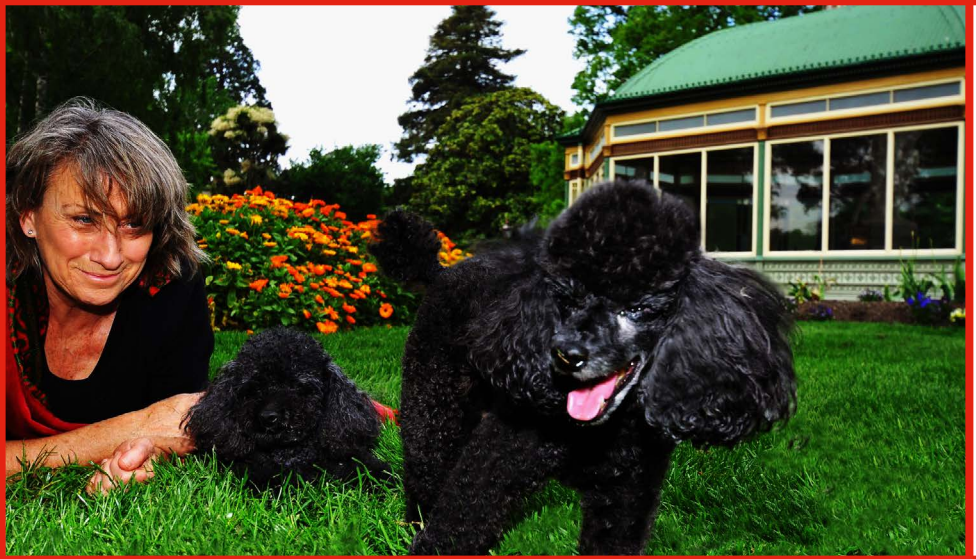


# THE REAL FOOD REVOLUTION FOR DOGS

*Homemade made easy*



wellbeing  
FOR  
DOGS  
NOURISH NURTURE LOVE

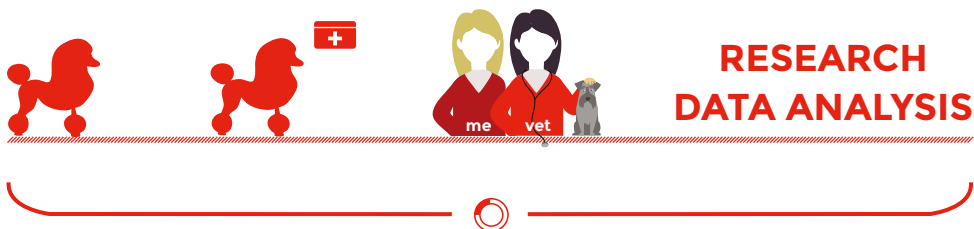


Hi! I'm Helen McNall, the top dog at **Wellbeing for Dogs**, a company with a passion and purpose to help dog lovers improve the way we nourish our dogs, one bowl at a time, through education, inspiration, and products to lend a helping hand

It is my goal with this booklet to share what I have learned over the past 10 years about what to feed dogs. I love food, and love dogs, and really want to show you how easy it is to share the abundance of the table with these angels at our side.

I have had dogs all my life, and mostly fed them what I ate or a variation on that, until I had a little poodle who had some major health issues. Getting his diet right was paramount if he was to have a decent life, free of seizures and days of debilitating illness. His baby sister also had food intolerances and failed to thrive in her first 12 months. Guessing and hoping for the best didn't cut it, so I set out to understand what dogs need in their daily diet, and how to deliver that naturally.

Working with an eminent vet, Dr Barbara Fougere, and a senior human food analyst, we researched dogs' dietary needs and requirements,



## WELLBEING ESSENTIALS

along with a detailed analysis of foods and their nutritional makeup. The results of these studies informed the development of **Wellbeing Essentials**. Its purpose is to help ensure that homemade diets are nutritionally sound, balanced, and the micronutrients that are frequently low or missing are being included.

