

restorative diet guide

**RAW GOAT
MILK DIET**

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RAW MILK DIET

diet overview

Whole Foods Required

- Better Butter Tea OR Tummy Butter Tea OR GOATnog OR TEXsauce
- Fish Gelatin Jiggles



Functional Nutrition

- Raw milk exists only to nourish. It contains every nutrient necessary for health and is fully bioavailable.
- The raw milk diet has been effectively used in the treatment of numerous diseases for over 100 years.
- By utilizing raw milk as a complete diet, the consuming animal can experience metabolic rest, essentially entering a fasting state while maintaining nutritional upkeep.
- Fish Gelatin Jiggles will boost Vitamins A, D, and E, as well as the Omega 3 Fatty Acids EPA and DHA. Fish Jiggles improve immunity and mineral regulation.

In cases of severe illness or disease, radical solutions are the more appropriate measure to restore health. The Raw Milk Restorative Diet is intended for animals dealing with a health crisis that requires more immediate attention than a standard food based remedy offers.

Diseases that can be effectively treated with a Milk Diet include, but are not limited to:

- Exocrine Pancreatic Insufficiency
- Severe allergies & skin problems
- Various cancers
- Acute renal failure
- Severe digestive illnesses

We understand that this diet protocol may be considered "extreme" by some and that that can be scary. Please remember that raw milk is the most nourishing food on earth - if this diet is followed accurately, there is no risk of malnutrition or any symptoms thereof.

If you are worried about starting this protocol and want to make sure that you are doing what is best for your pet, please reach out to us. While we are confident that the Milk Diet is safe and healing, there may be other diet options that fit your pet's situation.

As your pet's caretaker and best advocate, it is important that you are confident in your chosen remedy to positively impact your pet's life. We are here to support and guide you, not to convince you to try a diet or remedy that you are not confident in. If you have questions or concerns, we will be happy to provide you with our available resources and information.



RAW MILK DIET

diet overview

The most easily absorbable, bioavailable, and nutritionally beneficial foods in nature are “reproductive foods.” These include raw eggs and raw milk. When mammals are infants, before their digestive systems are mature enough to tolerate and utilize more complex foods, nature provides a “perfect food” (breast milk). On occasion, the adult mammal body can develop a dysfunction severe enough that it essentially reverts back to that same immature state - it loses its ability to tolerate and utilize more complex foods. Sometimes this is due to severe inflammation of the intestinal villi, it may be inadequate function of the pancreas, or it could be that the body is so overburdened by a disease state, such as cancer, that it can't gain benefit from complex foods. In these cases, the body is unresponsive to complex foods and supplements. Worse, the more you give, the fewer resources the body has available to it for healing. The only option is to provide nutrition that the body understands, which takes no effort to absorb or use. By providing a raw milk diet, the body can attain its proper nutritional needs without the effort of digestion – thus providing the resources and rest necessary to heal and regain homeostasis.



Grass fed, no antibiotics or hormones. Raised on organic pastures in thriving polyculture environments. Lykens, PA.

MSC Certified and wild caught in clean Atlantic waters. Tested for heavy metal toxicity. New Bedford, MA



RAW MILK DIET

what to expect

The purpose of this diet is to reduce stress on the body's metabolic, digestive, and immune systems by providing it food that is in its most simple form. Because this diet interacts with the body so differently than other diets, you can expect to see the following symptoms in the early stages of feeding:

- liquidy, yellow stools
- occasional very odd colored stools
- increased food excitement
- decreased water consumption
- roughly 10% weight loss

While we understand that these signs may be discomfoting, please rest assured that if the diet protocol is followed accurately, they will resolve. Over time, the stools will become regular and your pet will maintain a healthy weight. Please do not add water to the milk - milk is extremely hydrating and diluting it with water will cause continued and excessive weight loss. These are all part of the healing process and should be observed as crucial elements of returning the body to homeostasis.



RAW MILK DIET

how to feed

The following feeding tips will help your pet achieve the most healing results. Please follow them as precisely as you can

1. Feed the calculated amount as 6 or more meals per day. Due to the rate of absorption of raw milk, it is utilized most optimally when fed every 2-3 hours, as you would feed an infant.
2. Serve at room temperature. In a fasting state, warm liquids react better with the stomach and will ease potential discomfort at the start of a liquid based diet.
3. Maintain this diet for at least 30 days. Even with the accelerated healing that occurs with this diet, true healing takes time. More severe health problems may not fully resolve for between 3-9 months.
4. Feed larger portions before long gaps in meal time. For example, if you have to leave the house for several hours, feed multiple portions at once rather than fully skipping the meals.
5. Allow ample time for rest and repair. Do not demand that your pet exercise while providing a milk diet.
6. Expect weight loss. By the second week of following this diet, your pet should experience roughly 10% weight loss. At this point, their weight should plateau and by the 4th week, without increasing intake, they should start to return to their optimal weight.,
7. Use GOATnog preferentially. While all of our milks are suitable for this diet, the metabolically healing aspects of GOATnog make it ideal for extended feeding.



RAW MILK DIET

how to feed

This diet is calculated assuming 200kcal per 10lbs of bodyweight. We highly recommend that you do not exceed or reduce this amount. If you choose to do so, we cannot speak to the results you achieve. Each Solutions Raw Goat Milk Recipe has a slightly different caloric value and therefore will require varying feeding amounts. Do not include the serving of Fish Jiggles in the caloric total.



13.5oz per 10lbs of bodyweight **per day**. Spread this out over at least 6 “meals”



15.8oz per 10lbs of bodyweight **per day**. Spread this out over at least 6 “meals”.



9.2oz per 10lbs of bodyweight **per day**. Spread this out over at least 6 meals.



9.75oz per 10lbs of bodyweight **per day**. Spread this out over at least 6 meals.



1oz per 10lbs of bodyweight **per day**. Include this with the raw goat milk servings.



RAW MILK DIET

reintroducing solid food

At the end of the milk diet, the stomach has shrunk significantly - the body will not be able to tolerate large amounts of solid food right away. Think of how an infant is introduced to food - they get a well-ground blend of gentle foods in small quantities in tandem with milk. Slowly, an infant will wean off milk and onto food with greater substance as their teeth help them chew. Adult mammals should re-acclimate the same way, allowing the digestive system an opportunity to re-engage some of its resources in normal digestive function with more complex foods.

- Use the feeding calculator on our website to determine total daily caloric intake for your pet. You will use the caloric total to adjust your pet's diet accordingly.
- Re-introduce 10% of calories from Solutions Pet Products raw fermented diets. Our diets are finely ground and to some degree "pre-digested" due to the fermented and cultured ingredients.
- If your pet requires, for example, 1,000 calories per day, start by feeding 900 calories from milk and 100 calories from meat. Maintain this for 2-7 days depending on your pet's sensitivity.
- Increase meat by 10% every 2-7 days until your pet is on a permanent regimen of 75% food and 25% milk.
- If your pet experiences any of the following symptoms during reclamation to solid foods, consider stepping back your ratio or maintaining your current ratio for an extended time: Gas/flatulence - abdominal bloating - appetite loss - fatigue - vomiting - diarrhea or constipation.