



Canine Nutrigenomics: The New Science of Feeding Your Dog for Optimum Health

W. Jean Dodds, Diana Laverdure

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Secrets to Feeding Dogs for Optimum Cellular Health and Longevity Revealed in Groundbreaking New Book

Vibrant health begins in the cells. Learn how to transform your dog's cellular health with the power of nutrigenomics in this ground-breaking new book. Nutrigenomics (a combination of the words nutrition and genome) is the study of how the foods we and our pets eat "speak" to our cells to regulate gene expression, which in turn plays a huge role in determining whether a person or animal will live a life of vibrant health, or one plagued by illness.

Scientists now know that while we can't change the genes we are born with, we can change how those genes behave, which is exactly what authors W. Jean Dodds, DVM and Diana Laverdure show us how to do in their newest book, *Canine Nutrigenomics: The New Science of Feeding Your Dog for Optimum Health* from Dogwise Publishing.

Read Canine Nutrigenomics and discover:

How to tell which foods create optimum gene expression and vibrant health at the cellular level and which foods lead to chronic disease.

The amazing healing power of functional foods.

The "Three Keys" to easily creating a foundation diet for your dog based on the principles of nutrigenomics.

How to use functional ingredients to treat, manage and even reverse a wide variety of chronic canine health conditions.

The 10 "canine functional superfoods" and how they can supercharge your dog's health by optimizing his gene expression.

The signs of a food intolerance/sensitivity and how to stop it in its tracks.

And much more!

Canine Nutrigenomics: The New Science of Feeding Your Dog for Optimum Health Details

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From Reader Review Canine Nutrigenomics: The New Science of Feeding Your Dog for Optimum Health for online ebook

Don says

This book has given me lots to think about, and it is far too early to write a full review, but if you have any interest in canine nutrition, I recommend that you read it.

Becky says

This was a really good book for anyone that wants to feed their dog better. It is based on the science of epigenomics and Nutrigenomics which is basically the fact that while your DNA is static, your genes are not. Certain foods can turn on and off good and bad genes which can result in health or chronic illness. You can actually avoid diseases prevalent in your family, by not turning on those genes that cause those diseases. Examples are diabetes, heart disease and certain cancers. This applies to both people and dogs. This book teaches how certain foods can be functional foods that promote health and certain foods can cause genes to express disease, really interesting, can't there are several scientific studies to back it up.

What's great about this book as well is that it doesn't belittle the person that chooses to continue to feed a processed kibble diet. You can add certain functional foods to the kibble and still enhance the dog's diet. They do recommend that a raw, whole food based diet is best, but give ideas to incorporate good foods into all canine diets, be it a kibble, canned, cooked or raw diet.

I personally have seen the transformation in my own dog's diet once we got rid of kibble and processed foods. He is on a complete raw or BARF model diet and hasn't been healthier. I highly recommend it to anyone interested in canine nutrition as a professional, or even the average dog owner that just wants to learn to feed their pet better. An excellent book that is easy to understand and laid out really well.

Don Carey says

Very useful info, well written

Mckenzievmd says

Dr. Dodds' new book is a seamless blending of legitimate and mainstream science, plausible but unproven hypotheses, unlikely or "long-shot" hypotheses, and outright factual error and nonsense. She uses the language and trappings of science, but often the words she uses don't mean what they are usually used to mean, and the appearance of scientific validity is only superficial.

One of the key problems with Canine Nutrigenomics is that legitimate scientific ideas are either extrapolated far beyond what the research evidence supports in order to promote dubious claims. Another weakness is that complex phenomena are simplified to make good and bad outcomes easy to predict and control. There is accurate information in the book, but it is frequently misused. There is also theory, opinion, and guesswork presented as fact and straightforward nonsense in the book, and the purpose of this article is to help readers

separate these out and develop a more accurate and realistic assessment of the subject matter than that presented by the authors.

The most glaring problem with this book is that it really has almost nothing to do with the actual science of nutrigenomics. The word “nutrigenomics” is used here a bit like the word “quantum” is used by homeopaths and other proponents of pseudoscientific practices. Labeling pseudoscience with the name of a legitimate scientific field that most people know little about and don’t really understand allows you to claim a legitimate scientific foundation for your ideas without having to actually explain how they work in detail or adhere to the details of the new or obscure branch of science you are borrowing your legitimacy from.

