



*RECIPES for Dogs - Tumor and Cancer Control*

# 狗隻癌症腫瘤食譜

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FURRY KITCHEN

鮮作犬食



*For all the beloved fur babies*

*we had too little time to love*

## Tumor and Cancer

# 瘤 · 癌

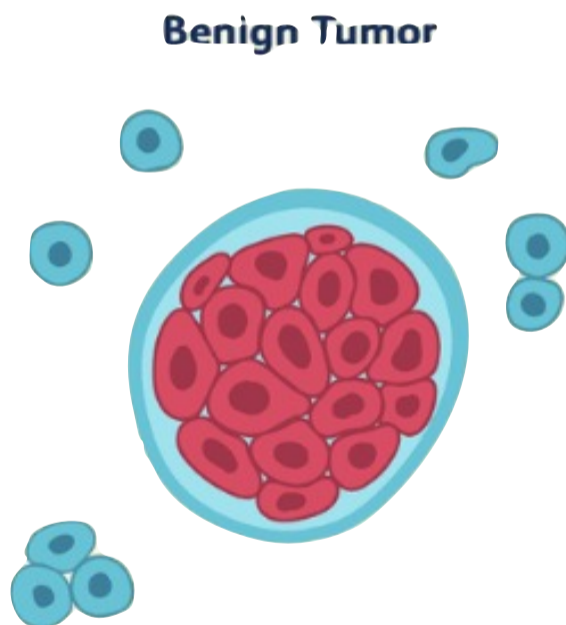
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### • 是腫瘤還是癌症？ Is It a Tumor or Cancer?

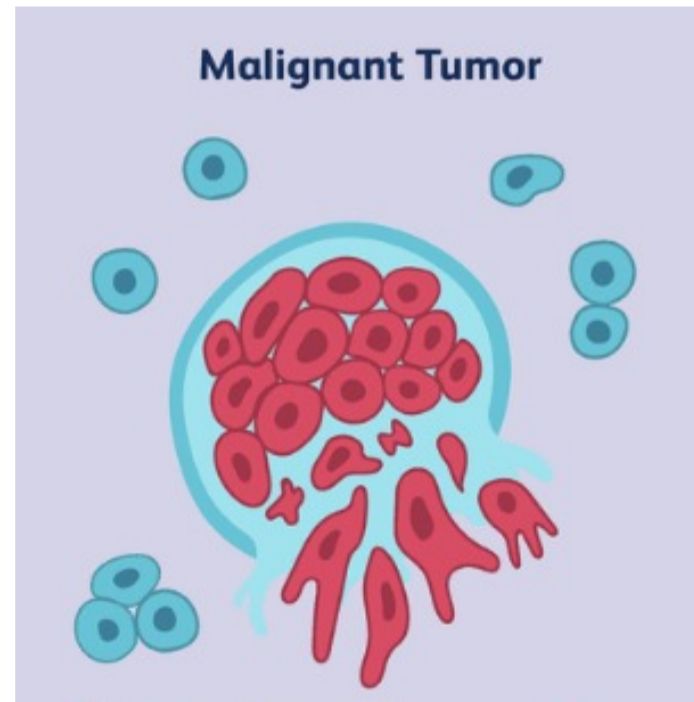
良性的腫瘤不是癌症，惡性的是癌症，也稱為腫瘤。癌症指其中異常細胞在失控制的情況下分裂並且可以侵入附近的組織。癌細胞也可以通過血液和淋巴系統擴散到身體的其他部位。

Tumors may be benign (not cancer), or malignant (cancer). Also called neoplasm. Cancer is a term for diseases in which abnormal cells divide without control and can invade nearby tissues. Cancer cells can also spread to other parts of the body through the blood and lymph systems.

良性腫瘤  
細胞不會癌變，也不會擴散



惡性腫瘤（癌）  
細胞是癌性的，可以擴散到其他組織和器官



# 常見犬隻癌症種類

## 先認識後分析 Understanding and analysis

- 血管肉瘤：這種形式的犬癌是一種無法治癒的細胞腫瘤，可以排列血管，稱為內皮細胞。雖然任何年齡和品種的狗都對血管肉瘤敏感，但在中年或老年犬中更常見。某些品種的發病率也高得多，包括金毛獵犬和德國牧羊犬。出於這個原因，我們可能會建議在5歲之後對這些品種進行額外的篩查。這種形式的狗癌發展緩慢且基本上無痛，因此臨床症狀通常在腫瘤對大多數治療有抵抗力的晚期階段不明顯。只有不到50%的治療犬存活超過六個月，許多人在有機會接受治療之前死於嚴重的內出血。**Hemangiosarcoma:** This form of dog cancer is an incurable tumor of cells that line blood vessels, called endothelial cells. Although dogs of any age and breed are susceptible to Hemangiosarcoma, it occurs more commonly in middle aged or elderly dogs. Also certain breeds have a much higher incidence including Golden Retrievers and German Shepherds. For this reason, we may recommend additional screening these breeds after age 5. This form of dog cancer develops slowly and is essentially painless, so clinical signs are usually not evident until the advanced stages when the tumors are resistant to most treatments. Less than 50% of treated dogs survive more than six months, and many die from severe internal bleeding before there is an opportunity to institute treatment.
- 肥大細胞腫瘤：這些是導致過敏的免疫細胞。肥大細胞可以在身體的所有組織中發現，它們有良性也有惡性的。某些品種的狗會增加這種腫瘤發展的風險，這表明遺傳可能是一個原因。拳師犬特別容易患這類癌症。**Mast Cell Tumors:** These are immune cells that are responsible for allergies. Mast cells can be found in all tissues of the body but typically form tumors on the skin in close to 20 percent in the canine population. They range from relatively benign to extremely aggressive. Certain breeds of dog are at an increased risk for the development of this tumor, indicating that genetics might be a cause. Boxers are especially prone to this type of cancer.
- 淋巴瘤：這種形式的狗癌可以影響任何年齡的任何品種的狗。大多數時候，它看起來像在頸部，肩膀前面或膝蓋後面可以看到或感覺到的腫脹的腺體（淋巴結）。有時，淋巴瘤會影響體內的淋巴結，例如胸腔內或腹部的淋巴結。這會導致呼吸困難和消化不良。一般來說，如果在早期階段確診，這種形式的狗癌是可以治療的。標準貴婦犬，金毛獵犬和澳大利亞牧羊犬是一些淋巴瘤發病率較高的品種。**Lymphoma:** This form of dog cancer can affect any dog of any breed at any age. Most of the time, it appears as swollen glands (lymph nodes) that can be seen or felt under the neck, in front of the shoulders, or behind the knee. Occasionally, lymphoma can affect lymph nodes that are not visible from outside the body, such as those inside the chest or in the abdomen. This can cause trouble breathing and digestive trouble. Generally this form of dog cancer is considered treatable if arrested in its early stages. Standard Poodles, Golden Retrievers and Aust shepherds are a few of the breeds with higher incidence of lymphoma.

