

# The Thrive Zones Solution: Secrets of the World's Healthiest Pets

(5 Simple Eating Habits of Pets Who Live to 20+)



In the last half of the 20th century there have been a number of great studies and books revealing how ordinary people can adapt the healthy-living habits of those in such longevity hot spots as Ikaria, Greece or Okinawa, Japan. Pet Nutrition Systems has spent 12 years researching how people in these super healthy regions all over the world fed their pets and if there was any correlation between the human and pet companion longevity based on diet and lifestyle. As science would have it, there were many factors between consuming fresh unprocessed locally farmed foods, how one eats, lifestyle and exercise in helping pets remain at a healthy weight, combat illness, reverse disease, increase wellness and extend the longevity of life.

Working service dogs and pet companions in these Thrive Zones located around the globe are known for their longevity and good health. These dogs follow daily rituals around an active life fueled by farm/gardened fresh food, which are very similar to their human families meals.

## **5 Simple Eating Habits of Pets Who Live to 20+**

### **1. One Large Meal**

Make the first meal of your pet's day the biggest, and only feed one large meal a day with something light which is fed no sooner than 10 hours after the morning meal. This routine is the same in almost all of these healthy cultures. Nicoyans often eat one breakfasts and a very light dinner. Lunch tends to be the big meal for Ikarians and Sardinians. Okinawans like to skip dinner altogether as do their pet companions and the working dogs. People in these regions

may occasionally feed their pet a mid-morning piece of dried fish or cured meat, but most don't make a habit of feeding snacks. The exceptions to feeding your pet one meal a day would be for the very young, very old and sick, ill or diseased pet companions. These dogs may require smaller, more frequent meals.

Recent research supports front-loading calories. An Israeli study found that dieting older pets that ate 2/3 their daily calories at the beginning of the day and about one third at the end of the day lost weight naturally. They also saw drops in autoimmune disease allergy symptoms and GI disorders.

## **2. Pet Fasting**

Fasting need not mean going days without eating food. Your pet can experience the benefits of a small fast within every 24- 36 hours, by scheduling the time that they eat during only 8 hours of the day. It takes between 4 and 8 hours for the average dogs/ 2 and 5 hours for cat's bodies to digest and absorb a meal. After this time, the body enters a fasting state, when it calls on reserves for energy—like stored fat—so establishing this schedule of feeding meals 10 - 16 hours apart can contribute to weight loss, resting the GI tract and allowing the body function in a more natural pattern, and allowing the body to create new stem cells Recent scientific evidence shows that fasting, even for a day, can recalibrate insulin release, giving the pancreas a break. It can temporarily lower blood pressure and cholesterol. Moderate fasting for longer periods can create a form of calorie restriction and may slow aging.

### **3. Home Cooked Non-Processed Fresh Food**

Humans and their pet companions in these Thrive Zones rarely eat processed food products. When they prepare food at home, they control the ingredients with no man made chemical, coloring, fillers or preservatives and they're more likely to feed their pet(s) a narrower variety of fresh seasonal foods in a single meal. Preparing fresh thrice zone pet meals for your pet requires you to think and research what ingredients are best to provide the right amount of individual nutrients, more importantly how much of each and what nutrients pairing are needed to provide a proactive approach to pet health care. These zones meet their companion's nutritional requirements with a rotation of fresh veggies, fruits, meat protein, herbs and oils. No one formulation or meal day after day, month after month, and year after years.

### **4. Fewer Meals, Fewer Treats and More Exercise**

How you feed your pet (how much, how often, what time of day, etc) can be as important as what you feed them. If you feed your while you are actively moving around them, getting ready to leave for the day, this can stress their hormones, can interfere with their digestion and degrade food metabolism. Standing around talking at them about their food feeds into creating a finicky eater and irritating their digestive system.

In the Thrive Zones most pets are fed in their own place away from human activity, one meal a day, & no processed treats. A 2<sup>nd</sup> light meal for those working, service, and/or highly active, dogs who may need more food to meet their energy needs, tend to be meat trimmings, or dried fish or meat.

