

# Favorite Remedies Revisited

*Updates on the use of and sources for some less-recognized but often effective alternative treatments or supplements.*

BY CJ PUOTINEN

**W**hole Dog Journal readers often try many of the techniques and products described in its pages. But sometimes years go by before we need something we read about, or it disappears from the market, or we have trouble finding it, or we simply forget all about it. Here are some favorite go-to products featured in previous issues that might now be perfect for you and your dog.

## PAW GREEN TRIPE PAW

If your dog thinks it's the most exciting thing you've ever put in a bowl while you gag and hold your breath, it's probably green tripe – raw, unprocessed stomach tissue from ruminants such as cows or sheep. Tripe fans claim that this stinky meat (think of rotting fecal matter) has multiple benefits for dogs who are lucky enough to receive it often.

Twenty-five years ago, California resident Mary Voss lived in the Netherlands with her husband and their Afghan Hound. "All the old-time Dutch breeders fed green tripe to their dogs," she says. "It was sold in stores and was easy to find, so that's what we fed our dog, too."

But when they returned to the United States in 1990, the only tripe they could find was bleached, deodorized, and sterilized – not the same at all! Voss contacted farm and custom slaughterers and began collecting 60- to 100-pound cow stomachs which she cut, wearing rubber boots, rubber gloves, and a heavy duty butcher's apron while wielding a hose, two buckets, and a large, sharp knife.

By the 1990s, American dog owners were experimenting with raw food, thanks to books by veterinarians Richard Pitcairn, Ian Billinghurst, and Tom Lonsdale, along with other writers. "Sadly," says Voss, "not many people credited or had even heard of Juliette de Bairacli Levy. It was from her books and old-time breeders in Europe that I learned about the benefits of raw food for dogs, especially the green tripe." (See "Grandmother Nature," July 2006 for our profile of Juliette de Bairacli Levy.)

Voss shared her enthusiasm with fellow dog owners, starting a co-op that distributed raw frozen tripe from other sources. But quality was always a concern, so in 2003 she opened her own small factory in Hollister, California. "We started with a 1,000-square-foot unit," she says. "We're now in a 9,000-square-

foot building with manufacturing, frozen storage, and dehydration areas, plus a store front and office." Voss ships between 20,000 and 30,000 pounds of green tripe products every week to customers throughout the United States.

Even after raw diets became popular in the U.S., green tripe was viewed with suspicion. "It was considered offal and was used only supplementally and only by 'hard core' raw feeders," says Voss. "Over time that has changed. Many long-term raw feeders – those who had switched from kibble to raw with good results – were beginning to see health problems in their dogs. They grudgingly experimented with green tripe, and their dogs' problems disappeared. Today green tripe is increasingly used as a staple food, and customers who formerly fed green tripe only two or three times a week now feed it five times a week if not every day, with the tripe replacing other raw ingredients. These customers report amazing results with their dogs."

Soon after our 2008 green tripe article was published, Mike Rowe visited GreenTripe.com as part of his "Dirty Jobs" program on the Discovery Channel. "We credit the Whole Dog Journal and Mike Rowe for the growth and success of GreenTripe.com," says Voss, "as well as for educating people about how wonderful green tripe is for dogs, which was always our main goal."

**Like most dogs, Seamus (the author's Cairn Terrier) can't wait for his green tripe! He doesn't care if it's still in its package and still frozen!**



PHOTO BY STEPHEN NAGY, MD

Voss's plant is USDA-inspected, and she sources all of her products from grass-fed and organically raised animals. "When users report disappointing results from green tripe, it's almost always from grain-fed sources," she says. "We also have calf tripe that is good for dogs with grass allergies."

## NEW PRODUCTS

In addition to ground green tripe in 1-, 2-, and 5-pound packages, Voss makes a number of new products:

- Green Tripe with Trachea and Gullet (a natural source of chondroitin sulfate and recommended for dogs with hip or joint problems)
- Xkaliber (green tripe, muscle meat, heart, tongue, trachea/gullet, and ground bone), recommended for younger dogs, serious working dogs, and when fed twice a week, older dogs
- Tripe Organ Meat Blend (freshly frozen beef heart, lungs, liver, spleen, pancreas, and green tripe)
- Whole cow gullets and tracheas
- Raw cow hooves and tripe-stuffed raw cow hooves
- K9-Magic (a cooked training treat roll containing muscle meat, green tripe, oat flour, garlic, thyme, coriander, parsley, vitamin C, and sea salt)
- K9-Strips (dehydrated strips of green tripe, an ultimate chew treat)
- K9-Krackle (dehydrated pieces of green tripe, perfect for training or show ring treats). These treats, by the way, are far less odoriferous than raw green tripe.

