

Weekly Seminar Series

The Pet Food Debacle: Dental and medical research perspectives

Dr Tom Lonsdale

Cellular and Molecular Pathology Research Unit
Faculty of Dentistry
The University of Sydney
Westmead Hospital, NSW

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A/Prof Hans Zoellner introduces Tom Lonsdale

Tom Lonsdale:

Thank you for that introduction, it's wonderful to be here; it's a wonderful privilege and thank you for turning up . . . Thanks also to Mara. . . It's through her of course that I've come to be here at all. Back in '95 she and I used to collaborate on a project in the SEM (Scanning Electron Microscope) Room and I'll show you some of the results of that project later on.

Dr Pearlman was instrumental in introducing me to Mara and making things possible.

Learning from mistakes

- Massive cultural, political and 'professional' barriers
- Immediate clinical and research opportunities
- Potential for new paradigm of health and disease

Now, what I'm going to suggest to you is that there are three things worth bearing in mind here today. And what is the cultural position we find ourselves in? Pretty elementary science . . . let's face it. So why is it that everyone knows this stuff and why isn't it being disseminated widely? Why is it not already at the core of massive research programmes the world over? Well, it's to do with cultural conditioning and power of the junk pet food industry acting behind the scenes. So it will be nice if you keep that in mind for the coming years because it

will forever have an influence on your thoughts and deliberations in this area. They're everywhere and often incognito.

Otherwise the immediate clinical and research opportunities arising out of the fact that a natural diet works wonders, almost minor miracles for our pet carnivores is amazing — not only for the carnivores, but I suggest, for all mammals. We can learn from those animals at the extreme end of the nutritional spectrum. What matters to them matters to us in different degrees. And arising out of that, I think there's a possibility here for a new paradigm of health & disease. Where really we start to reconceptualise, re-evaluate and see that death is just the

other side of the health coin and starting to get all of these things into some sort of cybernetic context on this planet.

The end, at the final point in the Cenozoic Age 65 million years that mammals have been dominating this planet and, it seems to me, that this periodontal disease issue has quite a lot to do with the way biology has organised all of that. But that's in the rarefied area.

Initially I thought, perhaps just to show you a couple of TV programs back in the early 90's where, you can see for yourself, one of these little animals just being resurrected, an animal near death. I like to just mention that I was a bit slow on the uptake about this myself. It was about 15 years before we finally understood, whoops, we've been living a lie, and we've been poisoning our patients. When we woke up to that fact, well we had to start apologising to our clients — they did forgive us — and then turning things around. And in 1993, about October, we spoke to the ABC Investigators. Those of you who are old enough to know, know that they were a consumer affairs investigative sort of programme that would look into rorts and scams, whatever. They were coming out on the Wednesday. As it happened Dale Abson came in on the Monday night. I'd never met Dale Abson before. She was a client of the practice but there were two or three vets and I'd never previously met Dale. . .

She brought in a little white dog, 12 years of age, Tess and she's lame in the leg. Now, of course, I'm going to deal with this matter as soon as I can. I suspect this is just a minor matter. But how about the bad skin and the bad ears? What about this mammary tumour? And hey, listen to this heart with a stethoscope — as I hand over the stethoscope. She can hear the heart sloshing around in the chest. She's twelve years of age and look, she's really bony and she's way underweight isn't she? Hey, how about open that mouth and have a look? The scent is foul; it's in a rotting state. This little dog's rotting alive and has been rotting alive for the best part of her 12 years.

