs or not. Many veterinarian sites and even the AKC (American Kennel Association) site state to “stay away from garlic”. But are they pushing us away on the correct data?

A site that I visit often is dogsnaturallymagazine.com They have a wealth of information and many prominent canine nutritionists write content for the site and magazine, so I feel confident with the information they are reporting.

The reason for this misleading information is that most research studies base their findings on the effects of garlic extracts, excessive dosages and unnatural delivery methods. Researchers rarely use fresh garlic for dogs because it’s difficult to measure variances in whole plant medicine. Evidence-based research doesn’t know what to do with the “food as medicine” paradigm.

One study in particular helped create garlic’s reputation as a food that can harm your dog. This study by K W Lee (1) fed 5 grams of garlic per kilo per day to the dogs.

That’s an excessive amount. It means you’d need to feed about four full heads of garlic (or 60 cloves) to a 75 lb Golden Retriever, or 23 grams of garlic (6 to 8 cloves) to a 10 lb dog, before they’d experience any adverse effects.

Proper dosages of raw garlic don't contain high levels of thiosulphate. Bone marrow continually produces red blood cells. This means your dog would have to receive an excessive dose over a long period of time – or an extremely large dose – to cause death.

Some of the benefits of garlic are that it boosts the immune system, it is also antimicrobial and antibiotic and effective on tapeworms and giardia.

Fresh garlic can fight infections in the mouth, throat, respitory tract and the intestense. You can take crushed garlic diluted in olive oil and it can be used for ear infections and ear mites.

Garlic has detoxifying effects as it helps the liver eliminate toxins from the body. It also is a tick and flea repellent.

Mixing allinn and alliinase forms allicin, the active medicinal ingredient in garlic.

Peel the cloves then mince, chop or crush your fresh garlic and let it sit 10 to 15 minutes before use. Allicin degrades quickly, so use the garlic immediately after the "sitting" period for maximum benefit. Clove size differs so using cloves as a measurement is subject to interpretation. Pregnant or lactating females and puppies should not have garlic. Using a level measuring spoon, feed the following amount per day:

5lbs- 1/6 teaspoon
10lbs – 1/3 teaspoon
15lbs ½ teaspoon
20 lbs 2/3 teaspoon
30lbs 1 teaspoon

Please read full articles at both reference sites below. (2) (3)

Tomato - Research confirms that the antioxidant lycopene, which is in tomatoes, may be more powerful than beta-carotene, alpha-carotene, and vitamin E. Lycopene is a cancer-fighting food associated with protection against certain cancers such as prostate and lung cancer. Be sure to cook the tomatoes, as this method releases the lycopene and makes it available to your body. (4)

Shitake Mushrooms- A rich source of protein, zinc, copper, thiamin, folate, selenium, iron, riboflavin, magnesium, potassium, manganese, pantothenic acid, niacin and dietary fiber. The Shiitake mushrooms are one of the world's healthiest, and it is a symbol of longevity to people in Asia. You can buy Shiitake mushrooms from a store, but you can also grow them using a log. (5)

Spinach- is rich in lutein and zeaxanthin, carotenoids that remove unstable molecules called free radicals from your body before they damage it. They're found

in spinach and other dark green leafy vegetables, and some studies show they could protect against cancer of the mouth, esophagus, and stomach
Some people worry the oxalates in spinach can cause kidney problems, but a dog would have to consume nearly his weight in spinach to be affected.
This leafy green vegetable is loaded with nutritional benefits for humans and dogs. Spinach contains vitamins A, B, C, and K, as well as calcium, iron, fiber, manganese, folate, and potassium. It boosts the immune system, energy levels, and vitality. It's also known to benefit the heart and help prevent cancer. (6)

Zucchini-Zucchini offers an abundance of nutrients to support your health. It is 95% water and very low in calories making it useful for almost any weight loss diet. There are only 20 calories per cup of raw zucchini and 30 calories in 1 cup cooked. Zucchini is a good source of Vitamins C, A, E, K and B6. It also contains Potassium, Calcium, Iron, Thiamin, Riboflavin, Niacin, Folate, Phosphorus, Magnesium, Manganese, Zinc, Copper, Protein, Phytonutrients, Carotenoids (including beta-carotene), Lutein and Fiber.

These nutrients help to fight cancer in the following ways. High intakes of fiber-rich foods help to keep cancer- causing toxins away from cells in the colon, while the folate, vitamin C, and beta-carotene help to protect these cells from the chemicals that can lead to colon cancer. The antioxidants vitamin C and beta-carotene also have anti-inflammatory properties.

The best diet for preventing and fighting cancer is a predominantly plant-based diet that includes a variety of vegetables, fruits and whole grains. Zucchini can provide less fat, more fiber and more cancer-fighting nutrients. These three elements work together to support your immune system and help your body fight off cancer. (7)

Olive Oil- The phytonutrient in olive oil, oleocanthal, mimics the effect of ibuprofen in reducing inflammation, which can decrease the risk of breast cancer and its recurrence. Squalene and lignans are among the other olive oil components being studied for their possible effects on cancer. Olive oil lowers the levels of total blood cholesterol, LDL-cholesterol and triglycerides. At the same time it does not alter the levels of HDL-cholesterol (and may even raise them), which plays a protective role and prevents the formation of fatty patches, thus stimulating the elimination of the low-density lipoproteins. So this healthy oil has huge benefits for both us and our dogs.

Pecorino Romano Cheese – There are two reasons we go for this cheese instead of the traditional parmasean cheese. First is pecorino is a sheeps milk cheese, and many dogs are lactose intolerant. The second was a study by Professor Sebastiano Banni and colleagues conducted in Sardinia, Italy from 2003 to 2009 at the Universities of Sassari and Cagliari found that pecorino cheese contains higher amounts of conjugated linoleic acid, or CLA, than other cheeses. CLA is an omega-6

polyunsaturated fatty acid that has been studied for its ability to fight cancer and help prevent coronary artery disease, diabetes and obesity. The study showed that human subjects fed approximately 3 oz. daily of pecorino cheese enriched with CLA for three weeks decreased their plasma LDL cholesterol levels as well as reducing their body mass index. (8)

(1) Hematologic changes associated with the appearance of eccentrocytes after intragastric administration of garlic extract to dogs. https://www.ncbi.nlm.nih.gov/pubmed/11108195

(2)Garlic For Dogs: Poison Or Medicine? https://www.dogsnaturallymagazine.com/garlic-for-dogs-poison-or-medicine/

(3)Garlic For Dogs https://www.natural-dog-health-remedies.com/garlic-for-dogs.html

(4) The Anti-Cancer Diet: Foods That Prevent Cancer By Eric Metcalf, MPH Reviewed by Krystal Cascetta, MD https://www.everydayhealth.com/cancer-photos/top-foods-to-fight-cancer.aspx

(5) http://www.whfoods.com/genpage.php?dbid=122&tname=foodspice

(6) https://www.rover.com/blog/can-dog-eat-spinach/

(7)http://www.gordonhospital.com/Portals/5/docs/Cancer%20Fighter%20of%20the%20Week%20-%20Zucchini.pdf

(8) Pecorino Cheese Nutrition By Bonnie Singleton Oct.. 03, 2017 https://www.livestrong.com/article/333400-pecorino-cheese-nutrition/