We all want the longest time with our dogs, and for that time to be in the best of health. It is my hope that armed with **Wellbeing Essentials** and this booklet as your guide, you have the confidence to give your dog the gift of health, vitality and joy that comes with real food in their daily dinner bowl.

However, I am not a veterinarian. The advice in this booklet is general and my opinion only. If you are in doubt, please consult your vet, and please show your vet this booklet. I stress that without using **Wellbeing Essentials**, most, if not all, homemade diets have some inadequacy, and nothing makes up for a poor diet.

Feed your dog as well as you can. Every mouthful makes a difference!

## WHY A REAL FOOD REVOLUTION?



# DOGS LOVE FOOD-REAL FOOD



Dogs have an amazing sense of smell. They know everything that we eat, what we prepare, have in the fridge, the cupboard, even the fruit bowl. My dog Marley used to smell my breath when I came home. He wanted to know what I had eaten while out (and therefore didn't share). Can you imagine being able to smell everything that is delicious, wonderful, gorgeous, and healthy, and not get any of it to eat?

If you have ever been in the room with a dog and a roast chicken, then you will know what I mean. They are far too polite and loving to show their disappointment that you aren't sharing your abundance of food. Or maybe they beg, but we have been told over and over that it isn't right to give dogs human food. We can't fully know what dogs ate for the millennia that they have been our companions, although we can pretty safely assume that it was what we ate, and what we had to spare. I am confident it wasn't commercial dog food, a product of the industrial food system in the last 50 years or so.

Modern life is a long way from the cave, and the hunt is now done at the supermarket. That makes it easy to share our abundance of choice and you will find that the best food for your dog will be that made by you, in your kitchen.

I can assure you, there is nothing that compares with the bonding and the joy you will get from making food for your dog. It is a something that defies explanation, but the sheer connection to your dog is so worth it.

This little booklet is about taking the journey into cooking for and feeding your dog well. Our goal is to make it simple for you to fix nutritionally sound food for your dog.

Dogs have different needs from humans, and not all human diets cover a wide range of foods, so this is why we developed Wellbeing Essentials. It acts as an adjunct to human food to provide peace of mind that your dog is getting their nutritional needs met. It is a safety net providing the micronutrients that are required for long-term health, all the calcium they need, good oils from nuts and seeds, some powerful antioxidants, and sets up good digestion and bowel health with prebiotics and probiotics.

My philosophy is to think of food preparation for your dog as if you are cooking for a young child. You want simple, healthy food with taste and flavour and fresh, natural ingredients. I take whatever I am making for myself and simplify it. As I am already preparing food, it is easy to include those ingredients as a meal for my dogs. On the website are some of their favourite dinners, but there are no hard and fast rules. Your favourite will quickly become their favourite, too.

The main reason for going on this journey is because the best gift we can give our dogs is a life of positive health and vitality, not to merely fix them when they are diseased. Positive health starts with food, glorious food!

Here are a few things that I have learned along the way. I really hope it helps you take the first steps and gives you confidence to explore what and how to feed your dog.



## THERE IS A CAVEAT

Unfortunately, even with the best of intentions, research shows that most homemade diets are missing vital micronutrients. **Wellbeing Essentials** is designed to provide that safety net, and that is our promise: homemade made easy.