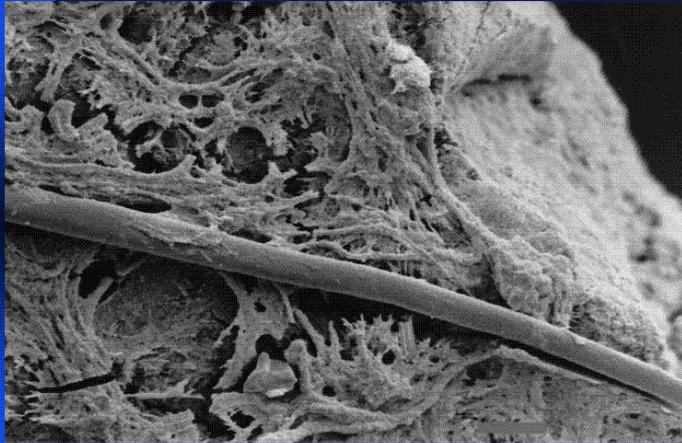
So Dale Abson's asked me to fix the lame leg, but I'm only passingly interested in that. I going to move straight into fixing the core of the issue here, rotting mouth, and fix the diet and hopefully I'm going to do all this on camera on Wednesday for the ABC television cameras, which is a bit of an undertaking. Will Dale Abson agree to this? Well happily she does. Mind you, I'm on a bit of a hiding to nothing here aren't I? Because I foretold that this animal was going to be resurrected and that hopefully I'm going to keep it alive, long enough for the TV to shoot the film and for things to come good at the end.

Well anyway, without more ado, why don't we switch to the video and you can have a look for yourself, see this little white dog, she's embedded in the programme. After that, we'll see the Ray Martin Show. You'll see the same dog — unrecognisable, 5 months later, transformation.

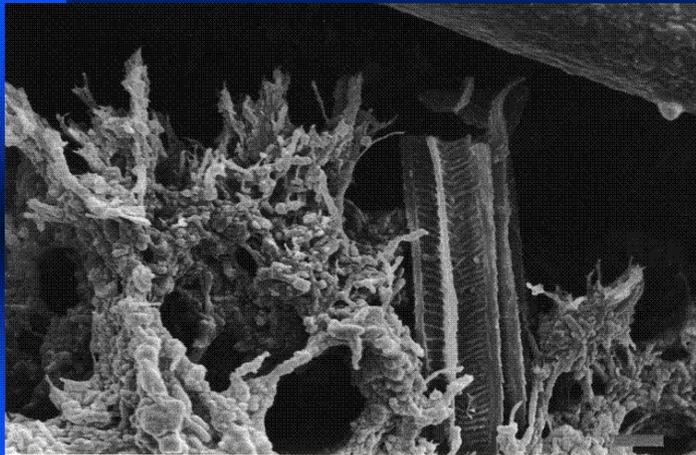
And I should have mentioned that the core of all of this, of course, is that Tess's immune system had collapsed, right through the floor, she'd got an acquired immune deficiency syndrome as well, so no wonder things were falling apart. Five months later, you'll see that she gained 20% increase in weight, and her immune system has come back, and do you know how she's done that? She's been fed on chicken wings. I said to Dale Abson to do more than chicken wings. I've suggested that's a starting point. Dale's pretty much stuck on chicken wings. And would you believe that we've got this substance — that most of us think of as a tasty snack and no more having incredible medicinal effects? And you'll see that to the point where she's prepared to jump off Ray Martin's lap on the studio floor and start tucking into her chicken wings with no teeth in her upper jaws. Yeah — dramatic stuff!

Videos being shown: ABC Investigators and Ray Martin Show

Splendid, there we are. So there you saw, the resurrection of this little dog and that was pretty standard throughout veterinary practice in all the years up to 1997 whilst I was still practising, and just miraculous stuff, we found. Pull their teeth out, throw them away and give them the best medicine. Just throw them a chook, amazing stuff, and these animals are resurrected. So what does this tell us? It tells us a lot of things. And I think it's about time we started to look into some of them. It's interesting back in 1995 that Mara and I made a bit of a start at this and went into the dark room together and this is what we were doing.



So bad is the situation that so many of these little dogs and cats and ferrets, indeed all domestic carnivores, that they grow hairs on their teeth. Yeah, so filthy they start growing hair — not quite — but the hairs get trapped. You see that hair across there? . . .

