

Targeted Food Therapy: Ideas for Using Foods to Target Specific Pathologies

Chinese Food Therapy traditionally used frequent applications of specific foods to treat acute pathologies. More chronic disease was treated with smaller and less frequent dosing of specific foods, and was extended over longer times. Pet caretakers often resist making homemade diets for their animals because of the work and the commitment, but they can be persuaded to make foods if they will only have to do it for a limited time, or as a small part of the whole diet. By utilizing specific foods and combinations, caretakers can be guided on making recipes that will have an impact on their animals' health, while not taking up a lot of time. Negative reactions to the diet change will be explored to try to determine a deeper pattern that was overlooked.