

# Guideline to Puppy and Kitten Weaning

Lisa S. Newman, N.D., Ph.D.

Introduce puppies to solids at about three to four weeks of age, mixing a small portion of Azmira<sup>®</sup> canned formulas with warm, not hot, water to form a very liquid gruel. Goat's milk can be added in place of water if desired (approximately one part canned formula to three parts warm water).

**BEGIN WEANING USING THE FOLLOWING SCHEDULE AND RECIPES; BE SURE TO FEED FOUR TIMES PER DAY DURING WEANING. FEED AS MUCH AS PUPPY OR KITTEN WILL CONSUME IN 15 MINUTES:**

## **WEEK ONE OF WEANING** (4 weeks of age):

Mix one part canned Azmira<sup>®</sup> with two parts warm water or goat's milk to form a soft gruel.

## **WEEK TWO OF WEANING** (5 weeks of age):

Begin decreasing amount of liquid in gruel, ending week two with straight canned formula. For more protein add one part cottage cheese to five parts Azmira<sup>®</sup> canned formula.

## **WEEK THREE OF WEANING** (6 weeks of age):

Mix three parts Azmira<sup>®</sup> canned with one part Azmira<sup>®</sup> dry and three parts warm water or goat's milk. Let stand five minutes to soften then feed.

## **WEEK FOUR OF WEANING** (7 weeks of age):

Mix one part canned Azmira<sup>®</sup> with one part dry Azmira<sup>®</sup> adding warm liquid to aid in mixing. Let stand five minutes to soften then feed.

## **WEEK FIVE OF WEANING** (8 weeks of age):

Mix one part canned Azmira<sup>®</sup> with three parts dry Azmira<sup>®</sup>, adding a small amount of warm water to aid in mixing. Let stand five minutes to soften then feed.

After week five of weaning, puppies or kittens may be fed a diet of dry Azmira<sup>®</sup>, or dry Azmira<sup>®</sup> mixed with canned Azmira<sup>®</sup> formula. It is important to keep in mind that feeding amounts will increase as the puppy grows to maturity. It is important to monitor nutritional requirements and increase their portions when they are in an active growth phase. It is recommended that puppies be fed three times (minimum) per day, until six months of age. Kittens should have dry food available at all times, supplemented by canned formulas twice a day.

For those pet owners interested in introducing fresh foods into the diet, it is recommended to add one of the following ingredients per meal or per day. Cooked barley, oatmeal, brown rice, grated or finely chopped raw

vegetables (no onion), tofu, lightly cooked meat (beef, lamb, turkey, and chicken) or cottage cheese. Remember to adjust the amount of Azmira<sup>®</sup> accordingly.

## ABOUT THE AUTHOR

Dr. Newman holds a Doctor of Naturopathy and a Doctor of Philosophy (in Holistic Nutrition) and has been a world renowned pioneer in the field of natural pet care. The author of nine books, including her latest, *‘Three Simple Steps to Healthy Pets: The Holistic Animal Care LifeStyle<sup>®</sup>’*, Dr. Newman is also the formulator of Azmira Holistic Animal Care<sup>®</sup> products and diets.



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