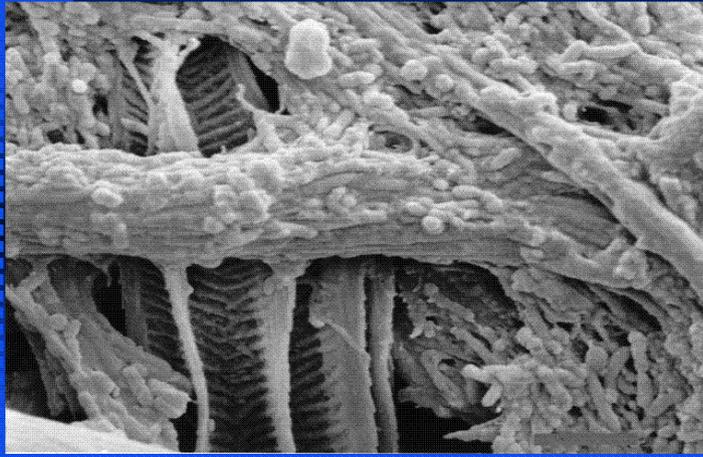


There it is top right, you can see the shaft of the hair. And we reveal this now because we don't know what this beautiful plant like frond is in the middle, whether it's some trapped stuff or whether there's something growing in the calculus.

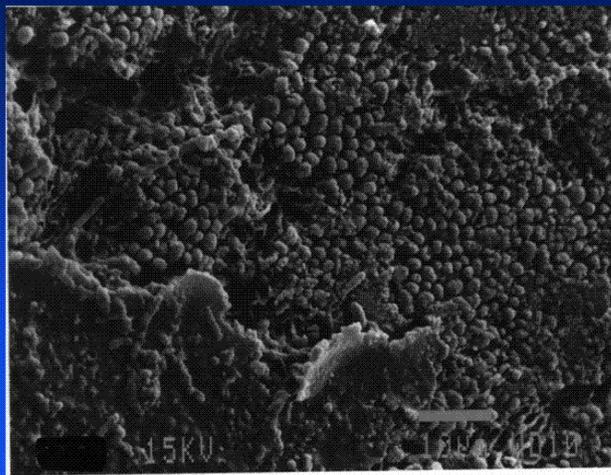
What we're doing here, of course, is the scanning electron microscopy of the calculus surface, the buccal surface and that's what we get. This is the biofilm that's at the core of all this stuff. So earlier we were talking clinical but now we're going right back to the foundation of it and the

biofilm, which is a mixture of . . . aerobes, facultative aerobes and anaerobes.

Of course, it's the anaerobes that are controlling all of this and have been for getting on for about 4 ½ billion years would you believe? Now then, we're going to get to look at them. They're ticking away just keeping this whole thing going. Isn't it wonderful?



And here we are with 1900 magnification — just magnificent! And that's part of our natural world that we need to be taking perhaps a little bit more note of.



Whilst this isn't quite as aesthetically pleasing, to my mind this is the best of the set and it's the first one that Mara and I happened across when we were in our dark cavern there, peering into what was like the screen on a spaceship. And on these scans vast areas of this sort of terrain; like arid lunar landscape, areas of nothingness . . . We didn't know where we were because we'd got no chart and we hadn't been here before, so we were exploring this planet and we didn't know what it was. But then we had to cross this area now.

But only in retrospect that we realised that we were looking at the tooth surface of the calculus. So where the calculus had been adherent to the tooth, right and then it was snapped away. It had come away cleanly in this area here. But in that area there, the attachment surface had been removed and so we were looking right into the core of the calculus. Isn't that amazing, amazing how it's so organised in there. And then if you look at it and think about it and remember your histology of liver slides — doesn't it look like liver lobules? Couldn't that well be to do with the communication channels within that system?

This is as far as we got at that point because then I dashed off to do more clinical research and we ceased it there, but anyway I think bring this out now and thank you Mara.



How far will a chicken wing go?

