

## **Gelatin with Giblets for Dogs (Dog Jello)**

By Carol Ely, updated April 2013

### **Works Great towards improving Joints**

This was something that I created after hearing about someone else's dog improving after they added gelatin to their dog's food. My personal experience is that I had 2 dogs having similar problems one in the hip/spine area and one in the right rear leg. Both dogs improved after I added this to their food. So now all my dogs (currently 4) get Dog Jello added to their food. Sometimes I give it a full week and then skip a few days. I always use it the week before an agility show so they are feeling at their best for all the jumping.

From ehow.com – “Collagen is the main ingredient of gelatin. Collagen is a protein found in animal tissues, ligaments, tendons, bones and skin. When you add water to powdery collagen-rich gelatin, the protein loosens, resulting in a wiggly, semi-solid, gel-like substance.”

So if you realize it or not, the answer to joint problems, could be (and I am not a scientist or a doctor) that the animals would have naturally chewed, eaten and fed to their young Collagen in its natural form, when in the wild. The dog food, we feed -kibble, can and even most raw diets are missing this important ingredient, or contain very little.

### **Cooking -**

Note: I make a large pot, so I can freeze it into smaller bags, and take out as needed.

#### Ingredients:

- 3 large packages of Chicken Giblets (prefer hormone free) this would contain hearts and gizzards of the chicken. Do not use or add liver. Liver is the body's cleanser; it has been proven it is not beneficial to eat.
- 8 packages of unflavored Gelatin (if you are using a smaller pot reduce the amount of gelatin)
- Lots of water, you can add more as you check on the cooking.

Cut gibblet pieces into  $\frac{1}{4}$ " to  $\frac{1}{2}$ " size, and place in large pot. Add water up to 1" from top of rim of pot (you need extra water, so more water than just to cover the giblets). Cook for 30 min. While water is still hot, add gelatin packages. Slowly pour gelatin lightly over hot water in pot and stir frequently or gelatin with "glob". Remove from heat and cool completely.

Using good quality quart freezer bags by ladle or large spoon put  $\frac{1}{2}$  water/gelatin and  $\frac{1}{2}$  giblets into each bag, and check that seal is good and no leaks.

Lay bags flat in freezer, so they are easy to remove later.

### **Feeding-**

Defrost bag of Dog Jello day before you plan to feed.

I feed twice a day (preferred method and highly recommended). At one or more feedings you can add small amounts of the dog jello. I use approximately 1 teaspoon or less for really small dogs and a couple of tablespoon size for the large dogs. After 2-3 weeks you may see a difference in how your dog acts feels and just carries their tail and has a bounce in their feet. I did and I hope this is helpful to others. Remember there haven't been any scientific tests to prove this but if you pay attention or video tape your dog doing activities that they normally do (like just walking around the house). You can review back on the tape to see if you notice a difference. I really hope this helps someone else as it has my dogs.