

RAW MEATY BONES: Promote Health
by Tom Lonsdale

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We tend not to review books that make their way to us a couple of years after publication, but Duncan, our editor, has made an exception here because he's now the owner of a young dog, a Mastiff/Great Dane cross called Lily. He's been giving her organic, raw meaty bones to chew on and eat and absolutely no processed dog food or even cooked food for that matter, and she's thriving. It's an unexpected joy for me to watch her gnawing away at those bones, knowing she's also keeping her teeth and gums clean and getting essential minerals, vitamins and enzymes. The secrets to obtaining optimal, bounding health for your pet can be found in veterinarian Tom Lonsdale's book, *Raw Meaty Bones*.

A graduate of the Royal Veterinary College in London in 1972, Tom has a vet practice in Windsor, west of Sydney. It was not until the mid-1980s that he started to become aware of the problems caused when domestic dogs and cats eat a diet of processed pet food, and he began to question what he'd been taught at vet school. He noticed the positive health benefits for pets when they're fed the sort of food that carnivores are supposed to eat — and that mostly comprises raw meaty bones, carcasses and some organ meats — so he began to do more research, leading to his writing this book.

The story of his battle with the Australian Veterinary Association has commonalities with the experiences of other whistleblowers; in his case, since the early 1990's he's been incurring the wrath of the veterinary establishment, pet food manufacturers and vets working for them.

In his book, six years in the making, Tom explains the unnecessary diseases, including dental and carcinogenic, that domestic pets can get when fed only commercial pet food. He goes into the benefits of raw versus cooked food and gives advice on the right sort of diet for your pet, including how much of what should be eaten and when.

There's much more in this book on misdirected science and vested interests plus observations on wild animals' eating habits. Forget the so-called convenience factor of processed pet food and do the right thing by your pet — who'll soon be as happy as Lily!