## **5. Celebrate The Food You Feed**

None of the rituals or customs should feel restrictive or add more work to your busy day. Here in the USA the average pet will eat about 712 meals a year that will help set their state of health for both the present and future. If we truly celebrate their life, value their meaning to our lives and the effect food contributes to their over all health and wellness, we make start feeding real unprocessed food that will help them live a much better life. They can still enjoy eat a processed meal (kibble) or treat from time to time. (no more than 1/3 of their meals) That still leaves almost 475 meals a year to feed your pet a much healthier way than the processed cereal or processed RAW diets they are eating now. “What you feed determines the health of their vital biological systems which affects their longevity of life. Most pet parents only really consider this fact after their pet is older and/or suffering from a terminal illness. Don’t set up their “Golden Years” to be filled with vet visits, costly medical interventions and possibly cutting their life short over a couple of dollars and feeding them a more natural way? You can celebrate your pet in the best way by feeding

them natural foods that are not processed, canned, bagged or frozen into a tube.

American's pet owners can adapt the healthy-living habits of those in such longevity hot spots as Ikaria, Greece, Sardinia, Okinawa, Japan, etc., and see an amazing change in their pet's health, appearance, wellness and mental stability. Pet Nutrition Systems' team will help you, help your pet to lose weight, reverse disease, and increase the quality of life by observing these practices.

On the following pages you will find our NEW Thrive Pet Zone Deli Menu and a brief description of how our vet clinic services can be used by our Organic Nutrition Express Club members. Feel free to contact us directly if you would like help in designing the best diet plan/food to support your pet companion's optimal health, vitality and longevity.

# Thrive Pet Zone Deli Menu

## Costa Rica

Ingredients: Beef, pork, chicken and/or fish, millet, quinoa, or wild rice, sweet potato, cilantro, black berry, cinnamon, and extra virgin olive oil. (Select your own protein)

PET NUTRITION SYSTEMS

*Organic Nutrition Express Club*

The World's Healthiest Pet Food Service



Authentic Fresh Food From Our Kitchen

[www.pwtnutritionsystems.com](http://www.pwtnutritionsystems.com)

### Costa Rico

Beef, Sweet Potato, Spinach, Zucchini, Black Berry, Fish Oil

### Nutritional Facts

Amount Per Ounce

\*Calories (kcal) 32

#### Guaranteed Analysis

Protein 10.0%

Fat 3.5%

Fiber 2.0%

Moisture 76%

Ash 2.0%

\*Calculated according to USDA SR26 database

# Ikaria, Greece

Ingredients: Beef, lamb, chicken and/or fish, millet, quinoa, carrot, eggplant, spinach, basil, honey, yogurt and extra virgin olive oil. (Select your own protein)

PET NUTRITION SYSTEMS

*Organic Nutrition Express Club*

The World's Healthiest Pet Food Service



Authentic Fresh Food From Our Kitchen

[www.pwtnutritionsystems.com](http://www.pwtnutritionsystems.com)

## Ikaria, Greece

Turkey, Lamb, Quinoa, Eggplant, Spinach, Basil,  
Honey, Yogurt, and Olive Oil

### Nutritional Facts

Amount Per Ounce

Calories (kcal) 34

#### Guaranteed Analysis

Protein 9.5%

Fat 3%

Fiber 2%

Moisture 78%

Ash 2%

Calcium:Phosphorus Ratio 1.5:1

\*Omega 6:Omega 3 Ratio 6:1

\*Calculated according to USDA SR26 database  
JustFoodForDogs Venison and Squash Recipe provides complete and balanced nutrition for maintenance and is comparable in nutritional adequacy to a JustFoodForDogs recipe which has been substantiated with animal feeding tests using AAFCO procedures.

---

## Sardinia

Ingredients: Beef or lamb, millet, couscous or wild rice, squash, leafy greens, apple, turmeric, and flaxseed oil.  
(Select your own protein)

PET NUTRITION SYSTEMS

*Organic Nutrition Express Club*

The World's Healthiest Pet Food Service



Authentic Fresh Food From Our Kitchen

[www.pwtnutritionsystems.com](http://www.pwtnutritionsystems.com)

**Sardinia**

Beef, Lamb, Lentil, Squash, Wild Greens, Apple, Flaxseed Oil

### Nutritional Facts

Amount Per Ounce

Calories (kcal) 40

#### Guaranteed Analysis

Protein 10%

Fat 4%

Fiber 1%

Moisture 70%

Ash 2%

Calcium:Phosphorus Ratio 1.4:1

\*Omega 6:Omega 3 Ratio 7:1

\*Calculated according to USDA SR26 database

Feeding trials using AAFCO procedures substantiate that JustFoodForDogs' Turkey and Whole Wheat Macaroni Recipe provides complete and balanced nutrition for maintenance.