## 常見犬隻癌症種類...續

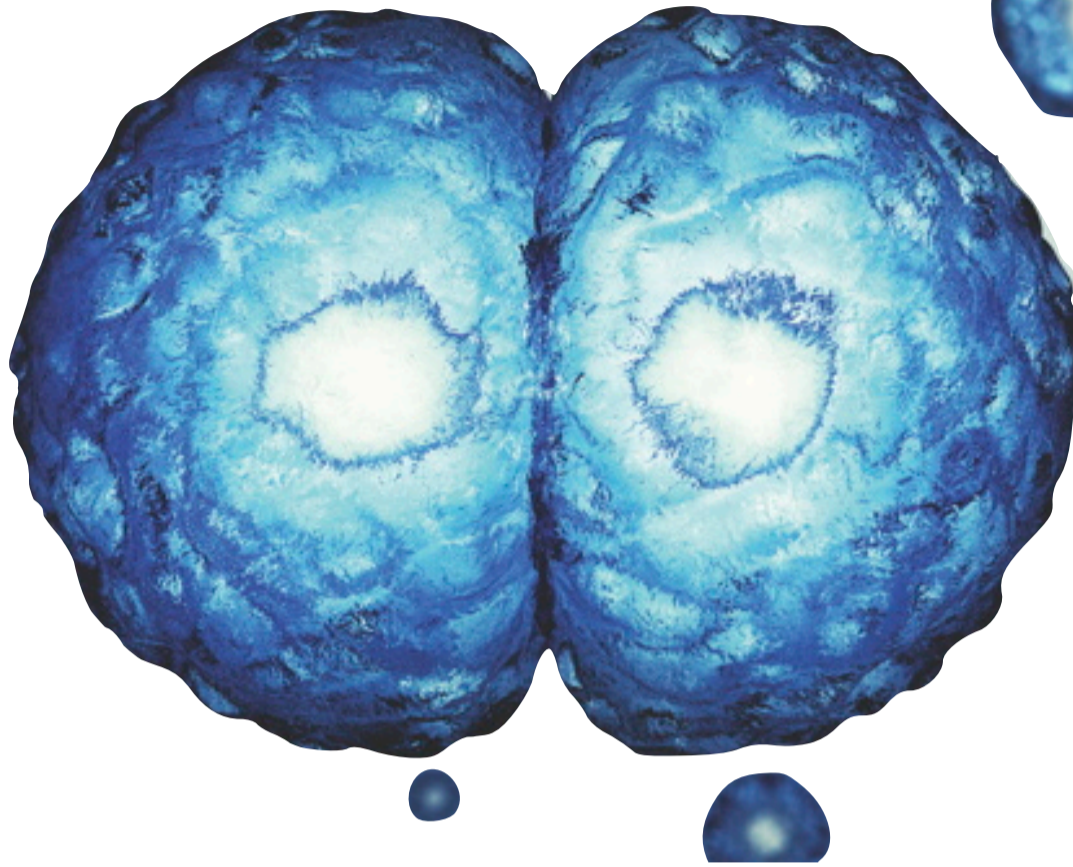
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- 骨肉瘤：這種形式的狗癌是最常見的原發性骨癌，佔骨骼系統中高達85%的腫瘤。雖然它主要影響較大的大型或大型犬，但它可以影響任何大小或年齡的狗。骨肉瘤發生在許多部位，但最常見的是肩部，手腕和膝蓋的骨骼。主要症狀是受累腿部的跛足，或在該部位看起來疼痛的區域腫脹。**Osteosarcoma:** This form of dog cancer is the most common type of primary bone cancer in dogs, accounting for up to 85% of tumors that originate in the skeletal system. Although it mostly affects older large or giant breed dogs, it can affect dogs of any size or age. Osteosarcoma occurs in many areas, but it most commonly affects the bones bordering the shoulder, wrist and knee. A major symptom is lameness in the affected leg, or a swelling over the area that seems painful at the site.
- 腦腫瘤：癲癇發作或其他極端行為改變通常是唯一的臨床症狀。CAT掃描和MRI用於確定位置，大小和嚴重程度。雖然一些口服化學療法和放射療法可以控制一些不能手術的腫瘤，但如果腫瘤是可移除的，可以推薦手術干預。**Brain Tumors:** Epileptic-like seizures or other extreme behavioral changes are usually the only clinical signs. CAT scanning and MRI is used to determine location, size and severity. Although some oral chemotherapy and radiation therapy can control some inoperable tumors, surgical intervention may be recommended if the tumor is operable.
- 膀胱癌：有些品種比其他品種更容易患這種形式的狗癌。這是一種發展緩慢的犬癌症，頭3至6個月症狀可能不會持續。尿路梗阻和出血是常見症狀。**Bladder Cancer:** Some breeds are more at risk for this form of dog cancer than others. This is a slow developing dog cancer, and symptoms may not show for 3 to 6 months. Urinary obstruction and bleeding are common symptoms.
- 乳腺癌：未絕育的雌性犬患上惡性乳腺腫瘤的風險很高，但所有不論繁殖狀態的雌性犬都是高危。這些腫瘤中約有50%是惡性腫瘤，如果癌症尚未擴散，建議完全手術切除。**Mammary Carcinoma:** Non-spayed female dogs are at high risk for developing malignant mammary tumors, but all female dogs regardless of reproductive state remain at risk. Approximately 50% of these tumors are malignant, and complete surgical removal is recommended if the cancer has not metastasized.
- 惡性組織細胞增生症：這種犬癌最常影響較大的運動品種。它多數出現在脾臟，淋巴結，肺，骨髓，皮膚和皮下組織，腦和關節周圍組織中的局部病變。組織細胞肉瘤也可以在單個器官（特別是脾臟）中作為多個病變發生，並且快速傳播以涉及多個器官。不幸的是，西醫沒有這種狗癌的有效療法。**Malignant Histiocytosis:** This dog cancer affects larger sport breeds most often. It occurs as localized lesions in the spleen, lymph nodes, lung, bone marrow, skin and subcutis, brain, and periarticular tissue of large appendicular (limb) joints. Histolytic sarcomas can also occur as multiple lesions in single organs (especially spleen), and rapidly disseminate to involve multiple organs. Unfortunately there is no reported effective therapy for this form of dog cancer in conventional medicine.



# 常見犬隻癌症種類...全

- 鱗狀細胞癌：最常見於口腔和腳趾甲床。早期檢測和完全手術切除是最常見的治療方法。不到20%的狗患上轉移性疾病。儘管有治療措施，扁桃體和舌頭的鱗狀細胞癌非常具有攻擊性，只有不到10%的狗能存活1年或更長時間。**Squamous Cell Carcinomas:** It is most often found in the mouth and the nail beds of the toes. Early detection and complete surgical removal is the most common treatment. Fewer than 20% of dogs develop metastatic disease. SCC of the tonsil and tongue are quite aggressive and fewer than 10% of dogs survive 1 year or longer despite treatment measures.
- 口鼻癌：這是一種非常常見的犬癌，口腔比鼻子更常見。症狀包括牙齦腫塊，出血，氣味或進食困難。由於許多腫脹是惡性的，因此早期積極治療至關重要。癌症也可能在狗的鼻子內部發展。從鼻子出血，呼吸困難或面部腫脹是可能表明鼻癌的症狀。**Mouth and Nose Cancer:** This is a very common form of dog cancer, more so in the mouth than the nose. Symptoms include a mass on the gums, bleeding, odor, or difficulty eating. Since many swellings are malignant, early, aggressive treatment is essential. Cancer may also develop inside the nose of dogs. Bleeding from the nose, breathing difficulty, or facial swelling are symptoms that may indicate nose cancer.
- 黑色素瘤：這種形式的狗癌最常見於皮膚黝黑的犬隻。黑色素瘤起源於稱為黑素細胞的色素生成細胞，其負責使皮膚著色。黑色素瘤可以發生在頭髮皮膚的區域，在那裡它們通常形成小的，深色的（棕色到黑色）腫塊，但也可以表現為大的，扁平的，皺紋的腫塊。惡性黑色素瘤在口腔或遠端肢體（通常是腳趾甲床）中發展，是一種無法治癒的疾病。這些腫瘤在第一次被發現時經常會擴散到身體的遠端部位，從而無法完全切除手術。**Melanoma:** This form of dog cancer most commonly occurs in canines with dark skin. Melanomas arise from pigment producing cells called melanocytes, which are responsible for coloring the skin. Melanomas can occur in areas of haired skin, where they usually form small, dark (brown to black) lumps, but can also appear as large, flat, wrinkled masses. Malignant melanoma, which develops in the mouth or in the distal limbs (usually the toenail beds), is an incurable disease. These tumors have very often spread to distant parts of the body by the time they are first noticed, making complete surgical removal impossible.
- 睪丸：這種形式的狗癌在有睪丸的，未經閹割的狗中很常見。這種形式的狗癌在很大程度上可以通過絕育來預防，並且如果在疾病過程的早期發現，則可通過手術治癒。**Testicular:** This form of dog cancer is common in intact dogs with retained testes. This form of dog cancer is largely preventable with neutering, and curable with surgery if arrested early in the disease process.



