

- Mammals need to consume a certain amount of moisture, to digest their food properly. If it isn't consumed with the food itself, the body compensates by robbing moisture from the tissues, and sending it to the digestive tract to help facilitate the digestion of each dry meal. (Just imagine eating a bowl of breakfast cereal without the milk, or a whole meal of oyster crackers without the soup- day after day.) Both the liver and kidneys can become stressed, and constipation and other health problems may result from insufficient moisture in the food. - **See more at: <http://www.thehonestkitchen.com/articles/benefits-of-a-higher-moisture-diet/#sthash.ohb0DgG5.dpuf>**
- Some pets will drink large volumes of water after their meals to try and re-dress the balance, and the problems with this are discussed below. Many pets, however, don't drink enough to properly compensate for their dry food diets, and holistic vets link this to the fact that so many pets in the US suffer from chronic, low-grade dehydration. This dehydration can give a kibble-fed pet that tell-tale 'bloated' look caused by fluid retention in the body's tissues as it tries to hold onto as much fluid as possible because it knows it's not receiving enough fluid from the continuous cycle of dry meals. In humans, studies have shown that chronic low-grade dehydration can result in problems with digestion, elimination, urination, kidneys, respiration, skin, blood pressure, cholesterol, joints and PH balance. **See more at: <http://www.thehonestkitchen.com/articles/benefits-of-a-higher-moisture-diet/#sthash.ohb0DgG5.dpuf>**
- All mammalian bodies including dogs and the mice and most vegetation that they eat are about 60% water. If the food in the intestine is less than 60% water solid matter cannot be absorbed well and the body will become dehydrated. The principle of gastrointestinal absorption is that solute is absorbed with solvent isotonic ally to maintain the 60% water environment; basically, water passes with the nutrients from the gut seemingly "passively". In that way, the body remains at 60% water despite absorption of nutrients. Grain (dry dog food) is 10% water. Therefore, the most important ingredient in the diet is water. The food fed to your dog must be about 60% water. This is prepared by mixing 1.5X the amount of water with the dry food. For example, if you feed your dog 1 cup of dry food, you need to mix 1.5 cups of water with the dry food before it is fed. This mixture results in a 64% water meal which is easy to prepare and close enough for good gastrointestinal function. You need to put the water in the food before it is ingested - the water needs to be in the stomach at the same time as the meal.
- We have found from clinical trials with dogs that, for example, if a dog is fed 1 cup of food once daily and the bowl of water is next to it the dog will maintain a constant body weight. But, if the same dog was fed the same amount of dry food with water added, the dog gained weight.
- We have found that if a dog is fed dry food with 1.5 x the volume of water added the food will empty from the stomach in 45 minutes. We have further found that canned food, which contains 78% water, empties from the stomach in 1 and 45 minutes. In the same trial when the same amount of dry food was fed without water it took many hours for the food to empty from the stomach. This is because the small intestine will not allow less than or more than about 60% water to be present. If the food entering the small intestine was allowed to be less than 60% water, there would be dehydration of the body. The intestine protects the body from such a disaster
- The rapid exit of food from the stomach and the quick delivery of food to the intestine is important. This is because the major contraction waves of propulsion allowing motility which pass food through the intestine are stimulated by the presence of a bolus of food in the first part of the small intestine. This wave is then is propagated along the intestine (similar to the tubular apparatus used for decorating a cake). The relative absence of this motility leads to constipation, intra-abdominal fat accumulation and, possibly, "food allergy"

Feeding Dry Food:

**Feed 1 part dry + 1.5 parts water at the same time in the same bowl 2x/day.**