**VISIT OUR WEBSITE  
TO FIND OUT MORE**

**GO NOW**







## REMEMBER

## CHECK OUT OUR BLOG POSTS

**GO NOW**

## WHAT NOT TO GIVE YOUR DOG

*These have some risks*

<b>chocolate</b>	<ul style="list-style-type: none"> <li>☞ The darker the chocolate, the more theobromine it has, and that is toxic to dogs. Interestingly, theobromine is also toxic to humans, just in much bigger dosages (you would have to eat a lot of chocolate and would probably have other digestive problems before you could digest it, but it is possible!). <a href="#">See our website (Resources) for more information and a handy toxicity calculator.</a></li> </ul>
<b>macadamia nuts</b>	<ul style="list-style-type: none"> <li>☞ The mechanism is unknown.</li> <li>☞ 20g per kg bodyweight will make a dog sick, but is not lethal. That is a lot of macadamia nuts – most likely a problem for the opportunistic eater getting into the cupboard.</li> </ul>
<b>onion family, including garlic</b>	<ul style="list-style-type: none"> <li>☞ The active ingredient that is harmful to dogs is Allium.</li> <li>☞ The rule is moderation: 15-30g of onion per kg of dog is toxic, but that is a lot of onion. (Note: Japanese dog breeds are more susceptible at the lower range.)</li> <li>☞ Cooked or raw makes no difference.</li> <li>☞ All sources, including the garden and food additives, count.</li> <li>☞ Lethal is rare.</li> <li>☞ Opportunistic eaters finding the leftover onion on the barbeque covered in fat are perhaps the most likely problem, and may suffer a pancreatic attack as well.</li> <li>☞ Onion and garlic used in your cooking are very unlikely to be a problem for your dog. Moderation is the key.</li> </ul>
<b>sultanas &amp; grape family</b>	<ul style="list-style-type: none"> <li>☞ Affects some dogs but many can happily eat grapes.</li> <li>☞ The amount associated with kidney injury is 32g per kg.</li> <li>☞ The mechanism is unknown.</li> <li>☞ Lethal is rare.</li> </ul>
<b>xylitol</b>	<ul style="list-style-type: none"> <li>☞ While it is unlikely that you would intentionally feed this to your dog, it is used as a sweetener in some human foods and baked goods. Ingestion of 75-100mg per kg has resulted in profound hypoglycaemia. Doses exceeding 500mg per kg may lead to liver failure. It is an artificial sweetener and preferable to avoid it in your food as well.</li> </ul>





# MYTHS AND MISCONCEPTIONS

*These frequently appear on the internet as being toxic, but most of the harm is caused by dogs finding and eating waste.*

## corn

- ❖ Corn on the cob where the dog is given **the cob** to eat has problems; they won't digest the cob and it may get stuck in the stomach, needing to be removed surgically.
- ❖ Corn kernels are edible, but need to be crushed by the human, or the corn will come through the other end pretty much the way it went in.
- ❖ Polenta is usually made from cornmeal and is delicious for humans and dogs.

## avocado

- ❖ Avocado flesh is good for humans and dogs. The toxicity (a fungicidal called pepsin) is in the skin, seed/pip and leaves.
- ❖ Also the seed can't be digested and may cause obstructions so discard these with care.

## mushrooms

- ❖ Mushrooms from the supermarket, any variety, are an amazing health food and very good for dogs and humans.
- ❖ It's preferable for mushrooms to be cooked as raw mushrooms can cause upset tummies.
- ❖ Don't let you dog eat mushrooms growing wild. Dogs don't know which wild mushrooms are safe and which are poisonous.

## nuts

- ❖ An excellent source of minerals, good fats, and proteins for dogs.
- ❖ However, shells are not digestible.
- ❖ Most nuts need to be crushed for the dog's digestion to utilise.

## peas & other pulses

- ❖ Need to be well-cooked and crushed for the dog to be able to digest it.

## dairy

- ❖ Just like some humans, some, but certainly not all, dogs are lactose intolerant.
- ❖ As in all things, moderation is key.
- ❖ Build up tolerance.
- ❖ Yogurt, cottage cheese and kefir are made through natural processes which activate the enzymes that aid digestion, and dogs usually tolerate these well.
- ❖ Be mindful of the fat in cheese.
- ❖ Gas, or loose stools are signs of not tolerating dairy well.

