Healthy DOG EATS with dr. cos

Cut cantaloupe and watermelon in equal size cubes. Add blueberries but do not mix. Whisk coconut water with unsweetened coconut and pour over fruit. Let stand.

To make coconut cream: Refrigerate for at least eight hours one can of organic coconut milk. Make sure that your bowl and whip or beaters are cold. Open can and remove thickened cream, and place in a chilled mixing bowl. Whip for 4-8 minutes until peaks form and desired consistency.

Gently mix fruit and top with dollop of coconut cream and garnish with mint sprig.

Nutrition Facts

Servings: 6

Amount per serving	
Calories	**75**
	% Daily Value*
Total Fat 2.3g	**3%**
Saturated Fat 1.9g	**9%**
Cholesterol 0mg	**0%**
Sodium 13mg	**1%**
Total Carbohydrate 14.2g	**5%**
Dietary Fiber 1.8g	**6%**
Total Sugars 11.7g	
Protein 1.3g	
Vitamin D 0mcg	0%
Calcium 11mg	1%
Iron 1mg	6%
Potassium 285mg	6%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Why did we choose these ingredients?

Angiogenesis is the process which new blood vessels form from our preexisting blood vessels. Our bodies automatically adjust this process in our needs for healing our wounds. Scientists discovered that if this process gets out of balance and produces to many blood vessels it leads to obesity, arthritis and cancer.

Their research showed there are specific foods that are antiangiogenic. This means they block the process and cut off the nutritional supply to cancer cells. They performed antiangiogenic therapies on 600 dogs with a 60% response rate including mast cell tumors. (1).

Blueberries is an antiangiogenic ingredient. Blueberries also contain a phytochemical com- pound called pterostilbene. Pterostilbene is a powerful antioxidant that has been shown to contain potent cancer- fighting properties in animal studies and is especially toxic to breast cancer cells. (Adams et al., 2011; Pons, 2006).

Cantaloupe- Is filled with vitamins A & C . Vitamin a boosts our immune system and is stored in the fatty tissue and liver. Vitamin C is water soluble not stored. You do not have to worry about giving to much vitamin C is it is just excreted in urine. Cantaloupe also contains magnesium which is an enzyme that plays a roll in digestion and building the immune system

Watermelon- Rich in vitamin A, lycopene and also contains potassium. Lycopene is linked to lower the risks of some types of digestive cancers. Lycopene appears to reduce cancer risk by lowering insulin-like growth factor (IGF), a protein involved in cell division. High IGF levels are linked to cancer (4).Other vitamins and minerals in watermelon are also good for your heart. These include vitamins A, B6, C, magnesium and potassium.

Coconut-Coconuts are also the best sold green, as they are fresher and their benefits are more potent than brown coconuts found in local grocery stores. Often you can find these at Asian markets. The meat of the coconut helps various joint inflammation for our pets.

Coconut Water- is like our dogs Gatorade! It contains electrolytes and helps hydration. This is also a great thing to give if your dog has diarrhea (and for people too!)

Coconut Milk-Also provides important minerals needed to maintain blood volume, regulate heart health, and prevent dehydration and diarrhea.

References:

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