Anyway let's get back to the clinical aspect and the messages that we could have picked up on if we were a little bit more canny, a bit more acute in our hearing, if we were prepared to listen to the animals instead of simply talking to them. They've got a message for us. These two little dogs know full well just how important that chicken wing is for them. That's why they're tussling over it. They're programmed to do that

over millions of years. Of course their DNA tells them that they've got to do that and so their behavioural mechanisms and physiology the anatomy all matches up. So that when they see their food *and medicine*, because that's what that stuff is, then they're going to tussle and fight over it, winner takes all, because it's a tough world out there.

Our girl Nikki
guarding her raw
meaty bones.

7 April 2003



Mother knows how important it is too.



28 whippet pups in this case. Any guesses for what's underneath? If I told you it's a kangaroo would you be surprised? No. Because they know exactly ten minutes later it will be long bones and a bit of hide — really important.



So important, of course that the king of beasts is prepared to risk her life on a nightly basis just to get her dinner. Imagine how important your food would have to be to you if you were prepared to take on an 800 pound 800 kilos of angry buffalo bull in order to get your breakfast, for instance. You wouldn't be very keen! But that's how important it is for that lioness. So this does suggest as the *National Geographic* calls it the

last month's edition where they show other pictures of lions pulling down buffalo, in the full understanding that it's kill or be killed. And it's so crucially important to them to get their food *and their medicines* because that's what keeps them healthy in order to go out and hunt the next day.

Re-conceptualise

Not food Not medicine

Food and medicine

And of course this reconceptualisation isn't that new, you see, and once again, we're just a bit late on the uptake. Hippocrates, 500 years BC, was saying much the same stuff wasn't he? And if we start to reconceptualise and the way we approach our nutrition, the way we approach our medicine starts to change quite dramatically.

Treatment	Prevention
• Overweight	• Fleas
• Underweight	• Cancer
• Behaviour	• Intussusception
• Gingivitis	• FLUTD
• Periodontitis	• GDV
• Dermatitis	• Iliac thrombosis
• Arthritis	• Diabetes
• Nephritis	• Acquired immune deficiency syndrome
• Enteritis	• Dystocia
	• Sleepy pups/kittens

Now I'm putting up here some of the sort of things that get cured in veterinary practice when you change the diet. Change the diet from a toxic diet, you pull out the teeth and you stand back and see what happens. I'll just mention that Tess who you saw, in the videos, she features in that paper on Periodontal Disease and Leucopenia, and she's written up there in detail, and also you can read about her in chapter 7 here where we talk about Foul-mouth AIDS. So there's lots of background information you can fill up on regarding the scientific and

medical aspects Now amazing, if you could find a pill that would fix both overweight and underweight, you'd be made wouldn't you? — you and your family for generations. . . You'd have so much money you wouldn't be able to stagger to the bank with it. But this stuff that we're talking about doesn't just fix overweight, underweight, behaviour and all those things on the left hand side. Treats! You can *treat* these conditions. Not always totally 100% successfully but certainly to the point where you can resurrect dead and dying animals such as you saw in the case with Tess.

Behaviour: We heard Dale Abson talking about the distress these animals, barking all night. But of course other behavioural aspects of it, often they just sleep under the kitchen table there, they just feel so wretched every day of their lives. So that when you change their diet, they perk up and become lively happy little vegemites again. Crotchety old cats that used to attack everybody that passed them become pussy cats. These are the sort of changes you see. So it's happening at a mental level, physiological level and all levels. Of course you can fix the gingivitis and periodontitis. You saw that. And of course having extracted the teeth, the first thing you give is a rubbery, tough piece of chicken, to toughen up those gums. That's the sort of thing you do when you're getting . . . treatment.

