



D-DAWG (not DE HOOND)

We once stayed over in a guesthouse where the red painting above was on the wall. That morning while sipping coffee in bed, we contemplated, debated and speculated about the angry negative face in the frame being the culprit named 'DE HOOND' and what it takes for one human to call another a 'dog'. Would you mind being called 'a dog'? Our dog is gracious, tolerant, sensitive, non-aggressive and accommodating. We would never refer to him as 'DE HOOND'. In fact his name is D-Dawg – true testimony that being the first in line on death row can still offer hope.

I will never forget that day. Dale phoned and said that he was big, black and in bad condition, but his beautiful heart reached out for kindness and compassion. He arrived as a rescue from the SPCA - scared, unsure, riddled with mange and memories that still make him cringe at the sight of a hosepipe and the sound of a gunshot. The mange didn't leave him for 18 months. It clung to his body like leprosy and tried to devour his spirit like a demon. We spent fortunes on vet bills and conventional medicines, tried homeopaths and the odd charlatan's advice, fed him up-market pet food brands, but to no avail.

It was one late afternoon returning from yet another vet appointment that D-dawg refused to get out of Dale's Blue Wildebeest (the double-cab bakkie). His feet were too inflamed, puffy and sore to get onto the gravel. That was when I finally realised that something has to change very radically and very fast, or else we would lose this beautiful soul to this dread disease. I also instinctively knew that the solution was under our nose.



That very same evening we concocted D-Dawg's first raw plant-rich bowl of food – raw grated carrots, raw grated beetroot and raw beef mince in equal parts. We waited in anticipation to see D-Dawg's reaction. He loved it, and has been eating it for the past 9 years. Within 2 weeks his hair started growing back and his zest for life returned. We have never been back to the vet. It was also time for waving good-bye to commercial kibbles and tinned pet mince forever.

This incident made me realise that it is not only us humans that suffer from autoimmune disease due to poor nutrition, it is animals too. As living and connected sentient beings sharing the same Earth and resources, the same needs and emotions, we need to nourish our bodies with food as close to the ground and as whole as possible. Whatever we consume needs to be conducive to our wellbeing as it enters every cell through the miraculous process of integration. Processed food is very far removed from the ingredients' original state and is riddled with additives and harsh chemicals that make us ill or least prevent us from healing.



COLESLAW

1. **BASE** - Use equal amounts:
 - grated carrots and
 - shredded cabbage (red or green).
2. **ADDITIONAL INGREDIENTS** - Add any of the following:
 - Cranberries
 - Raisins
 - Chopped dried apple or apricots
 - Chopped gherkins
 - Chopped onions or spring onions
 - Pickled capers
 - Chopped pecan or walnuts
3. **MOISTENER** - Add a combination of any of the following, but include mayonnaise:
 - B-well mayonnaise
 - Vegan yoghurt (Yokos)
 - Beaten Orley whip
 - Beaten coconut cream
 - Cashew Cream
4. Taste for **salt & pepper**, add a bit of **veggie spice**.
5. **Garnish** with fresh flowers and herbs.

Delicious as a side.
Delicious as a sandwich filling.

We saved D-Dawg's life by changing his diet – it was that simple. We healed him by simply honouring the needs of his strong and courageous body and spirit by feeding him proper food. His appreciation for our efforts spreads far and wide. He accepts every foreign cat that needs a bed in The Haven, and every guest's dog is treated with calm and respect. Even injured monkeys are spared, despite his aversion to their arrogant entitlement. When he nudges me with force under my arm, or bumps me nonchalantly on the hip, I know it is a simple act of sheer gratitude!

The recipe included is D-Dawgs food on steroids 😊 - COLESLAW – raw, and as whole as it can be!

LOVE CAME HERE

*There is no end to this story
No final tragedy or glory
Love came here and never left*

*Now that my heart is open
It can't be closed or broken
Love came here and never left*

Lhasa de Sela