*The Triggers*

## 特別致癌誘因

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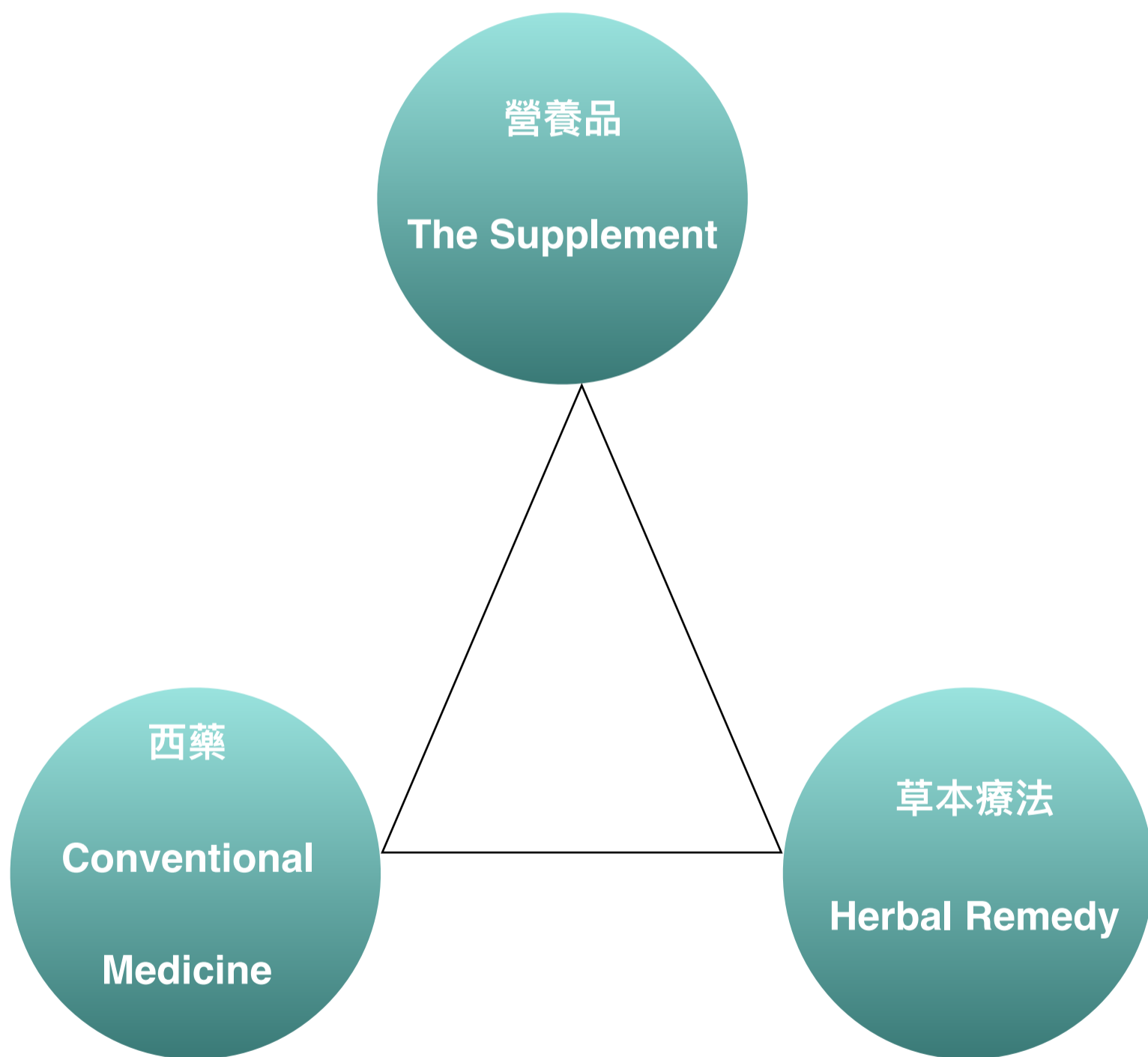
50% 的治療源於確定起因 50% of healing starting from identifying the causes

各醫學界一致認為遺傳和環境污染都是致癌原因，也因以往癌症率較低，很多人不認同遺傳一說。The medical community agrees that both genetic and environmental pollution are causes of cancers, and because of the low rate of cancer in the past, many people do not agree with the genetic theory.

西醫集中研究如何殺死癌細胞，中醫針對脆弱的免疫系統，以及為什麼個別營養不良的細胞會癌變。Conventional medicine research how to kill cancer cells, herbalists focus on the weak immune system and why individual malnutrition cells were cancerous.

*The Step*

# 同步







## *The Curing Diet*

# 食療

- ❖ 用草本植物和營養素壯大免疫系統，殺死再餓死癌細胞，或減少其傷害。Killing the cancer cells with nutrients and herbal medicines
- ❖ 增強免疫系統產生白細胞介素和乾擾素以及其他神經肽，從而殺死癌細胞。Supercharging the immune system to create interleukin and interferon and other neuropeptides, which in turn kill the cancer cells.
- ❖ 殺死器官中的寄生蟲和微生物，這也有助於增強免疫系統。Kill the parasites and microbes in the organs, which will also help supercharge the immune system.

**你需要的用具: 量匙，小食物磅（克和安士），幾個保鮮盒**

**You will need these tools : Measurement spoons, a food scale (gram and ounce) and some food containers**

**以下餐食份量為約10 磅的寵物犬隻每天所需而設，家長請自行按這比例計算，請避免使用狗狗有過敏的食材**

**The recipes below are designed as the daily consumption for pet dogs' that weight about 10 pounds, owners need to measure the intake needed for each dog, please avoid ingredients that the individual dog is allergic to.**

**可保存在急凍雪櫃（- 4 度）： 2 個月      Freezer life (- 4c): 2 months**

**所有餐單的脂肪比例為 6 - 12%, 適合城市寵物犬 The average fat % of the recipes range from 6 - 12%, perfect for domesticated city dogs**

**籍FURRY KITCHEN 營養粉的輔助，我們每餐只需要用3種食材，令食材功效更易發揮，更易被消化吸收With the help of FURRY KITCHEN Nutrient Blend, we can work with only 3 ingredients each meal**

**如果你的小狗不喜歡營養粉的味道，可以隨意加一滴水，搓成顆粒狀，便於餵食 If your puppy doesn't like the taste of the Nutrient Blend, feel free to add a drop of water to make them a granule for easy feeding**

# 食譜 - 雞 I

## 雞 CHICKEN

雞肉是蛋白質，維生素B-6，泛酸，磷，鋅，硒和菸酸的極好來源。有時候人們忽略了雞肉大腿肉比白肉同樣能提供更多的維生素B，鐵，抗氧化劑和整體營養價值。 Chicken is an excellent source of protein, vitamin B-6, pantothenic acid, phosphorus, zinc, selenium and niacin. It is sometimes overlooked that chicken thigh meat delivers more vitamin B, iron, antioxidants and overall nutritional value than its white meat counterparts.

