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Why do dogs eat grass?

Dogs eat grass and greens for the various benefits it offer - minerals, trace minerals, vitamins, chlorophyll and antioxidant value.

The short answer is that it might be because they want to (completely normal APBT behaviour especially if they live in kennels or yards with no grass or greens) ... or ... because it is a purgative or for the roughage ... fiber they need.

So don't prevent them doing it unless you know the grass is contaminated with pesticides – {See article about poison on grass on this website}.

But what we do know – and most APBT feeders do know - is ... that "some" greens and other colorful plant vegetable and fruits could and should be offered as a small % of whatever you feed your dog in their daily diet ... then as a small percentage of whatever you feed - specifically for and to provide your dogs with digestible, healthy chlorophyll (parsley spinach pumpkin kale).

You can add lightly sautéed or mulched greens directly to your dog's meal or mix them with yogurt, pumpkin, apple pieces, kefir etc. or even ice cube trays for frozen treat.

Chlorophyll is green and also the different colour shade pigment found in just about all plants, vegetables, fruits, herbs and algae and leaves from trees.

It's an extremely important compound in photosynthesis, for it actually allows plants to absorb energy from light.

Looking at what chlorophyll do ... Chlorophyll will also then helps to cleanse all the cells in the dogs body, fight infection, heal wounds, build the immune system and detoxify all systems, particularly the liver and the digestive system



Chlorophyll content of some healthy vegetables

- One cup of spinach 23.7 mg
- One cup of parsley 38.0 mg
- One cup of green beans 8.3 mg
- One cup of sugar peas 4.8 mg
- One cup of Chinese cabbage 4.1 mg

Also look at the chlorophyll in colorful fruit and vegetables.

Colorful phytonutrients - Pumpkin, carrots, cranberries, apples, beets, blueberries, broccoli, kale, dandelion greens, alfalfa etc.

Fresh fruits and vegetables can and should be an important addition to your APBT's as active, sporting and or ability dog's diet up to **5 -10 %** of the total in the feed pan.

They're chock full of healthy phytonutrients and chlorophyll that do offer a variety of health benefits for your dog.

So now you know that when your dog is grazing in your back yard, it might be time to add some greens to their meals.

When you supplement the feed pan with some vegetables, you're **also** giving the benefit of phytonutrients.

Phytonutrients are organic compounds found in plants that help to both prevent and relieve disease and illness.

The colors of fruits and vegetables indicate the different varieties of phytonutrients they contain.

Phytonutrients work in different ways and have different functions to help maintain a healthy body.

To ensure your dog receives a wide range of different phytonutrients and chlorophyll, it's important to add proportional variety within the colour groups.

Most accepted explanations why dogs might eat green grass or plants.

Dogs might eat grass because they have an upset stomach or upset intestinal tract and need to make themselves vomit – the grass will irritate the digestive system cause nauseous and return as vomit.

Dogs might eat grass as medicine because they sick.

Dogs might eat grass because they need digestive enzymes – this you should and could supplement daily in the feed pan with whatever you feed – with a good commercial supplement “enzymes or pre or probiotic”

Dogs might eat grass because they have a dietary or nutritional need - will instinctively seek and eat green grass deficiency.

Dogs might eat grass because it helps them purge intestinal parasites from their gastrointestinal tract.

Then not for some reasons:

Dogs do not eat grass because they hungry – it do not become a meal.

Dogs do this almost as if they do not want to ... almost if they do it against their will ... I found my dogs looking guilty in doing so – that's why this grass eating are usually only a small quantity ... sort of just nibbling at it.

I believe they mostly do this because they have the opportunity to do so and also might do so out of boredom.

What I did not find - is that when my APBT as active sporting dogs, while exercising or during a keep, and on a leash walking or pulling or dragging or while free running in the park or in the fields - they never will stop to nibble or eat grass or green plants ... even if hungry.

But dogs are found to purposely nibble on grass and sometimes do consume "some" of green grass and or plants ... more so - I found when they are given the opportunity to find it when their normal "confined area" do not have any or with some dogs (you will know) because of typical destructive behaviour and then will destroy plants and pot plants and the pots or because of a learned behaviour.

From research it does not appear that "disease" is the cause for most grass-eating dogs.

Dogs mostly do vomits (bringing up the grass) directly or soon after eating grass.

So, in answer to this phenomenon, vomiting can and mostly do occur after a dog eat grass - but does not always occur.

According to research and the online survey comments and data, which also projects age, sex, sexual status (intact vs. neutered) and breed – it was found that younger dogs and dogs finding the opportunity (no grass in their own confinement area) ingest grass more often than mature dogs or dogs having green grass available at all times.

Younger dogs were also less likely to appear sick "prior" to eating grass or to vomit afterwards.

It is therefore suggested by some - that this age discrepancy may provide proof of the fact that dogs eat grass as a means of purging worms and other parasites from their gastrointestinal tract.