# WHAT TO FEED YOUR DOG?



## 01. PROTEIN

**WHICH MOSTLY MEANS: MEAT, PLEASE!**



People often confuse carnivore types. A cat is an obligate carnivore, meaning it gets all its dietary needs from flesh. A dog, on the other hand, is a facultative carnivore, meaning meat eating is optional, as it can have its dietary needs met by other foods. To my way of thinking, this is one of the reasons behind the success of dogs as a species. Like humans, they are very effective omnivores and can survive – and even thrive – on a wide variety of foods and diets.

All fresh meats are fine for dogs. About 40% - 50% of their dinner bowl should be meat. Protein is essential but can't be stored. What isn't used is excreted by the kidneys as urea. They don't need tenderness in their steak, unlike humans; they prefer flavour. There isn't a need to cook to softness or to buy fillet steak. Better to save your money and buy the cheaper cuts of meat, bearing in mind that these cuts are often more fatty, so some fat may need to be removed.

Wherever possible buy free-range meat, eggs or dairy (usually organic or biodynamic). It means that the animal had a greater likelihood of having a decent life before becoming our dinner, and grass-fed means more Omega 3 fats, therefore, the meat is less inflammatory and contains more micronutrients. **It's a win-win.**

Sometimes we become limited in the variety of meat we eat, so try to provide for your dog across the range. Examples include:

Beef, lamb, chicken, pork, turkey, fish (including tinned fish like sardines), eggs (scrambled, boiled, fried, or poached are all delicious), and dairy like cottage cheese, yogurt, and even milk are all fantastic and delicious protein

sources for dogs (and their humans). Kangaroo and other types of game meat can be good additions and are usually low in saturated fat, so good to try if your dog is a little tubby.

Dogs generally love offal, although it isn't on the human menu that often. Try some pan-fried chicken livers (a good source of iron) for a delicious dinner, lamb or beef liver and kidneys are all usually available in the supermarket meat section. Some butchers provide tripe and other delicacies for the adventurous cook, and your dog will love you for it. Dogs have a high threshold for Vitamin A, which is supplied by liver, but it is still good practice to keep those liver meals to once a week, or use a smaller portion.

Always buy your meat from the human food section of the supermarket, as there are much stricter health regulations about what can be used and how it can be treated.

Protein can come from other sources besides animal flesh, such as pulses like lentils, tofu, chickpeas and other beans. Just remember: they need to be well-cooked and mashed so the dog can properly utilise them, and you might get some extra wind coming from the other end, so be prepared! (Note: a total vegetarian diet is complicated for dogs, and not to be undertaken without vet assistance.)

It is better to keep processed meats to a minimum. Things like ham, salami, bacon – the kind of products you buy from the deli section – are delicious mostly because they have a lot of salt, and usually fat, as well. These are not forbidden, but a little can go a long way.



### WELLBEING ESSENTIALS

*Formulated to provide the micronutrients, frequently low or missing in homemade food for dogs*





For dogs that are sick or in recovery, have digestion difficulty, are elderly, or compromised in some way, it is better to take the safe option and cook their meat. For the fussy eater, cooked meat has a more attractive smell. Cooking also renders off some of the fat, which can then be easily removed.

## 02. BONES



**An exception to cooking their food is raw, meaty bones. If your dog loves bones and manages them well (no throwing up, no gulping down, no side effects, etc.), then both you and your dog are blessed; not all dogs manage them.**

Bones can present danger: they get caught, break teeth, splinter, and so forth. However, for the dogs that like them and manage them, it is fabulous fun and great for their teeth. I have a dog who loves bones and one who can't tolerate them. One has great teeth; the other has her teeth cleaned every day by me.

Calcium is essential for dogs, and bones are an obvious source. However, a diet of just bones is detrimental, and not sufficient for their health.

Another concern with bones is the amount of fat on them. It can be a major overload on a dog's system, create excess weight, and trigger pancreatitis. It is best to remove all visible fat and select bones that are less fatty in general.

A general recommendation from vets is that bones can be consumed about 3 times a week. I also strongly recommend that you supervise your dog when they have a bone. It's best if you don't leave it with them to be buried (especially in your bed or the lounge). My rule is: they have a mat/towel/place where eating bones are allowed, and a set time limit of 30 minutes. Whatever remains of the bone after that time is removed and discarded.

