

# ALERT



## False Science Alert

***An example of how reading professional opinions online about science can lead into science fiction.***

Below is an excerpt from an article published in a highly esteemed dog magazine. It is often looked to for nutritional information. I received in an email from someone who was contemplating feeding Kumpi, but was frightened due to the 'information' she had received from a friend.

***This is a compelling example of 'false science.'***

Personal titles can be very compelling and terminology can be as well. However, when you read through the article and realize that the opinions are in total contradiction with people who are experts in their field, you realize the need to do your research on the science of nutrition very thoroughly.

The email I received:

Evy,

What are your thoughts on the gluten in corn?

I just recently read this excerpt below (on one of the canine epilepsy lists that I'm on), and I'm a little concerned about corn being such a major ingredient in your Kumpi food, since there is some concern re: whether Max's skin problems might be allergy related.

Can you read this and tell me if you agree--or disagree? I'm getting so confused re: everything that I've read that I don't know if I'm coming or going.

(Name Withheld)

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In The Whole Dog Journal, Dr. Symes explains that gluten (wheat, barley, corn and rye) can act like glue in the intestine, clogging the villi, (structures in the intestine which enable nutrients to be absorbed) and creating a kind of sub clinical malnutrition. "It's the nature of the starches to be sticky" says Dr. Symes. "As it turns out, the foods that are the stickiest are the ones that cause the most problems. Wheat and soy are the worst, while oats and rice seem to be the best - the least sticky." Dr. Symes recommends choosing foods without wheat, barley, soy, rye or corn. Oats are the safest, and rice should only be eliminated if allergies or symptoms persist after removing the other grains.

In same article, Dr. Dodds says that her recommended home-prepared liver cleansing diet, which

is gluten free, (no wheat, barley, soy, rye or corn) has also helped in reducing seizures, allergies, GI upsets, inflammatory bowel disease and liver dysfunction. In a presentation to the 2004 conference of the American Holistic Veterinary Medical Association, Dr. Dodds notes that her liver cleansing diet "works very well for canine epilepsy patients." Dr. Dodds thinks Dr. Symes gluten free diet is excellent and states that she uses something very similar for all her patients. She has said that she would not recommend feeding any dog a gluten-rich diet.

Courtesy of (Name Withheld), Ph.D.

Source: Whole Dog Journal, "Going Gluten Free"

Dr. Jean Dodds

It's understandable that she would be concerned about causing malnutrition in her dog!

Additionally I found this quote from Dr. Symes online:

Gluten can act like glue in the intestine, clogging the villi. This in turn can result in villous atrophy in those who are susceptible. "It's the nature of the starches to be sticky," says Dr. Symes. "As it turns out, the foods that are the 'stickiest' are the ones that cause the most problems. Wheat and soy are the worst, while oats and rice seem to be the best – the least sticky. Corn is in the middle."

## **NOW IT IS TIME FOR SOME FACTS FROM EXPERTS IN CELIAC DISEASE!**

One glaring error shows up in a statement attributed to Dr. Symes in telling people to stay away from the high gluten grains: wheat, barley, CORN and rye.

### ***The error is that CORN is in the list.***

Jackson Siegelbaum Gastroenterology is an esteemed medical group who are specialists in gluten. In their web site information (link shown below) they clearly point out what food to avoid and what food you can eat all you want of if you are sensitive to gluten or have Celiac Disease.

Below is an excerpt from the web page below which provides a good deal of wonderful information about the truth concerning gluten and what foods are high in gluten and what foods are not. These are real nutritional facts. Not some well meaning but misinformed doctor listing corn as a gluten problem food.

The person who prepares the patient's food must fully understand the gluten-free diet.

Read food labels carefully:

- **Do not eat** anything that contains the following grains: wheat, rye and barley.
- At one time, oats were thought to contain some gluten. It has now become apparent, however, that oats frequently were processed in machines that also processed wheat. Most manufacturers no longer do this, although if there are any questions, a person should get reassurance from the manufacturer by mail, email or phone.
- The following **can be eaten** in any amount: corn, potato, rice, soybeans, tapioca, arrowroot, carob, buckwheat, millet, amaranth and quinoa.

[www.gicare.com/diets/gluten-free.aspx](http://www.gicare.com/diets/gluten-free.aspx)

Corn began to be demonized when the 'premium' pet food industry wanted to gain market share and played the game of "they have *it* in their food and we do not." If you take the time to read through my web site, you will find that science *supports* corn as a wonderful ingredient for many reasons. Just about every 'premium' web site boasts about not having corn and the brainwashing continues.

If even a seasoned professional can be duped, what hope do I have to get you to even consider trying a bag of Kumpi if you have been exposed to the blogs, forums and online experts?

Come on now – I started this company in 1998 while working in the field of dog behavior to offer an alternative to corporate America. I wanted to know I was referring and feeding the best possible! That only has not changed, but has grown since the recalls. I'm the one answering the phones and taking accountability for your dog's health and safety.