While Dr. Dodds’ book is a mixture of fact and fiction, science and pseudoscience, plausible ideas and outright nonsense, overall the work is deeply misleading. It has little at all to do with nutrigenomics or epigenetics, despite the title and claims to the contrary, and it uses real science primarily to give an aura of legitimacy or authority to claims which are unproven or outright false. References are employed in a manner that suggests an academic research summary with conclusions based on scientific evidence. The reality is that the book is a collection of opinions, some plausible and some not, supported in most cases by very little evidence and in some cases clearly contradicted by this evidence. The references employed are often simply other people’s opinions or, in some cases, Dr. Dodds’ own opinions reprinted elsewhere.

The recommendations made for and against specific feeding practices and dietary supplements are mostly typical for proponents of alternative medicine, and they stem from ideology and philosophical beliefs rather than scientific evidence. Occasionally, such claims turn out to be true, in the manner of a broken clock which happens to be right twice a day but this has little to do with the underlying principles. And while there are a few evidence-based claims here and there in the book, and some recommendations I would agree with, overall Canine Nutrigenomics is misleading, misguided, and in conflict with the best evidence and expert consensus in veterinary nutrition.

You can find a detailed discussion of the book, and evidence-based investigation of specific claims Dr. Dodds makes in it, here:

<http://skeptvet.com/Blog/2015/06/cani...>

Johanna says

A wonderfully comprehensive (mostly) look at the budding science of nutrigenomics for dogs -though just as easily applicable to us humans! Dodds covers a lot of ground in this book, looking at how nutrition effects the expression of genes (epigenetics) and the very best ways to harness this new information to create total health and disease prevention in our dogs. Topics discussed include functional vs non-functional foods, specialized approaches in diet to aid weight control, arthritis, cancer, behavioral and cognitive decline, etc.

So why not five stars? Aside from all of the things I liked, I had two major issues with the book:

- 1) There was **absolutely NO mention of toxicity**, and in particular **heavy metal toxicity** , and it's effects on genetic expression and overall health (something that is especially impactful).
- 2) The disappointingly tiny amount of information on nutrigenomic approaches to behavioral conditions,

which is the biggest reason I purchased the book to begin with. Dodds limited the section to basically pushing Tryptophan and Tyrosine supplementation, which, depending on which source you chose to listen to, may or may not be a safe thing to do. The research I've done on my own indicates there are innumerable environmental and nutritive factors that can play a major role in behavioral epigenetics/nutrigenomics. Just spend five minutes researching Autism and nutrition/toxicity and you will learn 100x more regarding this subject than is covered in this book (<http://www.tacanow.org/> is a great resource for this info, btw).

I realize that you can't cover everything in a single book, but in my opinion this was really dropping the ball, as canine behavioral issues are exponentially increasing without any sign of slowing, and I believe this is due largely to 1) nutritional deficiency (i.e., Tryptophan and tyrosine are amino acids in which deficiency is known to *cause* aggression, yet are *destroyed during kibble manufacture* due to high-heat processing), and 2) heavy metal toxicity (<http://truthaboutpetfood.com/heavy-me...>) and its effect on genetic expression, causing detectable and increasingly common health side effects such as candida yeast overgrowth and food intolerances (<http://candidaspecialists.com/heavy-m...>) as well as hormonal and thyroid problems (<http://www.naturalendocrinesolutions....>).

I feel like I'm the only person aware of or paying attention to this info, and I'm so frustrated because I'm dying to learn more about it. (**Please somebody make a book on this so I can read it! ;-)**)

Overall, however, I really enjoyed this book and found it to be a wealth of information regarding general health. The section on nutrigenomics and cancer was especially informative and very well put together.

The book, as a whole, has a very user-friendly layout, is easy to skim, and the more scientific aspects are broken down into layman's terms so that anyone can understand.

I would whole-heartedly recommend this book to every dog owner, and even those who are interested in learning about nutrigenomics for their own health.

SUSAN *Nevertheless,she persisted* says

This is a very informative book about canine nutrition. Don't let the book's title scare you off, it is a very easy read. The old adage "You are what you eat" applies to your pets as well their human housemates. Some dog food companies are less than honest about the ingredients in the foods they produce. This book will assist you in making better food choices that can impact the health of your dog.

I have fed raw food for many years due to health issues affecting my dogs. I also no longer vaccinate my dogs after their puppy innoculations. I do titers every other year. So far, my dogs have not needed any innoculations, except rabies shots, for the past 8 years. My veterinarian practices homeopathy and feels less is more.