---

## Loma Linda

Ingredients: Beef or chicken, quinoa or couscous, millet, sweet potato, rolled oats, kale, tomato, parsley, and salmon oil. (Select your own protein)

### PET NUTRITION SYSTEMS

*Organic Nutrition Express Club*

The World's Healthiest Pet Food Service



Authentic Fresh Food From Our Kitchen

[www.pwtnutritionsystems.com](http://www.pwtnutritionsystems.com)

### Loma Linda

Beef, Couscous, Sweet Potato, Rolled oats, Kale, Beet,  
Tomato, Cilantro, Cinnamon, and Salmon Oil

### Nutritional Facts

Amount Per Ounce

Calories (kcal) 34

#### Guaranteed Analysis

Protein 9.5%

Fat 3%

Fiber 2%

Moisture 78%

Ash 2%

Calcium:Phosphorus Ratio 1.5:1

\*Omega 6:Omega 3 Ratio 6:1

\*Calculated according to USDA SR26 database  
JustFoodForDogs Venison and Squash Recipe provides complete and balanced nutrition for maintenance and is comparable in nutritional adequacy to a JustFoodForDogs recipe which has been substantiated with animal feeding tests using AAFCO procedures.

---

## Okinawa, Japan

Ingredients: Beef, pork, chicken and/or fish, millet or wild rice, purple sweet potato, bean sprouts, spinach, ginger, kelp, and flaxseed oil. (Select your own protein)

### PET NUTRITION SYSTEMS

*Organic Nutrition Express Club*

The World's Healthiest Pet Food Service



Authentic Fresh Food From Our Kitchen

[www.pwtnutritionsystems.com](http://www.pwtnutritionsystems.com)

### Okinawa, Japan

Beef, Purple Sweet Potato, Squash, Bean Sprouts, Spinach,  
Ginger, Kelp, and Flaxseed Oil

### Nutritional Facts

Amount Per Ounce

Calories (kcal) 36

#### Guaranteed Analysis

Protein 8%

Fat 3%

Fiber 1%

Moisture 72%

Ash 2%

Calcium:Phosphorus Ratio 1.2:1

\*Omega 6:Omega 3 Ratio 8:1

\*Calculated according to USDA SR26 database

Feeding trials using AAFCO procedures substantiate that JustFoodForDogs' Chicken and White Rice Recipe provides complete and balanced nutrition for maintenance.

---

## **Thrive Pet Zone All Natural Supplements**

Animal have ancestrally been eating gelatin provided by their fresh kills fed to them by their owners or by the animal they themselves killed. Eating parts of the kill that humans would not eat helped keep their pet's joints subtle, pain-free, has helped older animals suffering from arthritis, and dogs with digestive issues, all achieve amazing results.



## **JOIN OUR O.N.E. CLUB NOW!**

---

As an Organic Nutrition Express Club member you have the options of creating your diet, buying from our Menu, select a custom Breed Specific Diets and/or our Veterinary Prescriptive Nutrition services. (evaluation of blood work, designing of a goal oriented nutraceutical diet plan and food)

### **VPN (Veterinary Prescriptive Nutrition)**

Our Veterinary Nutrition Clinic's VPN service produces nutraceutical therapy formulations. Our nutritionists create individual diet plans complete with 4 rotational recipes and instructions how to make the food for our chef's kitchen to create and ship to you. Each individual diet is nutritionally supportive for the replication of cells, support of organ function, manage optimum health and longevity of all pets. (dog and cats) Our mission is to help our client's pet(s) achieve *optimum health* through a bio-nutritional appropriate fresh whole food diet.

### **VPN Formulations Help Over All Health & Wellness by:**

1. **Help Fighting Disease.** While no food is a "miracle cure," there are nutritional components to every illness and disease. We help the pet's immune system fight back, provide bio-available nutrients to complete the nutrient-cell interaction allowing the genes, organs and other vital systems to function properly and combat disease.