Why wouldn't you want to feed a product formulated by the man who has products used by The San Diego Zoo and other premiere entities? Nutrition is a SCIENCE that the man who formulated Kumpi dog food is intimately acquainted with, as well as its chemistry. He knows *about* veterinary medicine, but if my dog were having medical problems I would go to a veterinarian. I wanted the best of science in nutrition and I'm proud to have this man on my team!

*Euy*

President

Kumpi Pet Foods – Where Your Dog Gets The Profits & Not A Stockholder

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## Facts Versus Myths Concerning Corn in Dog Food Nutrition

Written By: Mark Urbanosky

### **STATEMENT:**

Corn is very high in sugar, and it will feed disease, cancer to name one.

### **RESPONSE:**

Corn is not "very high" in sugar. This is scientifically false. The uneducated seem to think corn is high in sugar because high fructose corn syrup is produced from corn. So it must be high in sugar right? No, it isn't high in sugar. Like most cereal grains, it is high in starch and the process of making high fructose corn syrup takes cornstarch and in a chemical process converts it to the high fructose corn syrup. It isn't just high in sugar in its natural grain form.

You've also heard about sweet corn too haven't you? So that means all corn is high in sugar too doesn't it? Well, the answer is no. Sweet corn is grown for human consumption and sold canned or on the cob during the harvest season. It contains a sugar content from 3.1% (yellow) to 4.1% (white). This has nothing to do with the corn used in Kumpi.

There are many varieties of corn. Corn is the primary grain grown in the USA by far. The primary type of corn grown is referred to as Yellow Dent Corn. This feed grain corn is not what you buy on the cob in the store as sweet corn.

## **ABOUT KUMPI'S CORN:**

Dry yellow dent corn has a sugar content of 0.6%. The corn used in Kumpi is Whole Grain Yellow Corn Meal is ground yellow dent corn. This contains 0.6% sugar. This is actually a VERY LOW sugar content for a food ingredient.

## **BE CAREFUL ABOUT WHAT YOU HEAR AND BELIEVE IS TRUE!**

Funny how in this case the facts are precisely the opposite of what is often asserted as true or is simply believed. Don't play nutritionist! Nutrition is a SCIENCE unto itself. It is not a hobby and you will be misled into nutritional beliefs that you think are true when the FACTS CLEARLY POINT OUT that something quite different is actually true. Be careful! Yes, nutrition is an interesting and fascinating intricate science. Like all sciences new things are being learned and researched by professionals. The example here about corn's sugar content is a textbook example of the ignorance that permeates the nutritional blogs and often misleads well meaning pet owners into very bad dietary decisions for their pets.

See the web site [www.dietaryfiberfood.com](http://www.dietaryfiberfood.com) under the carbohydrate and sugar area you will find a list of foods and their actual sugar content. The analysis is shown as the number of grams of sugar per 100 grams of the food item in its stated form. (Dried or natural form, etc.) The analysis: grams sugar per 100 grams of food is the same as percent because it is noted in parts per 100. That is what percent means, parts per hundred.

Understand what you are looking at!

Some of the foods are analyzed in a dry form like sun dried tomatoes have a sugar content of 37.5% while fresh red ripe tomatoes with all the moisture (natural water content) still contained within has a sugar content of 2.7%. The difference is the absence of the water in the dried tomatoes. The sugar remains while the high moisture level leaves upon being dried. Thus the now much lighter dried tomatoes have the same volume of sugar they had as the water heavy red ripe tomatoes but now the water is almost all gone. So the sugar percent of the lighter weight tomatoes is now much higher.

Examples of natural sugar content in foods (obtained from the web site above):

- Dried Apples: 57.2%
- Raw Apples: 10.1%
- Raisins: 59.2%
- Raw Grapes: 15.5%
- Sweet Potatoes: 8.4%
- Yellow Sweet Corn: 3.1% (*This is **NOT** the corn used in Kumpi.*)
- Sunflower Seeds: 2.7%
- Buckwheat Flour: 2.6%
- White Potatoes: 1.7%
- Whole Grain Yellow Corn Meal: 0.6% (*This is the corn used in Kumpi.*)

Corn is very high in sugar? **NO WAY!**

FACT: Corn is very **LOW** in sugar.

**STATEMENT:**

Corn is not very digestible.

**RESPONSE:**

Scientific studies done on dogs show it to be HIGHLY digestible.