### • 蒸雞片黃椒拌小米 Steamed Sliced Chicken Bell Pepper with Millet

好處 Benefit: 有效幫助控制肝病和前列腺病 It helps to control liver and prostate diseases

其他重要營養 Other Star nutrients: 胡蘿蔔素 beta carotene, 維他命C vitamin C

食材 Ingredients :

有機連皮雞片 Organic chicken slices 300g

有機去籽黃椒粒 Organic Yellow bell pepper bits (seeded) 120g

有機小米 Organic Millet 80 g

清水 Water 140 ml

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

把雞肉改在小米上加水，隔水蒸20分鐘（水滾起計），焗10分鐘打開加入黃椒和營養粉，拌勻即可

**Steam chicken with millet and water for 20 mins, keep the lid on for 10 mins afterward, mix in yellow pepper and Nutrient Blends.**

### • 蕃薯青豆雞肉丸 Chicken Meat Balls

好處 Benefit: 幫助改善心臟病，乳線癌 It helps to improve heart disease and breast cancer

其他重要營養 Other Star nutrients: 胡蘿蔔素，葉酸，維生素C和纖維 Beta-carotene, folate, vitamin C, and, fiber

食材 Ingredients :

有機連皮免治雞肉 Organic minced chicken 300g

有機青豆 Organic Pea 2 tablespoons

有機蕃薯連皮粒 Organic Sweet Potato cubes with peel 100 g

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

把蕃薯蒸20分鐘，加入雞和青豆再蒸7分鐘，拿起把蕃薯搗爛拌入雞肉和青豆，加入營養粉，拌勻，擱出球狀便可 **Steam sweet potato for 20 mins, then add in both chicken and peas and continue to steam for 7 mins, mash sweet potato and mix in chicken, pea and Nutrient Blend, scope out as meat balls and serve**

# 食譜 - 雞 II

• **菠菜雞拌紅米 Spinach Chicken with Red Rice**

好處 Benefit: 有效幫助控心血管病，肺病和眼疾 It helps to manage cardiac and lung diseases, improve sight problems

其他重要營養 Other Star nutrients: 維他命 A, K, C, 鐵和鎂 Vitamin A, K, C, Iron and Magnesium

食材 Ingredients :

有機連皮雞粒 Organic chicken cubes 350g

有機菠菜粒 Organic spinach bits 100g

有機紅米 Red Rice 80 g

清水 Water 140 ml

SPECIAL CARE 營養粉 0.5 g

WELLNESS 營養粉 0.5 g

把雞肉和米上加水放在電飯煲中煮熟，打開後馬上拌入菠菜，加入營養粉，拌勻即可

**Cook both rice and chicken with a rice cooker, mix in spinach bits once done, then mix in Nutrient Blends.**

• **紅椰菜芝士雞卷 Cheesy Chicken Red Cabbage wrap**

好處 Benefit: 幫助改善心臟，腦部和腎功能 It helps to improve heart, brain and kidney functions

其他重要營養 Other Star nutrients: 花青素, 鈣 和 複不飽和脂肪酸 Anthocyanin, calcium and polyunsaturated fatty acids

食材 Ingredients :

有機連皮雞絲 Organic shredded chicken 320g

有機茅屋芝士 Organic Cottage Cheese 2 tablespoons

有機紅椰菜 Organic Red Cabbage 80 g

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

把雞肉和菜放滾水中煮一分鐘，拿起，把芝士拌到雞肉中，加入營養粉，用菜卷好便可

**Cook chicken and cabbage for 1 min, mix cheese and Nutrient Blends into chicken, and wrap it with cabbage**

• **芝士椰菜花雞肉"炒飯" Cheesy Cauliflower and Chicken "Fried Rice"**

好處 Benefit: 強化細胞功能，消炎

其他重要營養 Other Star nutrients: 類胡蘿蔔素 (抗氧化劑) 和硫代葡萄糖苷 Carotenoids (antioxidants) and Glucosinolates.

食材 Ingredients :

有機連皮免治雞肉 Organic minced chicken 300 g

有機椰菜花碎粒 Organic Cauliflower rice 200 g

有機茅屋芝士 Organic Cottage Cheese 2 tablespoons

橄欖油 Olive oil 2 茶匙 teaspoons

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

炒熟雞和椰菜花碎，加入茅屋芝士和營養粉便可

**Pan fry cauliflower and chicken with a tablespoon of olive oil and mix in cottage cheese and Nutrient Blend**

# 食譜 - 雞 III

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## • 亞支竹雞肉鷹嘴豆醬 Artichoke - Chicken Hummus

好處 Benefit: 管理肺癌，肝癌，心臟病，it helps managing heart disease, liver and lung cancers

其他重要營養 Other Star nutrients: 植物營養素如槲皮素，蘆丁，沒食子酸和洋薊素 phytonutrients such as quercetin, rutin, gallic acid, and cynarin

食材 Ingredients :

有機連皮免治雞肉 Organic minced chicken 360 g

亞支竹 Artichoke 1 to 2 個 Hearts

有機鷹嘴豆罐頭 Canned Organic Chickpea 150 g

Virgin Olive oil 1 茶匙 teaspoon

SPECIAL CARE 營養粉 0.4 g

WELLNESS 營養粉 0.3 g

隔水蒸已切好的亞支竹30分鐘，反轉加入雞肉再一起蒸15分鐘至肉熟，拿出備用，搗爛鷹嘴豆，加入一茶匙初榨橄欖油和營養粉，拌入雞肉，和亞支竹的可吃部分一起餵飼便可 Prepare artichoke and steam it for 30 mins, add in chicken and continue to steam both for 15 mins more, let them cool down. Mash chickpeas, add 1 teaspoon of virgin olive oil and mix in chicken and Nutrient Blend, serve with artichoke

## • 紫蘿蔔雞粥 Purple Carrot Chicken Congee

好處 Benefit: 控制癌症，特別是肝癌，胰臟癌 It helps controlling liver and pancreas cancers

其他重要營養 Other Star nutrients: 花青素，黃酮類化合物，番茄紅素 Anthocyanins, which are flavonoids, lycopene 食

材 Ingredients :

有機連皮免治雞肉 Organic minced chicken 300 g

有機紫蘿蔔 Organic purple carrot 1 to 2 條 pieces

有機糙米 Organic Brown rice 50 g

初榨橄欖油 Virgin Olive oil 1 茶匙 teaspoon

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

加 700 ml 水在煲內煮滾，把米和橄欖油拌勻備用。放蘿蔔和橄欖油米煮15分鐘，把蘿蔔拿起刨成蓉，放回到粥中，米繼續煮，雞肉放到煲內繼續煮15分鐘最後，蓋上蓋焗15分鐘，加入營養粉便可 Boil 700 ml water in a pot, marinate the rice with olive oil in the mean while, cook the carrot and olive oil rice for 15 mins, remove the carrot and mash it, put it back to the congee and add chicken to it, continue to cook it for 15 mins, keep the lid on the and turn off the heat, wait for 15 mins, and add Nutrient Blend.

## • 雞絲青瓜拌藜麥 Pulled Chicken with Cucumber and Quinoa

好處 Benefit: 控制癌症，特別是肝癌，胰臟癌 It helps controlling liver and pancreas cancers

其他重要營養 Other Star nutrients: 花青素，黃酮類化合物，番茄紅素 Anthocyanin, which are flavonoids, lycopene 食

材 Ingredients :

有機連皮雞肉 Organic chicken with skin 300 g

有機青瓜 Organic cucumber 1 個 pieces

有機藜麥 Organic quinoa 50 g

初榨有機椰子油 Organic Virgin Coconut oil 1 茶匙 teaspoon

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

蒸雞和藜麥20分鐘，撕開雞肉加入椰油和煮好的藜麥，拌入青瓜和營養粉便可

Steam chicken breast and quinoa for 20 mins, shred chicken breast and mix it with coconut oil and cooked quinoa, shred cucumber and mix it in, add Nutrient Blend.