— — — — — **3 TIMES / WEEK** — — — — —

### 03. CARBOHYDRATES-GRAINS



Current popular thinking blames grains for a multitude of detrimental effects on a dog's health and happiness. Digging a little deeper, though, shows us the origin of this mindset, and what it means for the modern dog.

The problem lies with modern industrial pet food production, which relies on carbohydrates as a cheap source of energy and protein. This creates the carbohydrate overload and negative reactions. Food which is highly-processed and denuded of inherent nutritional value is not the way to health. To my way of thinking, dogs have been eating grains alongside us for millennia. Moderation and balance in all things is the logical answer.

Grains are nature's storehouse, an abundance of goodness to help us through the lean times. Packed with essential minerals, energy, and sunshine, they are the mainstay of humanity's thriving.

Grains need to be cooked, for us and for them. Look for low-GI carbohydrate options. When using whole grains such as brown rice or pearl barley, it is good to soak it with a spoon of yogurt mixed in with the soaking water. This helps to kickstart the enzymes breaking down the complex carbohydrates, which is good for humans and dogs. When I cook by the absorption method, I usually use homemade stock, which really makes for a delicious flavour.

There is a wonderful variety of grains available, so just use your imagination:

- |           |                |           |                          |
|-----------|----------------|-----------|--------------------------|
| 🐾 Rice    | 🐾 Cous Cous    | 🐾 Quinoa  |                          |
| 🐾 Pasta   | 🐾 Oats         | 🐾 Millet  | 🐾 Noodles of any variety |
| 🐾 Risotto | 🐾 Pearl Barley | 🐾 Polenta |                          |

Including some carbohydrate in your dog's diet is a good idea. The planet doesn't groan as much, the dog does well, and enjoys it as much as we do.

About 25+% is a good proportion for the dinner bowl, but they can easily tolerate more. Just make sure it is good food, cooked well and served with love.



*“Life expectancy would grow by leaps & bounds if green vegetables smelled as good as bacon”*

Doug Larson



## 04. VEGETABLES



Vegetables are just as good for dogs as they are for us. Green, leafy vegetables, such as Chinese greens, broccoli, and kale. The orange vegetables like carrot, sweet potato, and pumpkin are also great, as dogs convert Beta-Carotene from orange vegetables into Vitamin A (cats can't do this). Like a good diet for humans, pick vegetables from the colours of the rainbow. Beetroot, purple carrots, parsnip, and mushrooms are all great foods, and delicious.

And if you are lucky to get a dog that likes fruit, fantastic! Apart from the grape family, all are great additions to the dinner bowl (or breakfast with some yogurt). Be sure to remove the seeds, as they are often toxic to humans and dogs, and can cause obstruction in the gut. [Read our post about fruit on the website for more information.](#)

Vegetables need to be either well-cooked or ground and pulverised for dogs to digest them. There is some loss of Vitamin C in cooked vegetables, but dogs make their own Vitamin C so, unlike humans, they don't need dietary sources.

However you choose to cook them, vegetables need to be mashed or chopped finely (or run through the Bamix) and added to the rest of the meal. The fussy eater may try to avoid the vegetables (there are some tips later) but persevere, the health benefits are worth it.

Personally, I find that green vegetables can get a bitterness when kept as leftovers, so I generally make fresh green vegetables most days. Root vegetables hold well and are great cooked in casserole. It depends on how fussy your dogs really are!