This book is filled with good advice, I recommend it to all dog owners. Know what you are feeding your best friend.

Melissa says

I have been interested in dog health and especially dog nutrition for a long time now. I have had several dogs throughout the years with special needs and so I was forced into reading on nutrition. If you have had to forage into this area you know it can get confusing fast. Very fast. It is worse than human nutrition. What is bad in one book and should be avoided at all costs is celebrated in another. My biggest suggestion for those looking to improve health is to carefully read about the person giving the information and also research their background.

I've been following this vet for a while now and I have read many of her articles but none of her books. This was the first one I have read by her and I was not disappointed. In earlier articles by her I read a bit of her information on thyroid problems in dogs. Though her articles I have adjusted when I give the medicine to him and what foods to avoid. It seems very consistent with other nutritional veterinarians.

This book focuses on Nutrigenomics. It is has gained more popularity and was once considered pseudoscience. Not all agree that there is enough evidence to suggest that nutrition can influence how genes react which is the basis of nutrigenomics. It is in a sense using food as medicine. It has been gaining popularity and more papers and studies have been done. It is an interesting idea in both humans and animals. Plus, in my own experience I have physically seen how nutrition has changed my animals health throughout the years.

Dr. Dodds also runs a canine blood bank and has a test for food sensitivities which she promotes in the book. I would love to do it for my pups but it is very expensive (but some insurances do cover it but a veterinarian has to order it). It could end up being a money saver, however, if you have not gotten to the bottom of certain gastrointestinal disorders or even coat problems (like hot spots and excessive itching). It is at least worth a look if you have a pet that has issues that have not been helped conventionally. There is information on her site about this test and the book really tells you how the information you gain from this test applies. If you don't do the testing you can still gain some insight and knowledge on what to feed your dog.

I give this book 4 stars with my long winded review. The book can seem quite technical to some so I would try her articles first to see if it is someone that makes sense to you. I also suggest to library book this one (where I got my ebook copy) to see if it is something you want to keep or just something to get a few tidbits from to enhance your dog's food. Dr Dodds is at least worth a look when you are trying to help your pet's health through nutrition.

Dixie says

While reading this book, I chose to consult with Dr. Dodds. I was expecting a bit of back and forth on my dog's medical issues (epilepsy and pancreatitis) and nutritional needs. I received a brief medical report. The report included a bit of new information, such as a suggestion to switch one of her medications. There was also a recommendation to test her thyroid. We tested her thyroid early on in the epilepsy diagnosis, but I gather Dr. Dodds' panel is more inclusive. The rest of the information in the report was either repeated from the book or information I already knew from research.

My disappointment came from the lack of interaction with Dr. Dodds and the minimal information regarding

nutrition - avoid rosemary and oregano - which I already knew.

I then consulted with the co-author regarding nutrition. She was very friendly and helpful. She suggested Dr. Dodds' food sensitivity test before we go any further with nutrition recommendations.

Between the consult with Dr. Dodds, the thyroid panel, the food sensitivity test, and the fee for a nutrition consultation, we would be looking at just under \$1000. Our dog is definitely worth it (and believe me, we have spent many times more on her), but I must admit that I am a little wary. We recently eliminated kibble and upgraded her diet to primarily home-cooked meals. We also give her quite a few supplements. I may wait a bit and see if our changes to her diet show any benefits to her epilepsy before we go through any more tests.

Desiree says

A lot of good information and food for thought here. Don't know how much is realistic to do, but lots to keep in mind when buying food and treats for the pup.

freya says

A lot of sense

This book explains perfectly how what you feed your dog, affects the dogs entire body and health. What you put in you get out.

Sherrie says

I had high hopes but was very disappointed. It references just enough fact and science to appear legitimate, plausible, and reliable when it really misrepresents and misconstrues most of the scientific studies referenced. The few bits of fact and good info are obscured by all of the unproven or misleading claims which is really sad and unfortunate. If you're scientifically literate you can discern between them but this book counts on people not paying that much attention or questioning the information. As you read it, it feels like an infomercial for her tests and books but mostly it is like the canine version all of the latest untested and unsupported by scientific research human food fads, memes, and scare tactics; in other words Pseudoscience. It even references books by known pseudoscience promoters. I do not have time to go through and debunk each inaccurate claim but others have already done so and I should have done more research on those reviews before wasting my time and money.