# 食譜 - 羊 |

## 羊 Lamb

羊肉含有豐富的優質蛋白質，是鋅和鐵的好來源。還含有豐富的B族維生素，是氨基酸肉鹼的最佳來源之一。  
Lamb has a rich supply of high quality protein and is an especially good source of zinc and iron. It is also rich in B vitamins and is one of the best sources of the amino acid carnitine.

### • 梨燉羊 Braised Lamb with Pear

好處 Benefit: 強化細胞和免疫系統 Strengthen cells performance and immune system

其他重要營養 Other Star nutrients: 葉酸和維他命B12 Folate and B12

食材 Ingredients :

免治無激素羊肉 Hormone-free lamb - minced 100 g

有機啤梨 Organic pear 2 個 pieces

有機綠豆 Organic mung bean 50 g

有機黃薑粉 Organic Turmeric 0.5 g

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

綠豆先浸1小時，再煮20分鐘至軟身備用；把梨去皮和核，切開小塊放到碗底，放上羊肉，加100ml水，蓋好，隔水燉30分鐘。留起肉汁，把備用綠豆和黃薑粉連肉汁也放到電飯煲煮熟，完成後和羊梨肉一起餵飼 Soak mung bean for 1 hour, then cook it for 20 mins till soften. Peel 2 pears and remove the cored and seeds, place them at the bottom of a bowl, add lamb and 100ml water, cover it and braise it for 30 mins. Use the meat sauce to cook soften mung bean and turmeric powder in a rice cooker, when done, serve with cooked lamb and pear

### • 羊肉翠玉瓜冷麵 Zucchini Noodle Pulled Lamb

好處 Benefit: 強化細胞和控制癌症 Strengthen cells performance and control cancers

其他重要營養 Other Star nutrients: 胡蘿蔔素，葉黃素和硒 Carotenes, lutein and selenium

食材 Ingredients :

免治無激素羊肉 Hormone-free lamb - minced 100 g

有機翠玉瓜 Organic zucchini 1 個 piece

有機小米 Organic millet 50 g

有機黃薑粉 Organic Turmeric 0.5 g

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

翠玉瓜洗淨連皮刨絲，滾水煮一分鐘拿起放涼，羊肉和小米一起蒸20分鐘到熟，連湯汁倒到翠玉瓜絲當中，加入營養粉和黃薑粉拌勻即可 Shred zucchini and boil it for 1 min, steam lamb and millet together for 20 mins, then mix them together with the zucchini, add turmeric and Nutrient Blend



# 食譜 - 羊 II

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• 青瓜羊肉生菜包 **Cucumber Lamb Lettuce Wrap**

好處 Benefit: 強化細胞和防止癌細胞生長 Strengthen cells performance and control cancer cells splitting

其他重要營養 Other Star nutrients: 葫蘆素A, B, C, D和E Cucurbitacins A, B, C, D, and E 食材 Ingredients :

免治無激素羊肉 Hormone-free lamb - minced 100 g

有機青瓜 Organic cucumber 1 個 piece

有機鋼切燕麥 Organic Steel cut Oat 50 g

有機黃薑粉 Organic Turmeric 0.5 g

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

把燕麥和羊肉一起蒸15分鐘，青瓜切粒，拌入已和燕麥一起蒸熟羊肉中，加入營養粉和黃薑粉，用已洗淨擦乾的生菜卷好便可 **Steam oat and lamb for 15 mins, mix diced cucumber with steamed lamb and oat, add in Nutrient Blend, wrap it with cleaned lettuce**

• 羊粒綠豆泥 **Green Bean puree Lamb Cubes**

好處 Benefit: 強化細胞和防止腫瘤癌變 Strengthen cells performance and prevent tumors from becoming cancerous

其他重要營養 Other Star nutrients: 類黃酮，酚酸，有機酸，氨基酸，碳水化合物和脂類

Flavonoids, phenolic acids, organic acids, amino acids, carbohydrates, and lipids

食材 Ingredients :

免治無激素羊肉 Hormone-free lamb - minced 100 g

有機綠豆 Organic mung bean 30 g

有機糙米 Organic brown rice 30 g

有機黃薑粉 Organic Turmeric 0.3 g

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

把羊肉切粒蒸15分鐘至熟備用；綠豆用電飯煲煮20分鐘，加糙米到煲內，把羊肉汁都放到煲內，啟動煮飯程式；飯好連豆一起搗爛，加入黃薑粉營養粉，和羊肉一起餵飼 **Steam lamb cubes for 15 mins, let it sit. Cook mung bean with a rice cooker for 20 mins, add brown rice to it and start the usual rice cooking program, when it's done mash both rice and bean, add in turmeric powder and Nutrient Blend. Serve with lamb cubes**

# 食譜 - 火雞 I

## 火雞 Turkey

火雞是肉蛋白的優質來源，含有硒，菸酸，鐵，鋅，磷，鉀和B族維生素。Turkey for dogs is a superior source of lean protein and contains selenium, niacin, iron, zinc, phosphorous, potassium and B vitamins.

### • 火雞杞子黃薑飯 Goji Berry Turkey cubes with Turmeric rice

好處 Benefit: 強化細胞和免疫力 Strengthen cells performance and immune system

其他重要營養 Other Star nutrients: 玉米黃質和枸杞漿果還含有18種氨基酸 Zeaxanthin and 18 amino acids

食材 Ingredients :

免治無激素火雞（胸腿） Hormone-free turkey (breast and thighs) 280 g

有機杞子 Organic Goji berry 1 tablespoon

有機糙米 Organic brown rice 1 tablespoon

有機黃薑粉 Organic Turmeric 0.3 g

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

浸泡和洗淨枸杞和糙米，將它們放在電飯鍋中，火雞放上面，開始煮飯程序。完成後，添加薑黃粉和營養混合即可。

**Soak and wash Goji berries and brown rice, put them in a rice cooker with turkey on top, start rice cooking program. When done, add turmeric powder and Nutrient Blend.**

### • 火雞甜菜包 Turkey Beet Wrap

好處 Benefit: 控制細胞毒性 Control Cytotoxic

其他重要營養 Other Star nutrients: 葉酸和非常好的纖維，錳和鉀的來源 Folic acid and a very good source of fibre, manganese and potassium.

食材 Ingredients :

免治無激素火雞（胸腿） Hormone-free turkey (breast and thighs) 280 g

有機甜菜頭 Organic beetroot 50g

有機鋼切燕麥 Organic Steel cut Oat 50 g

蕃茜 Parsley 3 g

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

甜菜頭、火雞肉和燕麥蒸20分鐘，將甜菜頭磨成泥，放回燕麥中，加入營養粉和蕃茜，用煮熟的火雞肉包裹即可

**Steam beetroot, oat and turkey meat for 20 mins, grind beetroot into puree, put it back to the oat and add in Nutrient Blend and Parsley, wrap it with cooked turkey meat**

# 食譜 - 火雞 II

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- 孢子甘藍炒芝士火雞 **Brussel Sprout with Cheese and Turkey**

好處 Benefit: DNA保護 DNA protection

其他重要營養 Other Star nutrients: 3H-1,2-二硫-3-硫酮 3H-1,2-dithiole-3-thione

食材 Ingredients :

免治無激素火雞 (胸腿) Hormone-free turkey (breast and thighs) 280 g

孢子甘藍 Brussel Sprout 100 g

有機茅屋芝士 Organic Cottage Cheese 1 湯匙 tablespoon

橄欖油 Olive oil 1 teaspoon

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

在不粘鍋中加入橄欖油攪拌炒孢子甘藍5分鐘，加入火雞並繼續煎至熟透, 用茅屋芝士和營養粉調味

**Stir-fry Brussel Sprout in a non-stick pan for 5 mins, add turkey and continue to fry till well cooked, season it with cottage cheese and Nutrient Blend.**