You saw that Tess had vile skin, just non-specific bad skin. Dermatitis of unknown origin, well of course that's fixed up as well — and the arthritis. She came in with a 'lame in the leg', strain in the tendon, probably collagen disease. These animals have immense collagen disease in their mouths. The chances are that the arthritis and the fasciitis and all of those inflammations to do with musculoskeletal system quite likely to do with collagen disease. It's immense. Animals stiff, sore and lame suddenly get up and start playing again. Extraordinary stuff! Then, of course with the nephritis how all those glomerular filtration beds will clog up with all the inflammatory products. It's amazing again to think these animals just resurrect.

Now once you fix the animals on the left hand side, you've done your treatment, then you flip all those things over on to the right hand side — they add to the prevention list. Those are the things that you can prevent as well — once you've fixed them. But of course, it's the lucky animals that never ever have the junk food in the first place. Now they have never had the periodontitis in the first place then they have all of those things prevented, right out of the starting gate, and that's of course really, what our goal, our aim should be. As clinicians, I'm a veterinary clinician, you're dental clinicians and some of you might be medical clinicians. Surely that's what we should be about; this is preventing ill health in the first place. Well we can do that.

Why are fleas prevented? Well, you know, you can speculate. And these are the sort of things that we need to know. We need to start trying to investigate. Why is it that fleas don't like animals with strong immune system or is it the strong immune system repels the fleas or is it a combination of both. And of course that's often times what we find. It's twofold, two way processes.

Medical and Dental Research

- Carnivore research model — diet and dental disease (refined needs)
- Carnivore illustration model — community dietary and dental education
- Immune system research
- Natural diet for research animals — dependable results
- Human mental health
- Dog bites
- Working dogs — olfaction/general health

So, with an eye on the clock, give some thought to where this might go in medical and dental research. Well it might go everywhere because of course we can learn so much from our carnivore regulators and in this Age of Mammals. What regulates them, in all probability, to some degree regulates us. But in any event they present a wonderful experimental model, because you can simply get a few pens of dogs and cats and ferrets and feed them according to your whim and do all sorts of tests, investigations and come up with all sorts of

information. I suggest to you are highly applicable to the human medical situation.

The carnivore at the extreme end of the nutritional spectrum has very refined, specified needs and therefore you don't have all that background noise that you have when you're dealing with the omnivore and of course, obviously as I've said, you can experiment with these animals, because they don't complain fortunately.

Carnivore illustration model: So many people now, world wide, and whilst it maybe obscure here and you perhaps have heard this before, but world wide there's quite a movement now of people who now feeding their own animals on a more natural diet. And I gave a series of lectures in England in 2002, I think it was, and my host there, prior to my arrival, they said, Oh yes, look, husband and wife, they used to meet each other on the stairs. They had this wonderful old farm house and one would be going up to the bathroom as the

other was coming down. They were busily flossing their teeth. And that it's not just people who are really into this, it's just ordinary pet owners who start to realise, gee! I didn't realise the health implications of tooth brushing and flossing. It's incredibly good public health and community awareness aid.

Immune system research work: Well you saw with Tess there, have a look at *Raw Meaty Bones* chapter 7 and I suggest that there's lots of information to be had there.

What about the natural diet for research animals? Well, here's an interesting one. OK, well, look at all those research animals out there, the carnivores that are used in all manner of different research, for the most part are fed on junk food. So they've got background inflammation, haven't they? They're sick. So no wonder you've got random results that are hard to interpret.

I met a man at the airport, said, oh yeah, we're doing inflammation research. Well that's a euphemism for saying, OK, we'll take a bunch of dogs and we burn them with a blow torch and then we give them these so-called anti-inflammatories and just see what it does. I said, well look, yeah but there's a whole lot of background inflammation in your subject test animals, so really, I mean your results are a bit random aren't they? Oh yeah but we get out of that by just getting a bigger batch of animals to overcome the statistical variation. Which is crazy isn't it? Just crazy, apart from being cruel.

Human mental health: OK, Jorm has written about this. There's a big move these days to suggest to you that everybody's got to get a pet, preferably get two in order to improve your state of health and wellbeing and so on. It's a big propaganda push on the part of the vets and the junk pet-food industry. Don't have a bar of it! It's the opposite! This has been shown to be the case by Jorm et al in the *Journal of Gerontology*. Just do a Google and you can find that OK.