This theory is that "the plant material that passes through the intestinal tract or part their off, increasing intestinal motility and wrapping around worms and thereby purging the tract of intestinal nematodes.

read more <http://www.pet-health-care-gazette.com/2010/01/19/why-dogs-and-cats-eat-grass/>

Looking at Chlorophyll.

The "green" in grass, plant matter, vegetables, fruits and herbs.

Looking at the importance of chlorophyll in your dog's diet.

Chlorophyll is a pigment found in just about all plants and algae.

It's an extremely important compound in photosynthesis, for it actually allows plants to absorb energy from sunlight.

A marvelous and amazing fact is that the "molecular structure" of chlorophyll is almost identical to hemoglobin, which is found in your dogs red blood cells.

Hemoglobin and chlorophyll are identical except for one atom.

Hemoglobin is responsible for carrying oxygen to all your dog's organs and cells.

The hemoglobin in your dog's blood has iron as the central molecule, while the chlorophyll in plants has magnesium as the central molecule.

When our dogs crush "green grass" and more so offered specifically vegetables fruits and herbs they ingest some of the "chlorophyll" thereby actually helping to build the health of their blood and replenishing their red blood cells.

Chlorophyll can increase oxygen utilization within your pet's body.

It also breaks down calcium oxalate stones in the bladder.

Importantly, chlorophyll reduces the ability of carcinogens to bind with DNA in the liver and other organs.

Chlorophyll also helps to cleanse all the cells of the dogs body

Fight infection

Heal wounds

Build the immune system

Detoxify all systems - particularly the liver and the digestive system

chlorophylls in the diet offer cancer protection.

To realize is chlorophyll is freely found in the prey animals carnivores eat ... absorbed by the herbivore prey animal and found bountiful in meat blood and organs.

Then to realize our commercial domesticated animals and birds today ... farmed for slaughter - mostly eat commercial feeds ... void of greens. "Some" of the grass dogs choose to consume as a last resort mostly comes out (vomit) looking just the way it looked when it went in and then it was also found that "some" that actually went through the digestive system is found intact in the faeces. Our dogs also benefit from chlorophyll's double action in both treating and preventing bad breath, teeth and gums.

Chlorophyll from home prepared dog diets also eliminate odors and disease in the mouth.

Improves digestion

Replenish friendly bacteria

Serve as powerful antioxidants

Increase oxygen utilization within your dog's body.

Breaks down calcium oxalate stones in the bladder.

Reduces the ability of carcinogens to bind with DNA in the liver and other organs.

That is why some APBT dog feeders add a small percentage of leafy greens vegetables fruits and herbs as part of what they feed their dogs – for chlorophyll and various other vitamins, minerals and antioxidants.

It was found that chlorophyll blocks "procarcinogens" - such as aflatoxins, that damage DNA.

It was found that natural chlorophylls in the diet also offer cancer protection.

It was found that chlorophyll binds to toxic heavy metals, eliminating them from the body before they cause organ damage such as kidney failure.

But dogs are carnivores are they not?

You might argue that dogs are carnivores and greens are not species appropriate for the carnivore.

Yep (no arguments here) and true that dogs are indeed meat eaters ... but by eating whole prey animals they naturally do ingest the needed chlorophyll content in the meat and organs they eat.

Therefore your domesticated dogs have the right idea when they eat do nibble green grass or green plant matter, but the sad truth is they do this because they have no other source of fresh green plants (if you do not include it in their daily diet).

{See articles and video clips regarding vegetables fruits and greens on this website}

You will also find many recipes for raw feeding that will include greens (finely cut, processed in the blender or pureed and added to whatever you feed).

Wild wolves and wild dogs get their chlorophyll from the “intestines of their prey – the prey animal eat greens a plethora of healthy wild plants, vegetables, herbs roots and fruits (chlorophyll) and wild dog types also do nibble on some greens (in their daily scavenging for food) - the same as our outdoor domesticated dogs.

The grass they choose (or find when and if they get the opportunity to do so) as a last resort comes out looking just the way it looked when it went in.

The good news is you can provide your dogs with digestible, healthy and delicious treats and prepared food items in the feed pan containing chlorophyll.

One easy way to accomplish this is to cut up some of the “fresh green” vegetables listed and sauté them lightly in butter or pulp or shred them in a blender.

You can add lightly sautéed or mulched / pulped greens as a percentage of the feed pan directly to your dog’s meal a mix of spinach, parsley, green beans, sugar peas, Chinese cabbage, banana, yogurt, pumpkin, apple pieces, kefir etc., and or even ice cube trays for a frozen treat supplement.

But sometimes, just like with kids, you have to sneak greens into your dog’s diet.

Then use cheese and eggs to disguise the greens you feed.

Also other bright colors in fresh produce.

Yep I am a staunch believer in feeding my APBT a species appropriate diet and proclaim dogs as carnivore are meat eaters – because and you will not find real carnivores actively “grazing” for greens fruits and vegetables or digging up roots or will not find them under a tree cooking their meat.

Just common sense - that grass eating is a minute quantity – this does not mean cutting grass and offer it in big quantiles as diet for your dogs. Your dog have you to see to its needs.