- 白菜小米火雞 **Bok Choy with Millet and Turkey**

好處 Benefit: 使血細胞再生 Rejuvenate blood cells

其他重要營養 Other Star nutrients: 維生素C和鐵 vitamin C and iron

食材 Ingredients :

免治無激素火雞 (胸腿) Hormone-free turkey (breast and thighs) 280 g

有機白菜 Organic Bok Choy 120 g

有機小米 Organic Millet 50 g

橄欖油 Olive oil 1 teaspoon

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

在不粘鍋中加入橄欖油炒白菜和火雞3分鐘，加入50毫升水和小米，蓋上蓋子3分鐘，用營養粉調味

**Stir-fry Bok choy and turkey together in a non-stick pan with olive oil for 3 mins, add 50ml water to it and millet, cover the lid for 3 mins, season it with Nutrient Blend**

# 食譜 - 魚 |

## 魚 Fish

魚是低熱量蛋白質，含豐富Omega3脂肪酸，菸酸，維生素B-12和B-6，鉀，磷和硒。健康的狗狗飲食應含有易消化的營養素，有助於毛皮的健康和光澤 Fish is an excellent source of low calorie protein and a good source of omega 3 fatty acids, niacin, vitamin B-12 & B-6, potassium, phosphorus and selenium. A healthy dog diet that contains easily digestible nutrients, it helps to contribute to a healthy, shiny coat.

### • 檸檬藜麥南瓜蒸波洛克魚 Steamed Pollock with Quinoa and Pumpkin

好處 Benefit: 防細胞癌變 Prevent cancers

其他重要營養 Other Star nutrients: omega-3，B6和菸酸 B6 and niacin.

食材 Ingredients：

波洛克魚 Pollock 600 g

澳洲牛油南瓜 Australia Butternut 100G

有機藜麥 Organic Quinoa 30g

橄欖油 Olive oil 1 teaspoon

檸檬汁 5 滴 drops

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

用水煮南瓜20分鐘，放在碟上，上面放波洛克魚，再在上面撒上藜麥和橄欖油，然後蒸20分鐘，撒上營養粉和檸檬汁 Cooked pumpkin for 20 mins, put it on a plate under the Pollock, sprinkle quinoa and olive oil on top and steam it for 20 mins, sprinkle Nutrient Blend on top.

### • 熟蕃茄焗三文魚 Baked Salmon with ripped tomato

好處 Benefit: 減少炎症，降低血壓，降低疾病的危險因素 Reduce inflammation, lower blood pressure and decrease risk factors for disease.

其他重要營養 Other Star nutrients: omega-3 脂肪酸 fatty acids

食材 Ingredients：

三文魚 Salmon 500 g

有機熟蕃茄 Organic Ripped Tomato 100G

有機藜麥 Organic Quinoa 30g

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

將三文魚，番茄和藜麥放入烤盤中，用錫紙蓋住，在200c下烘烤25分鐘，用營養粉調味

Put salmon, tomato and quinoa in a baking tray, cover it with a aluminum and bake for 25 mins at 200c, season it with Nutrient Blend

# 食譜 - 魚 II

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## • 鱈魚配黑豆希臘乳酪 Black Bean Greek yogurt with Cod fish

好處 Benefit: 減少炎症，降低血壓，降低疾病的危險因素 Reduce inflammation, lower blood pressure and decrease risk factors for disease.

其他重要營養 Other Star nutrients: omega-3 脂肪酸 fatty acids

食材 Ingredients :

鱈魚 500 g

罐頭有機黑豆 Canned Organic Black Bean 100G

有機希臘乳酪 Organic Greek yogurt 50g

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

蒸鱈魚15分鐘，在上面撒上營養粉，配上黑豆和希臘乳酪

**Steam cod fish for 15 mins, sprinkle Nutrient Blend on top, service with black beans and greek yogurt**

## • 西蘭花波洛克魚紅米飯 BroccoliPollock Red rice

好處 Benefit: 防細胞癌變 Prevent cancers factors for disease.

其他重要營養 Other Star nutrients: 維生素K和C，是葉酸 vitamins K and C, folate

食材 Ingredients :

波洛克魚 600 g

有機西蘭花 Organic Broccoli 200G

有機紅米 Organic Red rice 50g

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

在電飯煲加水煮紅米，將鱈魚隔水放在上面，開始煮飯程序，煮西蘭花2分鐘，用 Nutrient Blend 調味，一起餵飼。 Steam red rice in a rice cooker, place pollock on top and start the rice cooking program, boil broccoli for 2 mins, season it with Nutrient Blend and serve them all together.

## • 士多啤梨 三文魚 Strawberry Salmon

好處 Benefit: 使血細胞再生 Rejuvenate blood cells

其他重要營養 Other Star nutrients: 葉酸，錳和鉀 Folic acid, manganese and potassium

食材 Ingredients :

三文魚 Salmon 500 g

有機士多啤梨 200G

有機小米 Organic millet 50g

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

將三文魚和小米放入烤盤中，用錫紙蓋住，在200c下烘烤25分鐘，用營養粉調味，放上士多啤梨粒

**Put salmon and millet in a baking tray, cover it with a aluminum and bake for 25 mins at 200c, season it with Nutrient Blend, and serve with Strawberries**



• **香蕉鱈魚和鋼切燕麥 Banana Cod and Steel cut Oat**

好處 Benefit: 降低患心臟病的風險，使紅細胞恢復活力 Lower the risk of heart disease, rejuvenate red blood cells

其他重要營養 Other Star nutrients: 葉酸，錳和鉀 Folic acid, manganese and potassium

食材 Ingredients :

鱈魚 500 g

有機香蕉 100G

有機鋼切燕麥 Organic Steel cut Oat 50 g

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

蒸鱈魚15分鐘，在上面撒上營養粉，配上香蕉粒

Steam cod fish and oat for 15 mins, sprinkle Nutrient Blend on top, service with banana slices

*The Recipes - Other I*

# 食譜 - 其他 I

**帶子 SCALLOP**

帶子是維生素B12和磷的極好來源。牠們含豐富的蛋白質，硒和膽鹼、鋅，鎂和鉀

**Scallops are an excellent source of vitamin B12 and phosphorus. They are also a very good source of protein, selenium and choline as well as a good source of zinc, magnesium and potassium.**

• **藍莓帶子蕃薯蓉 Scallops on a bed of Mashed Sweet Potato with Blue Berries**

好處 Benefit: 降低患心臟病的風險，增加腸道健康 Lower the risk of heart disease, increase intestinal health

其他重要營養 Other Star nutrients: β-胡蘿蔔素，葉酸，維生素C和纖維 beta-carotene, folate, vitamin C, and fiber

食材 Ingredients :

有機帶子 Organic Scallop 500 g

有機蕃薯 Organic Sweet Potato 200G

有機藍莓 Organic Blue Berry 50 g

有機牛油 Organic butter 50 g

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

將蕃薯（連皮）煮20分鐘至軟，加入有機牛油（和營養粉）搗碎；煮蕃薯同時蒸帶子，保留帶子汁，放在蕃薯蓉中。和藍莓一起餵飼 Cook sweet potato (with peel) in water for 20 mins till soft, add organic butter and mash it ; steam scallops on top of the cooking sweet potato, keep scallops juice, use it in the mash sweet potato. Serve mash sweet potato, scallop and blue berries

# 食譜 - 其他 II

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## • 帶子眉豆蓉紅莓 **Black Eye Pea Puree with Cranberries**

