

## What real nutrition looks like... and why it matters more than supplements

Because food isn't just fuel – it's information.  
Supplements have their place – but they can't undo what a poor diet keeps doing.

Think of them like patches on a leaking roof: if the foundation is processed, synthetic, and dead... no powder or pill can fix the core problem.

A high-quality, whole-food diet isn't just filling the bowl - it's filling the gaps created by years of ultra-processed feeding.

### The ideal plate (for a healthy dog)

- 90% fresh, species-appropriate proteins, ground bone and veggies
- 10% organ meat - nature's multivitamin
- Micro-algae - smarter swap for synthetic multis
- Marine oils (like sardine oil, tuna oil, or calamari oil)

"Start with real food. Then support wisely – not wildly."

### When in doubt, pull the cooked food out

- Lightly cooked food is the most digestible starting point
- Rich in enzymes, amino acids, and real nutrients your dog can actually use

"It's a launching pad into raw, freeze-dried, or rotational feeding once health improves."

## What to do next

Here are 3 simple things to do in your pet nutrition routine:

Add one cooked meal a week to the routine

Upgrade one topper to something real (like beef, steamed vegturkey or sardines)

Ditch one synthetic multi-vitamin and swap in microalgae for gentle nutrient support

SMALL SWAPS. BIG WINS



## Book a personalized nutrition consult with Dr. Pam

Rooted in science, experience, intuition, and love – this is where guesswork ends and confidence begins. Walk away with a clear nutrition plan, a deeper understanding of your dog's needs, and the peace of knowing you're doing everything you can to give your dog the healthiest, happiest life possible.

**START NOW AT REVITALIZINGPETCARE.COM.**