**OMEGA 6** WALNUT OIL SATURATED OILS  
BUTTER PUFAs **SUNFLOWER OIL** CHICKEN FAT  
SEEDS **OMEGA 3** FLAXSEED OIL CANOLA OIL



## 05. FATS & OILS



**Let's face it: fats are delicious. Humans love fat and so do dogs! Oils are essential in the diet and, even for the tubby ones, should not be completely excluded. Unfortunately, in these times of industrial farming and convenience foods, there is too much fat in our diets.**

Dogs are, generally speaking, very good at using fat for energy rather than storing it, as humans tend to do, but it is a matter of proportions. Many of the problems dogs suffer with fats are due to serving size and hidden fats. By way of example: if you have a 10kg dog and you give him/her a teaspoon of fat/oil/butter, that is the equivalent to giving yourself 2 standard tablespoons (assuming you weigh 60kgs). That is a lot of fat.

Furthermore, not all calories are equal. Fats/oils provide 2 times the calories of carbohydrates.

Fats are important in the diet for energy and all sorts of dietary goodness. Oils and fats are a mixture of saturated fatty acids, monounsaturated fatty acids (MUFAs) and polyunsaturated fatty acids (PUFAs), so mixing it up – not just using the same oil all the time – helps ensure the benefits of the different oils.

The fatty acids Omega 6 and 3 are called “essential” because animals can't make them, and they should be part of the diet. Both are necessary – it's the ratio that is important. It isn't necessary that every meal have a variety of oils, but over time, selecting from and using a variety of oils for your self, your family and your dog is a wise course.

## SOME OILS TO INCLUDE

### Saturated fats/oils

- Chicken fat – don't remove all of it, it is a relatively good fat
- Coconut oil – primarily saturated
- Butter is a much better health choice than margarine

### MUFAs

- Olive oil – a sprinkle of Extra Virgin Olive Oil is a good addition to the bowl
- Canola oil – good for cooking (I also like Rice Bran Oil)\*
- Avocado
- Walnut oil\*

### PUFAs

- Flaxseed oil\*
- Safflower oil\*\*
- Sunflower oil\*\*
- Grapeseed oil\*\*

### Other oil sources

- Oily fish is a great addition to the diet.,A can of sardines\* is ideal
- Crushed nuts and seeds

**\* SOURCE OF OMEGA 3**

**\*\* SOURCE OF OMEGA 6**



Adding fish oil tablets into the diet can be of some anti-inflammatory benefit with old or arthritic dogs. Generally, it is preferable to get the Omega 6 to 3 ratio better in the diet. By choosing grass-fed or free-range meat, you naturally boost the omega 3. Apart from oily fish, crushed walnuts are an excellent source, along with Chia seeds (soak them first). Note that farmed fish can be high in Omega 6, not 3, due to their diet.

Delicious fats such as butter or cheese, and even ice cream, are very handy as an occasional treat. Just remember that portion size! And no chocolate sauce. Dogs have a modest sweet tooth and, in my experience, will choose “fats” over “sweets”, but ice cream has both!

Hidden fats are problematic. Leftovers are often more fat than goodness, and **again**



## THAT CAVEAT

### ***IF YOU WON'T EAT IT, WHY ARE YOU GIVING IT TO YOUR DOG?***

Many commercial pet foods are high in the inflammatory Omega 6 oils, as these are the primary cooking oils, and hence, also appear in abundance in many manufactured or takeaway foods. If you are homemaking your dog's dinner from real foods as outlined in this booklet, it is unlikely to be in an extreme imbalance.