好處 Benefit: 使血細胞再生 Rejuvenate blood cells

其他重要營養 Other Star nutrients: 蛋白質，硫胺，鐵，鎂，磷和銅 Protein, Thiamin, Iron, Magnesium, Phosphorus and Copper

食材 Ingredients :

有機帶子 Organic Scallop 500 g

有機眉豆 Organic Black Eye Pea 200G

有機藍莓 Organic Blue Berry 50 g

有機牛油 Organic butter 50 g

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

將眉豆煮25分鐘至軟，隔水後加入有機牛油（和營養粉）搗碎；煮眉豆同時蒸帶子，保留帶子汁，放在眉豆蓉中。和紅莓一起餵飼 **Cook Black Eye Pea in water for 20 mins till soft, drain and add organic butter and mash it ; steam scallops on top of the cooking Black Eye Pea , keep scallops juice, use it in the mash Black Eye Pea . Serve mash Black Eye Pea , scallop and cranberries**

## • 帶子綠豆蓉粉絲 **Scallops with Mung Bean puree and Vermicelli**

好處 Benefit: 使血細胞再生 Rejuvenate blood cells

其他重要營養 Other Star nutrients: 蛋白質，硫胺，鐵，鎂，磷和銅 Protein, Thiamin, Iron, Magnesium, Phosphorus and Copper

食材 Ingredients :

有機帶子 Organic Scallop 500 g

有機綠豆 Organic mung bean 200 g

粉絲 Vermicelli 50 g

有機牛油 Organic butter 50 g

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

將綠豆煮25分鐘至軟，隔水後加入有機牛油（和營養粉）搗碎；煮綠豆同時蒸帶子，帶子下放粉絲吸帶子汁，放在綠豆蓉中。和粉絲一起餵飼 **Cook mung bean in water for 20 mins till soft, drain and add organic butter and mash it ; steam scallops on top of the cooking mung bean, place vermicelli underneath the scallops to absorb the juice. Serve mash mung bean , scallops and vermicelli.**

# 食譜 - 其他 III

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## 雞蛋 EGG

雞蛋含有豐富的鐵，維生素，礦物質和類胡蘿蔔素。雞蛋含葉黃素和玉米黃質等抗病營養素。Eggs are rich in iron, vitamins, minerals and carotenoids. Eggs contain anti-disease nutrients such as lutein and zeaxanthin.

### 1. 黃薑炒糙米蛋飯 Turmeric Scramble Egg with Brown rice

好處 Benefit: 使血細胞再生 Rejuvenate blood cells

其他重要營養 Other Star nutrients: 維生素C和鐵 vitamin C and iron

食材 Ingredients :

有機蛋 Organic Egg 4隻

有機青豆 Organic Garden Pea 2 湯匙 tablespoons

有機糙米 Organic Brown Rice 50 g

橄欖油 Olive oil 1 teaspoon

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

在不粘鍋中加入橄欖油炒雞蛋和青豆至熟，電飯煲煮糙米和黃薑，用營養粉調味

**Stir-fry eggs and garden peas together in a non-stick pan with olive oil till cooked, cook rice and turmeric powder in a rice cooker, season it with Nutrient Blend**

### • Sardines Cauliflower and Egg

好處 Benefit: 使血細胞再生 Rejuvenate blood cells

其他重要營養 Other Star nutrients: 維生素C和鐵 vitamin C and iron

食材 Ingredients :

有機蛋 Organic Egg 4隻

小沙甸魚（不含鹽） Baby Sardines (unsalted) 10 條 pieces

有機椰菜花 Organic Cauliflower 1 head 個

水 Water 30 ml

橄欖油 Olive oil 1 teaspoon

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

在不粘鍋中加入橄欖油和水炒椰菜花粒至熟，加入雞蛋炒，拌入小沙甸魚，用營養粉調味

**Stir-fry Cauliflower in a non-stick pan with olive oil till cooked, add in egg, then mix in with baby sardines, season it with Nutrient Blend**

# 食譜 - 其他 IV

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## • 菠菜蛋卷 Spinach Blueberry Egg Roll

好處 Benefit: 預防慢性病 Prevent chronic diseases

其他重要營養 Other Star nutrients: 維生素 K vitamin K

食材 Ingredients :

有機蛋 Organic Egg 4隻

有機藍莓 Organic Blueberry 2 湯匙tablespoons

有機菠菜 30 g

橄欖油 Olive oil 1 teaspoon

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

在不粘鍋中放橄欖油，加入雞蛋漿煎，拌入菠菜，用營養粉和藍莓調味

**Pan fry beaten eggs in a non-stick pan with olive oil, add in spinach, season it with Nutrient Blend and blueberries**

## • 鋼切燕麥蘋果奄列 Steel Cut Oat Apple omelet

好處 Benefit: 使血細胞再生 Rejuvenate blood cells

其他重要營養 Other Star nutrients: 維生素C和鐵 vitamin C and iron

食材 Ingredients :

有機蛋 Organic Egg 4隻

加拿蘋果 Gala Apple 1 個 piece

鋼切燕麥 Steel-cut Oat 2 湯匙 tablespoons

橄欖油 Olive oil 1 teaspoon

SPECIAL CARE 營養粉 0.3 g

WELLNESS 營養粉 0.3 g

在不粘鍋中放橄欖油，加入雞蛋漿和燕麥，用營養粉和蘋果粒調味

**Pan fry beaten eggs and oat in a non-stick pan with olive oil, season it with Nutrient Blend and apple cubes**



# 抗癌湯水 I

10 年客戶見證15款抗癌湯水分享，因每隻狗狗的體質不同，試食前必需參考中醫師的意見

## 胰，肝，脾 Pancreas and Livers, Spleen

### ◆ 補脾丸/湯

材料 Ingredients：大棗 Red Date、桂園 Longan, 各10粒 10 each

做法 How：磨蓉，搓成泥，分10粒 Mash, shape and divide in to 10 granules

用量 Dosage：10磅以下小狗日服一粒，常食 1 granule daily for a 10-pound dog, regularly

### ◆ 補脾小米大棗粥

材料 Ingredients：小米 Millet 50 g，大棗 Red Date 3 粒 pieces，水 Water 150 ml

做法 How：洗淨食材連水放電飯煲煮20分鐘

用量 Dosage：10磅以下小狗日服一次，常食 Once per day for a 10-pound dog, regularly

### ◆ 山藥茨實白扁豆湯 (健脾利濕粥)

材料 Ingredients：茨實 Shishi、白扁豆 White Lentils, 山藥 Chinese Yam, 各10克g each, 薏仁 Coix seed 約30克 g，大米適量 some rice，水 Water 500 ml

做法 How：洗淨食材，茨實、白扁豆浸半日，加點大米，連水放電飯煲煮45分鐘，煮到八成熟時，把山藥切成小丁放入（乾的山藥可一同下煲煮） Wash the ingredients, immerse shishi and white lentils for half a day, add some rice, and boil for 45 minutes in the rice cooker. When it is almost done, add in some small dices of yam

用量 Dosage：10磅以下小狗可每週喝三次 Three times per week for a 10-pound dog

### ◆ 養肝綠豆湯

材料 Ingredients：綠豆 Mung Bean 80 g 水 Water 500 ml

做法 How：綠豆洗淨，冷水放電飯煲，加蓋煮，中途不可開蓋；沸騰5-6分鐘後立刻關火，將湯倒出來 Wash the mung bean, put it in rice cooker with cold water, cook it for 5-6 minutes, done.

