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***Health benefits of Chlorophyll.***

### **Phytonutrients.**

This in relation to supplement the dogs diet with "some" plant, vegetable, fruit and herbs – {also read relevant articles on this website.}

### **What is chlorophyll?**

This is a green 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 light.

A marvellous and amazing fact is that the molecular structure of chlorophyll is almost identical to haemoglobin, which is found in red blood cells.

Haemoglobin and chlorophyll are identical except for one atom.

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

The haemoglobin 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 are offered some plant material, fruits, vegetables and herbs as part of the feed plan chlorophyll forms part of what you then give and actually helping to build the health of the dogs blood.

That's because the chlorophyll will help replenish their red blood cells. Chlorophyll helps to cleanse all the cells of the body, fight infection, heal wounds, build the immune system and detoxify all systems, particularly the liver and the digestive system.

It also promotes digestive health – which is why many dogs with acute digestive problems tend to go for the grass.

Most domestic dogs can't open the fridge and take out the spinach, broccoli, asparagus, peas, kale, parsley and beans that are rich in digestible chlorophyll.

The grass they choose as a last resort comes out looking just the way it looked when it went in.

Our dogs can and also do benefit from chlorophyll's double action in both treating and preventing bad breath.

Chlorophyll can eliminate odours in the mouth.

It also improves digestion, the most likely cause of bad breath in dogs with healthy teeth and gums.

Chlorophyll can increase oxygen utilization within your dog'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.

A study published in Carcinogenesis clearly shows that chlorophyll blocks procarcinogens, such as aflatoxins, that damage DNA.

The Linus Pauling Institute's Cancer Chemoprotection Program has also indicated that natural chlorophylls in the diet offer cancer protection.

Also important to know is that chlorophyll also binds to toxic heavy metals, eliminating them from the body before they cause organ damage such as kidney failure.

### **Chlorophyll content of some healthy vegetables.**

one cup spinach 23.7 mg  
one cup parsley 38.0 mg  
one cup green beans 8.3 mg  
one cup sugar beans 4.8 mg  
one cup Chinese cabbage 4.1

Dogs have the “right idea” when they eat grass, but the sad truth is they do this because they have no other source of fresh green plants. Just see what happen when a dog that stay indoors or in a kennel all the time get the opportunity to walk free on grass or in the park. They will start eating green grass shoots ... because they have the opportunity.

Wild dogs get their chlorophyll from the intestines juices of their prey. They also have a plethora of healthy wild plants to nibble on – this they do because they are scavengers.

The good news is you can provide your dogs with digestible (pre compiled) healthy (green blend) - green supplement to their offered diet - containing ... chlorophyll.

One easy way to accomplish this is to cut up some of the green vegetables listed below and sauté them lightly in butter or puree, blend or pre-cook.

You can add lightly sautéed or mulched greens directly to your dog’s diet or mix them with banana, yogurt, pumpkin, apple pieces, kefir etc., or even ice cube trays for a supplement to whatever you feed.

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

Cheese and eggs are the best means of disguise.

Fresh fruits and vegetables can be an important addition to your dog’s diet.

They’re full of healthy phytonutrients and chlorophyll that 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 his meals.

Looking at phytonutrients.

Other colours in the rainbow.

Orange for pumpkin & carrots

Red for cranberries & apples

Purple for plums for beets

Blue for blueberries

Green for broccoli, kale, spinach & alfalfa.

Green isn't the only colour that provides special health benefits for your dog. In fact, there's a rainbow of colourful foods containing an abundance of health benefits.

When you feed your dog vegetables, you're also getting the benefit of phytonutrients.

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

The colours 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, it's important to add variety within the colour groups.

Most dogs love broccoli stems and chew them like a bone and they can even eat them raw.

Apples and blueberries can also be eaten raw.

Carrots aren't digested well in the raw form, either grated or steam them and first puree them.