#### **WELLBEING ESSENTIALS**

*Includes essential Fatty Acids, Antioxidants & Probiotics for optimal health*

# WHAT MAKES A BALANCED SERVING?



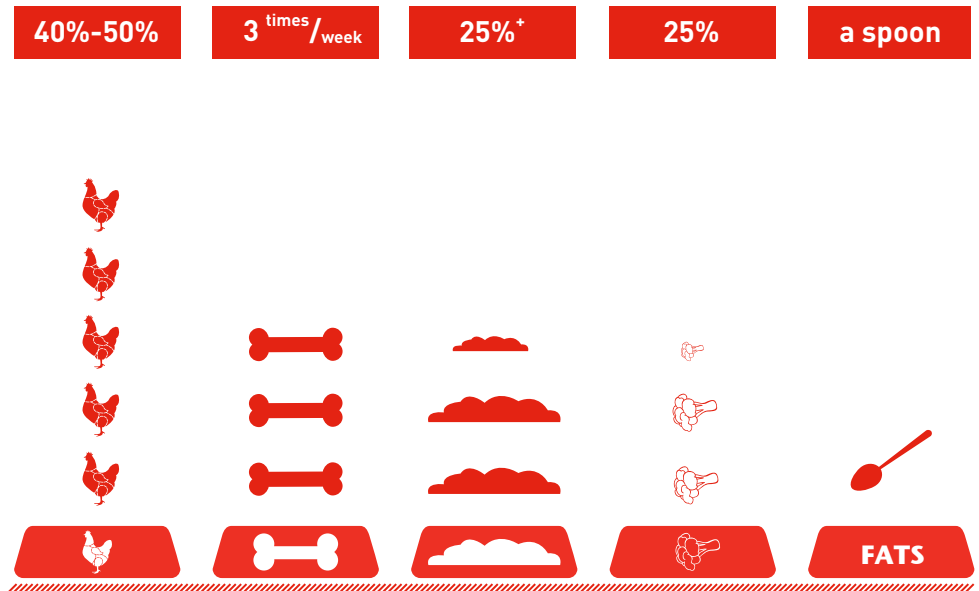


Feeding your dog the same food as you are preparing for yourself is my preference. To my way of thinking, this is how dogs have managed to share their lives with us over the millennia – eating what we have to feed them.

Everyone has a different way of doing this. My practice is to literally extend on what I am making for myself, minus the chilli, or whatever other additive I am including to stimulate my taste buds. Many dogs learn to tolerate chilli without any ill effects, but be aware of how much salt is in those sauces!

For an optimal diet, around 40%-50% (by weight) of your dog's meal should be meat, 25% vegetables, and the remaining 25%+ carbohydrates. Adding a spoon of oil whatever virgin or cold-pressed oil you use for salads, is a great addition, too.

If you are **not** adding Wellbeing Essentials to your dog's meals, ensure that over the course of the week, your dog's micronutrient needs are being met. Calcium, especially.



# HOW MUCH FOOD DO DOGS NEED?



If your dog is quickly gaining weight, check that there is not too much fat in its diet. Dogs that are given lots of bones are often getting too much fat. Brisket bones are popular, but very fatty, ditto with chicken wings. Cut as much visible fat off as possible for the overall health of the dog. The natural grass-fed animals of the past had less fat on them. Animals grown for meat today are grain-fed and grown quickly, resulting in an unnatural amount of fat. Passing this on to the dog is not a good strategy for long-term health.

Two meals a day is ideal for adult dogs. I prefer a small, high-protein breakfast for my dogs, usually leftovers and some milk, and then a dinner meal, but do what works for you.

Dogs don't need added flavour enhancers. You don't need to add sauce or extras, generally the good food is enough. A dog's sense of smell is better than ours by a factor of many thousands. They know exactly what is on the

plate (yours and theirs!). There is a persistent myth that dogs need bland food, but that is not the case. Boiled chicken breast has little flavour to recommend it, but a thigh pan-fried with some mashed vegetables and noodles – now you are talking!