Dog bites: OK, these animals are out of their tree. They are very angry, upset. How many kids are disfigured and maimed as a result of dogs being fed on junk food? Sadly though, of course, the junk pet-food industry then infiltrates the bites, the Dog Bites in Kids programme, here at the Children's Hospital, so that everyone's dumbed down and everybody's just suitably anaesthetised and doesn't worry too much. What about the poor kids? I ask.

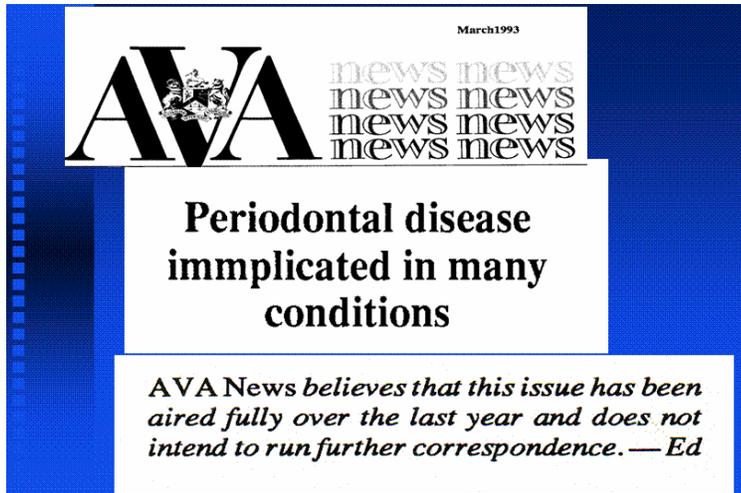
Working dogs: That's a good one. How about this, so OK, so they've got working dogs detecting oestrous and these days trying to use dogs detecting cancer as well. The oestrous detection dogs, detecting oestrous in milking cows weren't working very well. Took them away and cleaned their teeth and within 24 hours their sense of smell came back. What's that tell you? Amazing stuff! Where's the vomero-nasal organ fit into this? Could be the start of an explanation as to what that organ's for. After all these years we haven't really known.

Potential for new paradigm of health and disease

- Carnivores supreme regulators in Age of Mammals
- Carnivores control and controlled by: raw meaty bones
- All mammals co-evolved
- Cybernetic hypothesis

And then, well, the potential for a new paradigm of health and disease, well, and with these, it's the interesting bit. And it, basically the introductory aspects of this is in the Cybernetic Hypothesis of Periodontal Disease in Mammalian Carnivores that each of you has there, and it's covered in more detail in chapter 14 of *Raw Meaty Bones*. And by the way, you don't have to buy this book if you can read it on the internet. Just go to www.rawmeatybones.com and it's there to be read online.

Yes, they [mammalian carnivores] are the supreme controllers and of course they in turn are controlled by a supply of raw meaty bones. And if they get a bit over hungry and a bit over keen and they go in a bit too hard and then they get kicked in the mouth and then they're going to get a fracture canine tooth — with a root canal that travels right up into the crown of the tooth — then they've then got an endodontic lesion haven't they? So can you see the knife edge that these carnivores live on? This is clearly what I suggest [is critical] to their biology and in some way it's critical to the rest of us, because the supreme regulators regulate the herbivores and in turn regulate herbs, which regulate the environment and the rainfall and the river flow and so on. So there's an incredible matrix of interconnectivity.