It has been trendy to indict corn for not being digestible, but if you check the stats from a scientific study you will see how highly digestible corn is. (DM = Dry Matter)

<b>Apparent digestibility coefficients (%) of ingredients for dogs.</b>					
<b>Ingredients</b>	<b>DM</b>	<b>CP</b>	<b>EE</b>	<b>Starch</b>	<b>NFE</b>
Pearl Millet	86.1 <sup>a</sup>	77.2 <sup>b</sup>	81.7 <sup>a</sup>	99.1 <sup>a</sup>	89.2 <sup>a</sup>
Rice Bran	90.5 <sup>a</sup>	74.8 <sup>bc</sup>	66.8 <sup>b</sup>	99.2 <sup>a</sup>	94.4 <sup>a</sup>
Sorghum Grain	90.4 <sup>a</sup>	88.6 <sup>a</sup>	78.6 <sup>a</sup>	98.7 <sup>a</sup>	92.0 <sup>a</sup>
Wheat Meal	60.7 <sup>c</sup>	67.5 <sup>cd</sup>	53.8 <sup>c</sup>	89.6 <sup>c</sup>	56.1 <sup>c</sup>
Corn Grain	89.3 <sup>a</sup>	88.6 <sup>a</sup>	83.0 <sup>a</sup>	98.5 <sup>a</sup>	90.0 <sup>a</sup>
Rice Meal	56.3 <sup>d</sup>	72.5 <sup>bcd</sup>	85.2 <sup>a</sup>	90.4 <sup>c</sup>	43.5 <sup>d</sup>
CV, %	5.3	9.2	9.9	1.7	5.0

Nutrient digestibility of the feed ingredients for dogs /  
C.M.L. Sa-Fortes, N. K. Sakomura, A. C. Carciofi, M. O. Mendonca and E. V. V. Freitas

Research performed on corn digestibility in dogs indicated that the digestibility of extruded cooked corn like the corn in Kumpi is very highly digestible. In that scientific nutrient digestibility test dogs were fed the dry extruded ingredients below and digested them at the following percentages on a dry matter basis:

**Grain Nutrient Digestibility in Dogs:**

- Corn: 89.3%
- Wheat: 60.7%
- Rice: 56.3%

**STATEMENT:**

Corn has a terrible fatty acid profile, being very high in Omega 6 - Linoleic Acid.

**RESPONSE:**

First of all Omega 6 fatty acids (Linoleic Acid) is a high quality very important fatty acid that has been PROVEN BY SCIENCE to be necessary in a dogs diet. This statement starts off on the completely wrong premise that corn being high in Omega 6 fatty acids is bad. First lets understand how much fat is in corn in the first place. The corn in Kumpi contains 3.5% fat. The Omega 6 fatty acid level in the fat is about 60%. So, 60% of 3.50% is 2.1%. So the corn in Kumpi is about 2.1% Omega 6 fatty acids. Corn is an important ingredient in Kumpi. Kumpi is not just corn. In the latest scientific findings as evidenced by the National Research Council's publication of it's Nutrient Requirements of Dogs and Cats (November 2006) the need for Omega 6 fatty acid as the leading necessary fatty acid that a dog must have when compared to other fatty acids like Omega 3 (Linolenic Acid) is shown and is

stated in the book. The nutrient requirements for dogs in the book show that Omega 6 fatty acids are the primary specific fatty acid that should be included in food for dogs. In fact it is recommended at a rate over 20 times higher than Omega 3 (Linolenic Acid) or Eicosapentaenoic + Docosahexaenoic Acids!

Recent studies in humans and some animal studies show that Omega 3 fatty acids along with fish oils help reduce inflammation in the animals. We know and understand this and Kumpi contains flaxseed and fish oils to address this very issue. It doesn't mean that Omega 6 fatty acids aren't needed. They are needed and excellent research on dogs has been done which proves this. Kumpi's fatty acid profile ratios are correct and exceed the minimums required in the new NRC publication.

**STATEMENT:**

Corn, unless a special modified strain (not used in feed as best as I can find), is low in tryptophan and thus is a serotonin inhibitor.

**RESPONSE:**

Of course corn is low in tryptophan. Tryptophan is an amino acid and thus part of the protein content of corn. But, corn is LOW in protein thus is low in all amino acids and is not used to be a source of the tryptophan requirement needed by dogs. Whoever wrote this must have been referring to the research that was done some time ago to show if dogs did not get enough tryptophan this may inhibit their production of serotonin in their brains. That research was on tryptophan to prove what one of its functions is metabolically. Corn was fed to the dogs because it only has 7.9% protein and is naturally low in the protein tryptophan. That is why the researcher used a grain. All grains contain less protein than a dog needs and therefore all contain less tryptophan than dogs need. This researcher used corn because dogs eat corn well because they like it and it is low in protein.

So, Corn is not used in Kumpi to provide the tryptophan or any of the other necessary amino acids dogs need. The higher protein ingredients like pure chicken meat meal, lamb meal, fish, chicken liver, dried eggs and dried cheese are carefully balanced in the correct levels to provide all of the correct amino acid levels (including tryptophan) as indicated by the new NRC for dogs. We have every amino acid level covered and have them in the proper ratios as is indicated in the NRC book.

Kumpi is formulated to be optimal in nutritional performance, not simply adequate.

**Kumpi pet food performs like no other you've ever tried.**

***Try it soon and see for yourself!***



**[www.kumpi.com](http://www.kumpi.com)**