

# THE BENEFITS OF RAW MEATY BONES FOR DOGS



## Feeding Raw Meaty Bones to Dogs: Options and Benefits

As more dog owners turn towards natural rearing methods to promote the health and well-being of their pets, feeding raw meaty bones has become a cornerstone of a species-appropriate diet. Raw meaty bones (RMBs) provide numerous health benefits and offer dogs the opportunity to eat as nature intended—mimicking the ancestral diet of wild canines like wolves. Let's explore some of the options for raw meaty bones and their benefits for your dog's health.

### Options for Raw Meaty Bones

**1. Chicken Wings, Necks, and Backs:** These are some of the most commonly available raw meaty bones. They are ideal for dogs of all sizes, and because they are softer bones, they are easily digestible and provide a good balance of meat and bone. Chicken feet and frames are also great choices.

**2. Turkey Necks and Wings:** Turkey necks are larger and meatier than chicken necks, making them ideal for medium to large dogs. Turkey wings provide both calcium from the bones and nutrients from the meat.

**3. Lamb Ribs and Necks:** Lamb bones are often softer than beef bones, making them easier to chew and digest. They offer a high-quality source of protein and fat, and the chewing helps to clean teeth.

**4. Beef Ribs and Oxtail:** For larger dogs, beef ribs and oxtails are excellent choices. The bones are denser, and while they provide a serious chewing challenge, they are packed with nutrients.

**5. Duck Necks and Feet:** Duck is a great protein alternative, and duck necks and feet provide a softer bone structure that's suitable for small to medium dogs.

**6. Pork Ribs and Tails:** Pork bones, like ribs and tails, offer a good combination of bone, fat, and meat. Ensure the bones are raw, as cooked pork bones can splinter.

**7. Quail and Rabbit:** For small to medium-sized dogs, quail and rabbit bones provide an excellent source of calcium and minerals. These are ideal for dogs with allergies to more common protein sources.

## **Benefits of Raw Meaty Bones**

**1. Dental Health:** One of the most immediate and visible benefits of feeding raw meaty bones is improved dental health. The act of chewing bones helps to scrape away plaque and tartar from your dog's teeth. This natural brushing can reduce the risk of gum disease, bad breath, and costly dental cleanings.

**2. Mental Stimulation:** Chewing bones not only satisfies a dog's natural instinct but also provides mental stimulation. It keeps them engaged, helping to alleviate boredom and reduce destructive behaviors that often arise from lack of stimulation.

**3. Nutritional Balance:** Raw meaty bones are an excellent source of calcium and phosphorus, essential for maintaining healthy bones and teeth. They also

provide high-quality protein, fat, and trace minerals that contribute to overall health.

**4. Improved Digestive Health:** Raw meaty bones contribute to better digestion due to their high enzyme content. Additionally, the chewing process helps release digestive enzymes in your dog's saliva, aiding in proper nutrient absorption.

**5. Joint Health:** Some raw meaty bones, such as those containing cartilage, provide glucosamine and chondroitin, which are crucial for maintaining healthy joints and preventing issues such as arthritis.

**6. Weight Management:** For dogs prone to obesity, raw meaty bones offer a healthy, low-carb alternative to processed dog foods. They provide protein and fat, keeping dogs satisfied for longer without the empty calories found in commercial kibble.

**7. Natural Detoxification:** Raw meaty bones can promote detoxification by supporting the liver and kidneys. The high-quality protein helps the liver function optimally, while the nutrients in bones support the kidneys' natural filtering processes.

**8. Improved Coat and Skin:** The natural fats and oils found in raw meaty bones contribute to a shiny, healthy coat and help alleviate common skin issues like dryness and itchiness.

### Things to Keep in Mind

- **Always Raw:** It's essential to ensure that bones are always raw. Cooked bones can splinter, causing blockages or injuries in your dog's digestive system.

- **Supervision:** Always supervise your dog while they chew raw meaty bones to prevent choking or other accidents.

- **Size Appropriateness:** Choose bones that are appropriate for your dog's size. Larger dogs should have larger bones, and smaller dogs should have bones that are manageable for them to chew.

- **Variety:** Rotate between different types of raw meaty bones to ensure your dog receives a well-rounded nutritional profile. Variety also keeps mealtime exciting for your dog.

**Feeding raw meaty bones to your dog is a natural and highly beneficial part of a raw diet. Not only do they offer excellent nutritional value, but they also improve dental health, provide mental stimulation, and help your dog thrive in line with its natural instincts. Always consult with a holistic veterinarian before introducing any new foods into your dog's diet to ensure that you're meeting all their nutritional needs.**