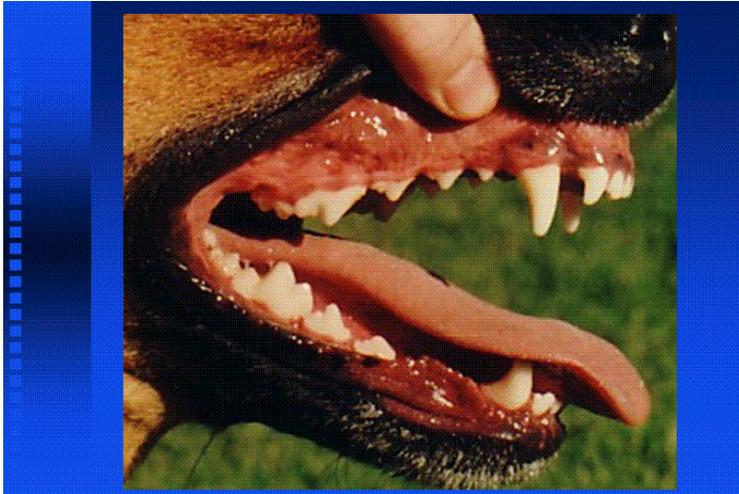
But! But! Alas! We're not allowed to talk about it. We're banned! This is seditious, harmful conspiracy theory nonsense, they say. And you shall not talk about this ever again, as of 1993. On the slide there, you'll see three clips from the 1993 *Australian Veterinary Association News*. They had barely tolerated us, writing about this in the Letters pages for 18 months. We tumbled across this amazing set of understandings which resurrected dead, near dead animals, and kept young puppies and kittens healthy for the rest of their lives, and we

were banned from talking about it.

We're not allowed to talk about diet affecting all of our patients, periodontal disease affecting 85% plus of our patients. The middle section 'Periodontal Disease Implicated in Many Conditions' is the title, misspelt, of a letter, submitted by Jason Pollard. I wrote it, but I got to the point where they wouldn't even allow me to, under my own name, to write letters in, so wrote the letter, sent it in, got it published. But then they put at the bottom, you will not talk about this ever again. And that's the reality folks. In the veterinary profession this is a taboo subject.



Not allowed to talk about that.
Not allowed to talk about where that comes from.
Not allowed to talk about what to do about it.
Not allowed to talk about *all* the different aspects that impact on: Animal health, human health, human economy and the wider environment.



Not allowed to talk about that — how wonderful it is, and the lessons that can be learned.

Take Home Message

- Massive cultural, political and ‘professional’ barriers
- Immediate clinical and research opportunities
- Potential for new paradigm of health and disease

www.rawmeatybones.com

So we got under the radar here today. Mara helped in that regard, and I’m very much grateful to her. Grateful to you for coming; leaving you with one last slide. Thanks a lot.

Applause

TL: Any questions?

A/Prof Hedley Coleman: Any questions?

Question 1: Hi, my friend’s acquired a cat, a much older cat and the cat seems to like a raw meaty diet, but she’s been mixing it with canned food . . .

TL: That’s a good start...

Q 1: and should the cat eat more . . .

TL: Splendid, OK well the dry food should be chucked out of course, because that’s toxic and harmful and unfortunately for the animal’s compensatory mechanisms that’s been keeping it thereabouts upright for all these years, and fooling everybody in to believe that perhaps the animal is well when it never was. OK, so the raw meat is a good part of its diet, but it’s not the sole diet. Again, we’ve got it a bit wrong, before we called these animals carnivores, which means meat-eaters, but if we only feed the meat we get into trouble because you’ve got to give them bone as well, and better off you can give them the fur, the feathers, the fins, the guts, the whiskers and all the rest as well.

But it's a good start, feeding them meat. Now you've got to make sure that the pieces are in large pieces, large pieces progressively to the point where it's still attached to the bone. And then the animal's launched and she's eating meat on the bone. And then ideally you'd be giving her day-old chicks, rats, mice, guinea pigs, whole fish, quail, pigeons. This sort of stuff is available and can be done. If you were a zookeeper, that precisely what you'd be doing, because you'd be a responsible person. You'd say: 'My carnivore, I must respect its biology; I must feed it accordingly.' How come that we don't do this for our cats and dogs in domestic setting? But we can and we should.

