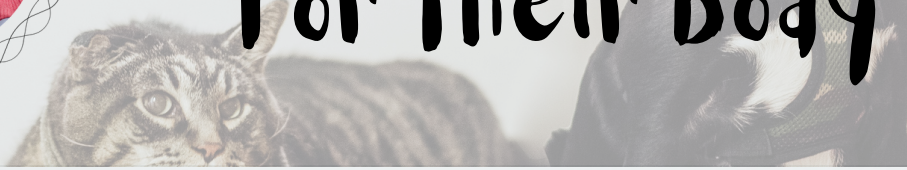




# How to Feed Your Pet For Their Body Type



**Just like people, not all pets do well eating the same type of diet. Read the following descriptions and decide which constitution is your pet, then move on to Page 2 to see what foods they should eat and which ones they should avoid.**

## I'm **WOOD**

- I'm in charge!!
- Confident, Dominant
- Active, Energetic, Athletic
  - Impatient
- Bites with little provocation
  - Irritable, crabby

## I'm **FIRE**

- It's all about me!!!
- Friendly, loves to be petted, the center of attention
- Hyperexcitable, barks constantly
- Very sensitive, tends to not like needles
- Exaggerates ("Makes a mountain out of a mole hill.")

## I'm **WATER**

- I'm scared!!
- Watches your every movement
- Not confident
- Nervous
- Hides or runs away
- Fear biter
- Urine leakage when approached

## I'm **EARTH**

- Let's all get along!
- Takes care of others
- Laid back, eager to please
- Easily satisfied, mellow
  - Friendly
- Enjoys relaxing
- Moves slow

## I'm **METAL**

- We have to follow the rules!!
- Organized, quiet, aloof (doesn't need anyone)
- Disciplined, Confident
- Follows owners commands
- Prepared for what happens next
  - Clean haircoat





# How to Feed Your Pet For Their Body Type

**The foods listed here are general guidelines based on the principles of Veterinary Chinese Food Therapy. Use these lists to guide your choice of commercial diet or feed some of these separately as treats.**

**It's advisable to consult your veterinarian before changing your pet's diet**

+ beef/lamb/pork kidney, chicken, chicken egg, chicken/lamb liver, lamb  
+ asparagus, blackberry, broccoli, cranberry, yam  
+ oats, quinoa  
+ black bean, black-eyed peas, green beans, green peas  
+ walnut  
+ black sesame seeds, cinnamon bark, clove  
+ anchovy, ocean fish, seaweed  
- AVOID raw foods, excessive salt

+ beef/chicken/lamb/pork liver, duck, pork, cod, turkey, tuna  
+ broccoli, carrot, celery, goji berry, spinach, strawberry, tomato  
+ green beans  
+ black sesame, apple cider vinegar  
+ Greek yogurt, fermented foods  
- AVOID greasy/fatty/oily/fried foods, mutton/venison/lamb/goat

+ beef/chicken/lamb/pork heart, bison, chicken egg, salmon, tuna  
+ beet, blueberry, cranberry, licorice  
+ chickpea, lentil, pecan  
+ brown rice  
+ asparagus, broccoli, kale, grapefruit  
- AVOID mutton/venison/lamb/goat, basil, celery, garlic, ginger, rosemary, thyme, parsley, dairy, sugar

+ chicken/duck egg, duck, beef/pork lung, sardines  
+ apple, banana, carrot, daikon, goji berry, pear, strawberry, yam  
+ almonds, cashews, peanut  
+ honey  
+ basil, celery, garlic, ginger, rosemary, thyme, parsley, scallion  
- AVOID raw foods, dairy, oily/fatty foods

+ anchovy, beef, beef tripe, chicken, quail, salmon, sardines  
+ basil, cabbage, carrot, cherry, date, fig, ginger, white button mushroom, pumpkin, sweet potato  
+ barley, millet, oats, quinoa  
+ black-eyed peas, green beans, green peas, nutmeg  
+ clove, honey  
- AVOID raw foods, dairy, cod, oyster, dandelion