

## **MY DOG AND I HAD SIMILAR CLINICAL SIGNS WHEN WE ATE THE WRONG FOODS**

**By Dr. Daphne Mobley**

About two and a half years ago, I was having these episodes that included an intense pain that shot up the back of my neck, a severe headache that emanated from the back of my head, severe redness in the cornea of my left eye and ultimately what looked like a big yellow jelly fish on the lower half of my left eye (which in essence was fluid buildup in the lining of the eyelid). It looked so horrible that a nurse in my general practitioner's office backed away from me in abject fear after she took one glance at my eye and shrieked, "Go to the eye doctor immediately!" I followed her advice and hastily made my way to the ophthalmologist and he could not identify the cause of my condition.

After quite some time, a friend of mine recommended a homeopathic doctor who successfully helped him overcome a severe medical condition. As much as I had shunned alternative therapies in the past, it was a major shift for me to even consider speaking to this physician. So I made an appointment and spoke with the doctor on the telephone. I did not even have to travel to his office which was 3 tolls and an hour's drive away! I gave him a substantial amount of detailed documentation on my syndrome that included dates of occurrences, what I ate on those dates, etc. He informed me that these unattractive bouts were caused by foods that I ate including wheat, spinach, and tomatoes. You mean that I could no longer eat french fries with ketchup, no spinach with garlic?

Once I eliminated these and other foods that were recommended by the doctor I noticed several changes with my body. My skin was free of acne and felt so incredibly smooth. The sluggishness that I previously experienced after eating these foods disappeared and I did not have any gas! Whenever I integrated these foods back into my diet all the symptoms returned.

Months later, I had a conversation about diets with a woman from a class that I took. We began talking about our pets and she suggested that I consider a raw food diet for my dog. This was foreign territory for me because I had knowledge about traditional dry or wet dog food, but I followed her advice of speaking to a homeopathic veterinarian that she referred me to. What a great conversation we had - he and I had so many life experiences in common. He shared his knowledge about the benefits of raw diets for dogs and provided resources so that I could research this subject on my own. Intuitively I knew that this was the right way to go with my dog Pappy.

Shortly after that conversation, I placed Pappy on a raw meat diet that included chicken, turkey, beef and lamb along with raw or lightly steamed vegetables. He absolutely loved it! I noticed a change in some of Pappy's clinical signs that were similar to the ones that I experienced when I consumed a diet that was beneficial for me. I was free of the sneak attack by foul smelling gas that drifted up to my nose while he napped under my chair. Also, Pappy's fur was much softer, he shed less frequently, scratched himself far less than before and the 'dog smell' disappeared. He had two of the same experiences that I had - no gas and the food no longer had an effect on his skin.

My personal experience with my diet as well as what I witnessed with Pappy truly expanded my thinking about the impact of food on our bodies. I knew about the effect that calories had on our bodies, but there is so much more to investigate and learn about what we consume. Take note of subtle, bodily reactions when you are eating certain foods. If you eat foods that are not healthy, your body will let you know.