Now here's me diagnosing and treating at a distance, this particular cat that you mentioned. Ah, it's a bit risky, as you can appreciate. The chances are that she's got a whole host of other pathology going on as well. A lot of this is going to be obscure and hard to fully understand. But almost certainly, if she's got any age about her she'll have bad teeth and gums. So you'll want to get those fixed *as well*, at the *same time*, if you're making this dietary change.

Now if you want more information on that, just send me an email and I'll send you chapter 5, I think it is, of this (*Work Wonders*) that was originally written for dogs and cats *as well*, so you can get that changeover information. This is just for dogs though.

Question 2: I grew up with a dog on a canned meat and dried food diet and she was eating grass. Is this a tactic for dogs simply because they're not getting the fibre, the bones in their diet?

TL: Well indeed could be, although even on a more natural diet dogs will eat, it's a dog you said?

Q 2: Yes...

TL: Yeah, will eat grass. And there seems to be two sorts of grass. One is long fibrous grass and the other is smaller, rather more delicate grass. W- don't exactly know why dogs eat grass. It's postulated that maybe it's the chlorophyll that acts as some sort antiseptic in the mouth. It could be that they're trying to promote vomiting and bring up gastric acids which again could be antiseptic . . . Who knows? There's a lot we don't know. But what we do know, of course, is that the kibble, the dry food, the grain based little doom nuggets are harmful. So, you know, let's focus on that, and fix that. That's really important.

A/Prof Hedley Coleman Just one question from me, Tom. We're aware of the fact that in years gone by, scurvy was one of the key causes of tooth loss as a result of collagen disease . . . If an animal is subjected to only a meat diet where do they get their vitamin C supplements from?

TL: They make their own. Carnivores make their own vitamin C, so, so, in the liver as far as I'm aware.

Question 4: Have you done any studies on the economic difference between a healthy diet and . . .?

TL: Good question, thank you for that. Economic studies: . . . At the beginning, at the forefront of any sort of new wave of discovery, then all you've got to go on is your ideas and initial sense in what's going on. And, so, this is anecdotal, but I'll tell you that the price of food comes down to about a third, that's broadly speaking, the case here in Australia, and then the vet bills come down to virtually nothing. And there's indeed some work. The Canine Health Concern in the UK did some work. You'd have to say it's not exactly statistically

sound, or wonderfully case controlled, but none the less, it demonstrates that your vet bills virtually disappear.

I know that for a fact, running my practice, that I destroyed my client base. Oh yes! Very rapidly destroyed my client base by telling this story. Because somebody would come in, with for instance Tess Abson, the little white dog came in with lame in the leg and I'd fix that. Did I have to see that little dog ever again? Virtually never, no — fixed, mended, immune system was back to normal and in order; she was getting the right fuel for her needs on a daily basis and was propped up. Did Tess Abson's owners have neighbours and friends and relations? You bet they did. Did they dine out on this story? For sure! So all those animals — all those people with younger animals, kittens, puppies and whatever could start to make a change. Maybe not completely but they would start to infuse a more natural element.

Their needs for the vet virtually became nil. The other folks who were repelled, they saw their animals as being furry toys, an adjunct to their modern consumer lifestyle would be repelled by this concept of: Actually you are dealing with a carnivore here you are dealing with a modified wolf or barely modified cat, and would take their custom elsewhere. So that was another aspect, but overall most definitely.

This has *huge* economic ramifications. Massive!

A/Prof Hedley Coleman: It just remains for me to thank Tom very much for giving up his time this morning to chat to us and to re-educate many of us who are pet owners. Coming from Africa, the pride of lions certainly worked as a team and I've seen it on many instances in these game parks in Africa. And if they don't work as a team they are certainly not going to have their meaty bones. And obviously it calls upon us as pet owners to fulfil that team approach. As we are dentists, if our animals don't have us as the leader of the pack they are not going to be able to eat any meaty bones. So that's something to take away and chew on.

Applause.