用量 Dosage：10磅以下小狗可每週喝三次，此時是湯最綠的時候，也是最養肝護肝的，切不可煮過頭，那就只有解毒的作用了 Three times per week for a 10-pound dog, when the soup is the greenest, it is also the most liver-protecting status. It must not be overcooked

### ◆ 健胰湯

材料 Ingredients：加拿蘋果 Gala Apple 1 個 piece，山楂 Hawthorn 半錢 half a mace, 水 Water 500 ml

做法 How：材料洗淨，蘋果去籽，全部冷水放電飯煲，加蓋煮，中途不可開蓋；沸騰15分鐘後立刻關火，將湯倒出來 Wash all the ingredients, remove seeds from the apple, put the two ingredients in cold water in the rice cooker, cover and boil for 15 mins, do not open it during the process

用量 Dosage：10磅以下小狗可每週喝三次，切不可煮過頭 Three times per week for a 10-pound dog, It must not be overcooked

### 注意事項 Notes：

- \* 動物性補血食物脾虛的很難吸收 Plant nutrients are easier to digest and absorb for dogs with a weak spleen
- \* 脾氣，虛消化能力弱的不能碰阿膠 Donkey Blood is harmful to those with a weak spleen
- \* 蓮子中含有一種叫做cycasin的強效毒素，即使只吃一粒種子也可能是致命的，Lotus seeds contain a potent toxin called cycasin that can be fatal, even if the dog only eats a single seed (月餅中的經大量油和糖中和了毒性，但體弱年老狗最好避免 The oil and sugar in the moon cake neutralize the toxin in the seeds, but dogs should avoid it)
- \* 小米：味甘，鹹性，腎脾胃經，補益虛損，除熱解毒，止腹瀉 Millet: sweet, salty, friendly to kidney, spleen and stomach, strengthen immune system, helps with detoxification and stop diarrhea



# 抗癌湯水 II

腎，血，口腔 Kidneys and Blood, oral

❖ 當歸補血丸湯

材料 Ingredients：西洋參 US ginseng，當歸 Angelica 各10 克 g

做法 How：烘乾磨粉，加10滴水搓成泥，分20粒 Toast then grind it into powder, add 10 drops of water and neat it, divide into 20 granules

用量 Dosage：15磅以下小狗日服一粒 A dog under 15 pounds will take one granule daily

❖ 五苓散 (護腎補腎陽)

材料 Ingredients: 澤瀉 Alisma 20克，白朮 Atractylodes、豬苓 Poria、茯苓 Aporia各12克，桂枝 Cinnemon 8克

做法 How：烘乾磨粉，加15滴清水搓成泥，分40粒 Toast then grind it into powder, add 15 drops of water and neat it, divide into 40 granules

用量 Dosage：15磅以下小狗日服一粒，一星期三至五次，可放到湯中 A dog under 15 pounds will take one granule daily, 3 to 5 times per week, or serve with food

❖ 冬瓜薏仁湯 (護腎)

材料 Ingredients: 薏仁 Coix seeds 10克 g, 冬瓜 Winter melon 200克 g 有機肉 50 克 g, 水 Water 500 ml

做法 How：冬瓜切片後和薏仁 一起煮煮到瓜爛 Cut Winter melon into slices and cook them till the melon is half melted

用量 Dosage：15磅以下小狗一星期三至五次 A dog under 15 pounds can have this 3 to 5 times per week

❖ 蒲公英根水 Dandelion root water (口腔, 膽)

材料 Ingredients: 蒲公英根 Dandelion root 3 g, 水 Water 500 ml

做法 How：將蒲公英根放入水中煮沸5分鐘 Put dandelion root in to water and boil for 5 mins

用量 Dosage：20磅以下小狗一星期三至五次 A dog under 20 pounds can have this 3 to 5 times per week

注意事項 Notes：

- \* 山藥: 味甘, 性平, 歸脾肺, 腎經, 有補脾養胃生津養肺補腎功效
- \* 氣虛導致血虛：年老體弱，血虧氣虛，疲倦，傷口不癒合，慢性盆腔炎和慢性泌尿系統感染等
- \* 西洋參：味甘，味苦、性涼，心肺腎經，有補氣養陰清熱生津等功效
- \* 血虛和貧血不同，所謂血虛是指血不是有活力的血，這種血因為動力不足而不能提供營養到身體各部位
- \* 血虛根源為雌激素過多、環境污染問題、藥物、化學產品分解產物中成為”環境雌激素

# 抗癌湯水 III

## 心、肺、皮膚 Heart and Lung, skin

### ❖ 護肺潤肺丸

材料 Ingredients: 玉屏風 YuPingFeng, 黃芪 Astragalus, 白朮 Atractylodes, 防風 Fang Feng 各 10 克 g

做法 How: 烘乾磨粉，加 8 滴清水搓成泥，分40粒 Toast then grind it into powder, add 8 drops of water and neat it, divide into 40 granules

用量 Dosage: 15磅以下小狗日服一粒，一星期一次，可放到湯中 A dog under 15 pounds will take one granule daily, once per week, or serve with food

### ❖ 補肺

材料 Ingredients: 黃芪 Astragalus 10 克 g，大棗 3 粒

做法 How: 磨蓉，搓成泥，分10粒 Mash, shape and divide in to 10 granules

用量 Dosage: 15磅以下小狗日服一粒，一星期一次 once per week

### ❖ 活血

材料 Ingredients: 黃芪 Astragalus 10 克 g，桂枝 Cinnamon 5 克 g，水 Water 700 ml

做法 How: 放入水中煮沸10分鐘 Boil for 10 mins

用量 Dosage: 15磅以下小狗，一星期一次， ounce per week

### ❖ 溫肺

材料 Ingredients: 黨參，西洋參，太子參，黃芪，白朮，茯苓，山藥，扁豆 各 10 克 g，水 Water 1000 ml

做法 How: 放入水中煮沸15分鐘 Boil for 15 mins

用量 Dosage: 15磅以下小狗，一星期一次， ounce per week

### ❖ 補精神

材料 Ingredients: 山茱兒 Hawthorn 10 克 g，紅蘿蔔 Carrot 2 片，瘦肉 5 片，水 Water 500 ml

做法 How: 放入水中煮沸20分鐘 Boil for 20mins，不用去油

用量 Dosage: 15磅以下小狗，一星期三次，常飲， 3 times per week, regularly

### ❖ 潤肺

材料 Ingredients: 加拿蘋果，雪梨各一 Gala Apple, Chinese Pear, one each，水 Water 500 ml

做法 How: 放入水中煮沸20分鐘 Boil for 20mins

用量 Dosage: 15磅以下小狗，一星期三次，常飲， 3 times per week, regularly

## 注意事項 Notes:

\* 山茱兒 Hawthorn: 味酸，性微溫，歸肝，腎經，有補益肝腎收斂固澀等功效

\* 紅蘿蔔 Carrot: 熟食更易吸收維他命c，每天不能超過100克，煮食時加入適當油份，幫助維他命A釋放保存

# 補充品

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在草藥中，肝臟，胰腺，腎臟，脾臟疾病是相關的，心臟，肺和皮膚問題也是如此

In herbal medicine, Liver, Pancreas, Kidney, Spleen diseases are related , so are heart, lung and skin problems

[iherb.com](http://iherb.com) 和各大藥房有售，請注意劑量，按小狗體重分配

**Available at Iherb.com and major pharmacies, please pay attention to the dosage, adjust usage accordingly to the weight of the your puppy**

## 肝臟，膽, 胰臟

ENZYME 消化酵素

Coconut Oil 椰子油

Nutritional yeasts 營養酵母

Milk Thistle 奶薊 / Silymarin

Probiotic 益生菌

Dandelion root 蒲公英根

## 腎臟，脾臟

Spirulina 螺旋藻

Beetroot (Intrinsic factors helps with the absorption of B12) 甜菜根 (內在因素有助於吸收B12)

## 心臟，肺和皮膚

Turmeric 薑黃

Vitamin C 維生素C

Omega 3 歐米加3



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