## A FEW TRICKS TO ENCOURAGE THE FUSSY EATER

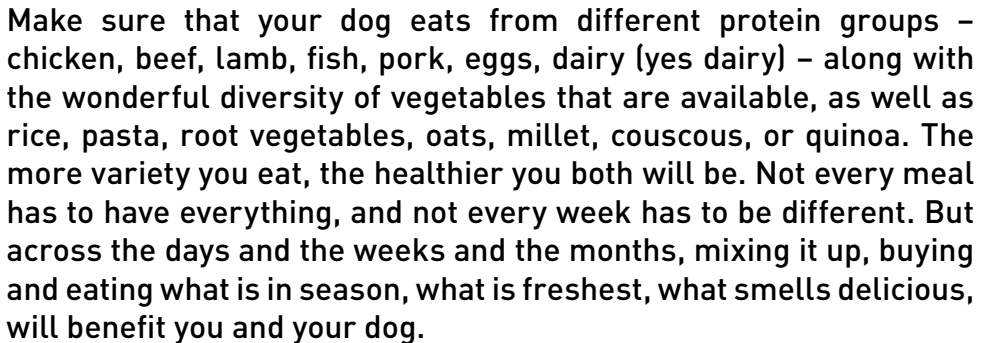
- Too much fat is not good, but adding a bit of butter to vegetables tempts even the fussiest.
- Parmesan cheese grated on top can be very delicious. Again, just a tiny amount is all that is required with that amazing sense of smell they have.
- Good quality oil is better than artificial margarine
- Dehydrated liver treats can be broken up and added to the meal.
- Cook in chicken or beef stock. For instance, rice tastes a lot better when cooked in chicken stock.

## LEFTOVERS

Larger families can find it easier to have good quality leftovers for their dog. Children can be finicky eaters, and there is usually more food cooked than is consumed at one sitting. However, leftovers that are really waste can be bad food, with too much fat, no or little protein, and more carbohydrate than is beneficial.

Intentional leftovers are a different matter. When shopping, whole joints or larger pieces are usually cheaper per unit than smaller cuts, and the dog happily eats well. Making extra vegetables and carbohydrate is simple, adding very little extra work or cost for most households. There are more easy-peasy ideas on the website blog pages.





Having said that, sometimes you do need meals in the freezer, ready to go for those night when you have take-out. The following recipe is easy to make, healthy, and keeps well.

# GOBBLE GOBBLE NOM NOM RECIPE

*Delicious Turkey Meatloaf*

## INGREDIENTS

- 500g Turkey mince
- Chicken Livers – cooked and chopped
- 250g cooked rice (or can be other cooked carbohydrate like pasta)
- 250g grated raw root vegetables (can be mix of carrot, pumpkin, sweet potato, parsnip)
- 50g of rolled oats (or breadcrumbs)
- 2 tablespoons of olive oil
- 2 (free range) eggs

## ONE EASY-PEASY, DELICIOUS, NUTRITIOUS DINNER!

Combine ingredients in a large bowl and mix well. Divide mixture into half for easier handling.

Prepare 2 sets double thickness sheets of foil and line with baking paper (no sticking this way). Lay the mixture out on the sheet and mould into a log shape. Roll up and seal. Loaf tins would work for this, too, if you have them, but are not essential.

Place in a moderate oven at 180C (fan forced) for 1 hour. Test for doneness by piercing with a knife; the juice should run clear. Cooking time varies according to the thickness of the meatloaf. You can open the wrapping for the last 15 minutes if you want to brown the top (not necessary for the dogs!). Once cooked, allow to rest, wrapped, for 30 minutes before cutting (this allows the yummy juices to re-absorb).

Cut into serving sizes and freeze as soon as possible. You may chill in the fridge first but don't leave it out of the fridge for longer than 60 minutes for food safety. This recipe makes approximately 7 x 200g serves and each serve is a dinner meal-size for a 10 kilo dog. Defrost fully and warm to serve.

To make this meal nutritionally complete, **add 10g of Wellbeing Essentials** for a 200g serve. You can add some steamed green vegetables, too, such as finely-chopped baby spinach or kale.





*Moo, Captain Curly Pajamas,  
Sparky, Marley McNall*





# Wellbeing Essentials



*At the heart of every meal*

*"The number one concern of vets with homemade diets is the risk of nutritional deficiencies. Wellbeing Essentials removes this risk by providing a safety net with a wholefood source of bioavailable micronutrients frequently missing. It also contains "superfoods"- sources of potent antioxidants and plant based ingredients to help promote health and wellbeing naturally"*


**Dr Barbara Fougere - Veterinarian**




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