

Info shared by Pitbull SA.

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Turmeric golden paste.

By: [Dana Scott](#) –



GOLDEN PASTE

Why you need to make
this for your dog!

Turmeric Super-Sauce Recipe:

Ingredients

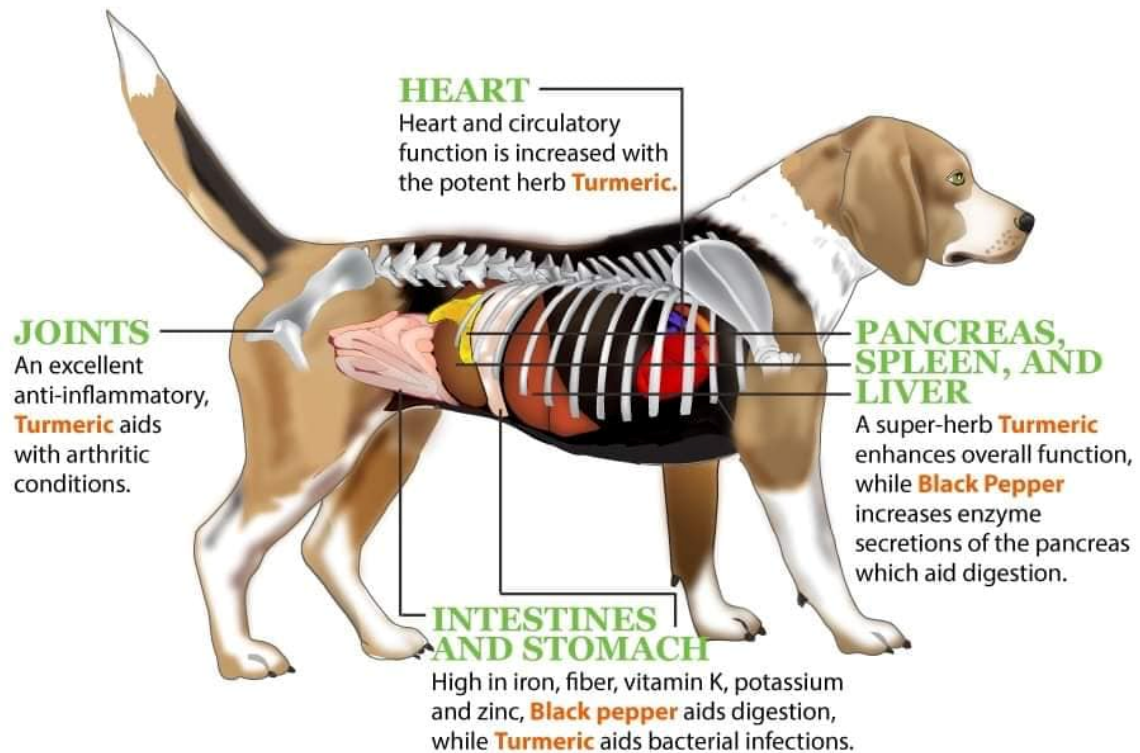
- ½ Cup** organic turmeric powder (Make sure it's organic turmeric powder to be sure it contains lots of curcumin)
- 1 to 1 ½ Cups** filtered water
- 1 ½ Teaspoons** teaspoons freshly ground black pepper
(Grind organic black peppercorns in a coffee grinder or magic bullet)
- ¼ Cup** organic cold pressed coconut oil



Directions

- 1 Mix the turmeric with the water in a pan
- 2 Start with 1 cup water and add more only if needed
- 3 Stir the liquid on medium/low heat and in about 7 to 10 minutes, it should form a thick paste.
- 4 If your paste looks watery, just add a bit more turmeric and heat it for another couple of minutes
- 5 Once you've got a paste, add the pepper and oil, then stir it very well.
- 6 Allow the mixture to cool, then place it in a jar with a lid and store it in your fridge. Ideally, you should store the paste for no more than two weeks ... after that, you'll want to make a fresh batch.

TURMERIC



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{For more great benefits and the scientific research behind turmeric and curcumin, [click here.](#)}

- It's a powerful antioxidant
- It's a natural and effective anti-inflammatory
- It can help prevent and even treat cancer
- It protects the liver from toxins

Giving turmeric golden paste to your dog.

You can add the [Golden Paste](#) directly to your dog's meals by mixing it with some water or kefir.

Most dogs don't mind the taste at all!

Small dogs should start with about 1/4 teaspoon per day

Medium dogs can start with 1/2 teaspoon per day

Large dogs can start with 3/4 teaspoon per day

Giant dogs can start with 1 teaspoon per day


The suggested dosage to work up to is approximately 30 – 50 g per 10 kg of body weight.

An easier way to think about this is 1/8 to 1/4 teaspoon per day, for every 5 kg of weight (1/2 – 1 tsp for a 22 kg dog).

You can do this over a few weeks. TIP: Turmeric leaves the body quickly, so it's best to feed smaller amounts a few times a day.


Turmeric Paste

The Recipe




1

Mix the turmeric with the water in a pan. Stir the liquid on medium/low heat for 7 to 10 minutes.




2

Once thickened, add the pepper & oil. Stir very well.




3


Place in a jar with a lid & store in fridge. Add ¼ tsp of paste per 10 lbs of body weight to your pet's diet.




1/2 cup organic Turmeric Powder



1 cup Filtered Water



1/4 cup organic Coconut Oil



1 1/2 tsp freshly ground Black Pepper

Pet Nutrition Blogger
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