Voss's newest products include:

- Sheep Tripe (lamb tripe)
- Sheep Tripe Blend (lamb tripe, heart, and tongue)
- Sheep Organ Blend (lamb tripe, heart, tongue, and liver)
- Calf Tripe Xkaliber (calf tripe, heart, tongue, and trachea)

- Beef pancreas, which is offered for dogs with EPI (exocrine pancreatic insufficiency).

For dogs with EPI, suggests Voss, "Feed 2 ounces of beef pancreas for every 20 pounds of body weight, whipped and served at room temperature, mixed with the dog's regular food. We have some long-time customers who have been doing this for years while keeping their dogs in optimal health. The pancreas isn't used as a food but more as a medicine, replacing Viokase, which is a powder vets usually prescribed for dogs and cats with EPI and that can have many side effects. Dogs and cats have done so well on raw pancreas that many vets all over the country now recommend it."

## TRIPLE TO THE RESCUE

According to their owners, dogs with kidney disease, skin problems, puppy bone growth problems, irritable bowel disease, cancer, yeast infections, and a host of other health challenges have improved or had their lives saved by green tripe.

Sally Gutierrez of Long Beach, California, lives with four rescued dogs. Smokey, a 13-year-old black Chow-mix, suffers from elbow dysplasia, gastrointestinal problems, diarrhea, bronchitis, kidney disease, dilated cardiomyopathy (DCM), carbohydrate intolerance, and fat absorption problems. She says that green tripe from cows or sheep are the only foods that keep his symptoms under control. "Tripe is literally saving Smokey's life," she says. "His blood tests clearly show that when he eats anything other than tripe, everything changes, and when he's back on the tripe, his tests are so much better. What's really amazing is that he still bounds around and plays with the other dogs. I never, ever expected this outcome!"

Jake, a 9-year-old Borzoi/German Shepherd-mix, has arthritis and hip dysplasia. He eats mostly sheep and beef green tripe with some Sheep Blend or Calf Xkaliber thrown in. Chief, a 7-year-

old German Shepherd-mix, suffers from grass allergies and atopic dermatitis, which are kept in check by the Calf Tripe and Calf Xkaliber he eats daily. Skidoo, a 2-year-old blind and deaf double merle Australian Cattle Dog/Whippet/Mastiff-mix, also has atopic dermatitis. He eats sheep or beef green tripe daily with occasional Sheep Tripe Blend.

"Thanks to green tripe," says Gutierrez, "my dogs have an exceptional quality of life. Their physical and mental health are extraordinary given their ages. None of them need any prescription medication since the tripe keeps their symptoms under control so effectively. I even stock up on the GreenTripe.com product line to ensure that I will have enough food in case of disaster."

For more about green tripe's benefits, feeding tips, and resources, see "Green Tripe: Old-Fashioned Wonder Food for Dogs," June 2008.

 SEACURE 

Another food that humans find incredibly stinky but which most dogs love is a fish powder created 50 years ago by scientists at the University of Uruguay as they searched (under the direction of the United States National Academy of Sciences) for a way to feed starving children. The researchers fermented deep-sea whitefish fillets with marine microorganisms, then dried the biologically hydrolyzed fish to create a fine powder that has a long shelf life and requires no refrigeration.

Physicians in Uruguay and adjacent countries used the formula to save the lives of thousands of premature, underweight, or malnourished infants. In clinical studies, these infants showed significant improvement in weight and immunity factors (globulin and gamma globulin levels) within 30 to 60 days. No premature infants receiving the fish formula developed edema, and it successfully treated other infants who developed edema, usually within 48 to 72 hours.

Uruguayan researchers tested a combination of two-thirds mother's milk and one-third fermented fish



Smoky, Jake, and Chief (from left to right) all benefit from daily meals of green tripe.