2. **Support Immune Response.** The body has a natural defense system for all disease, called the immune system. Unfortunately, dogs and cats with disease have a suppressed immune system, which unchecked may allow these diseases can take over the body. Our individually designed formulations help rid the body of toxins, boost the immune system, help repair cellular growth and help the body's natural defenses repair damage done and heal the body has their biology was designed to do.

3. **Preventative Health Care.** Science has proven through 40 years of Bio-nutritional Blood Test results that no two breeds have the same requirement for any one nutrient. If you have any hope in making sure your pet companion's diet is meet it's nutritional requirements you must first find out what they are, design a diet to meet them, determine what ingredient will provide each nutrient, measure how much of that ingredient is needed, how can each ingredient be prepared to be in it's most bio-available form, how any processing will affect the whole formulation and whom is best to assure the formulations are prepared correctly and delivered to your home. Pet Nutrition Systems has one big advantage over typical veterinary hospital whom sell “one formulation/bag fits all” approach to nutrition, we have over 18 years experience creating individual diet plans and systems to test for results.

Here is a great video produced by Marty and Bob Goldstein explaining how metabolic analysis of blood creates specific nutraceutical blends that establish wellness in your pet. Pet Nutrition Systems makes no claim to this video and presents it only as educational material to educate pet owners how we use current blood test results to fine tune the body by using bio-nutrition to boost the immune system, rid the body of toxins, support cell replication and rejuvenation and create homo-stasis within the body. View the video:

<https://www.youtube.com/watch?v=Vyb7F844bBk>

## **CREATE YOUR OWN DIET**

This is the first pet food service that allows you to consult with an experienced veterinary nutritionist and then create your own diet plan. The major advantage of this plan is to give you the control of executing your own diet plan. PNS will be responsible to monitor the quality of the farming practices used, the produce and meats produced, while controlling the cost of the ingredients and food delivered. Club members benefit from having their recipes produced using the highest quality ingredients, seasonal rotation of fresh foods, bi-yearly cleanse/detox formulations and free consultations.

## **ORDER FROM OUR DELI MENU**

Our menu items are nutrient rich mixtures of fresh locally farmed ingredients paired to provide great taste, great health and support to any diet plan for a healthy pet. All menu items can be personalized to meet your pet's unique nutritional needs. Club member's food orders are handmade fresh each month, vacuum sealed and shipped in a freezer box to your door. Pet Nutrition Systems has a patent pending bacteria security strip in each package to assure you are getting the freshest food possible. Our ingredients are all GMO free, CAFO free and from local farms.

## **BSD (BREED SPECIFIC DIETS)**

The US Government National Research Council Formed a subcommittee in the early 1970's to study the nutritional requirements of cats and dogs. The National Research Council reports made use of the hundreds of research studies from veterinary medical universities, independent laboratories and the best animal clinics world wide. Every five years revisions are made to the report and in 1985 a number of multi breed studies led this committee to proclaim that no two breeds had the same nutritional requirement for any one nutrient. They went further to state many if not most disease and illness were caused by the lack of correct dietary planning for each breed. When your pet is fed a non breed specific diet they are 85% more likely to develop an autoimmune disease or breed specific illnesses. Ask us for a free copy of our "Mastering The Art of Breed Specific Diets" guide.

What's not to love about your CLUB O.N.E. nutritional service options? Not only do we work together with local farmers for higher quality food selection, Holistic vets for additional clinical support and veterinary universities for the most recent studies, all to promote healthier pets. Our combined efforts make a bigger impact on pet health compared to big box pet food stores, blogs or google searching remedies. Club O.N.E. was created to provide a proactive pet health care approach to ward off autoimmune disease, allergies, UTI. GI disorders and cancer.

Its all starts with better nutrition!

Unlike the conventional pet food shopping experience, CLUB O.N.E. is governed by our member's individual pet needs and rooted in principles like the support of natural local farming practices, non processed food diets and delivery of the freshest GMO & CAFO free food. Our membership's commitment to a year of monthly CLUB O.N.E. food allow us to buy the best quality ingredients at a more affordable price which we pass the savings on to our members.) Our goal being to bring fresh healthy affordable whole food to a larger number of pets. A win - win for all involved. (limited to 2,500 dogs and cats)

Feel free to contact us directly at 570.690.0338 /

[www.petnutritionsystems.com](http://www.petnutritionsystems.com) /

[info@petnutritionsystems.com](mailto:info@petnutritionsystems.com)