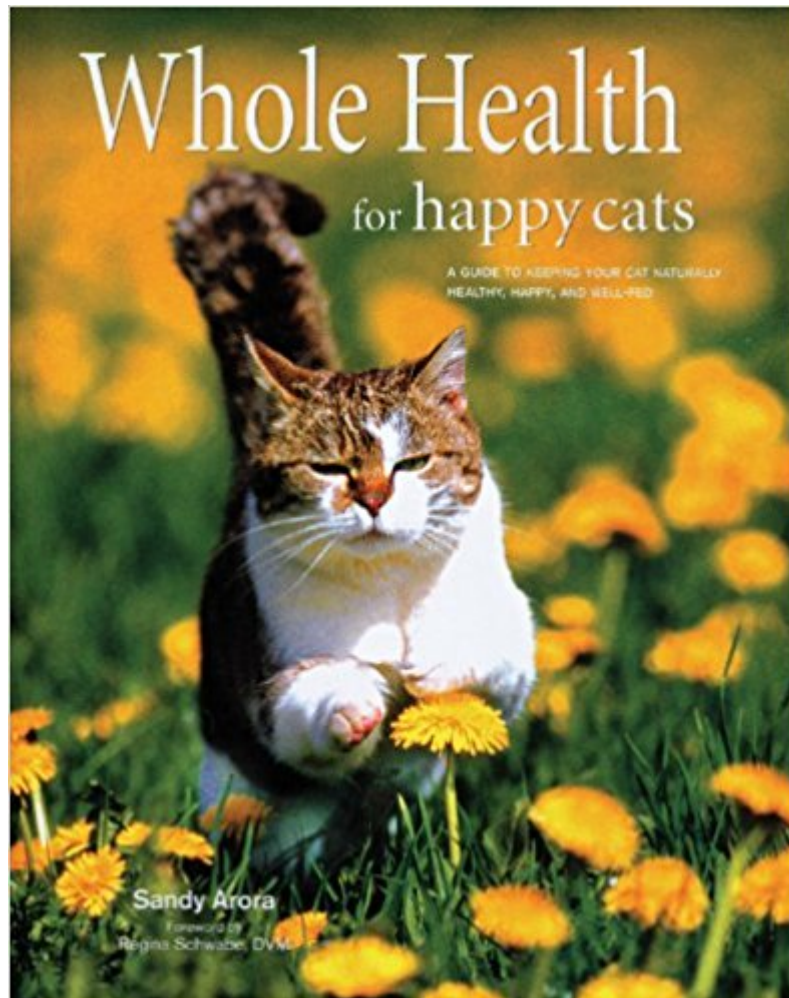




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Whole Health For Happy Cats



Synopsis

Domestic cats have high cancer rates, chronic disease, and immunodeficiency in spite of increased indoor living, plentiful food, and limited exposure to infectious agents and parasites. This book emphasizes prevention. To prevent disease, we try to make environmental and dietary choices that support the vital energy to the body. Obvious requirements include proper light, fresh air, and clean water as well as exercise, stimulation of the senses, and food that nourishes without harming. But meeting these requirements requires some effort. If it were a simple choice, many people would choose to treat and care for their pets with natural therapies. Unfortunately, most cat caregivers find the expectations and requirements of natural pet health care fairly imposing. *Whole Health for Happy Cats* provides the basic information you need to incorporate holistic treatments into your cat's everyday care, reduce health care costs, and help your cat enjoy a long healthy life. *Whole Health for Happy Cats* translates the dry and often-overwhelming scientific data found in other cat care books into everyday language. The easy-to-follow guidelines teach cat caregivers to use holistic remedies at home, including homeopathy, aromatherapy, and flower essences. In addition, sidebars, comparison charts, decision-making guides, and extensive resources make this an easy-to-read and informative book.

Book Information

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Customer Reviews

Sandy Arora has devoted the last eight years to helping people feed their cats a species-appropriate diet, and treat their cats' health using gentle holistic means. Through her *Holisticat* mailing list on yahoo and website holisticat.com, she has counseled hundreds of cat caregivers, and continues to give freely of her time. She resides in Virginia.

I'd love to give this book 5 stars, as I really like the way the information is presented, but the one problem I have with the book is that I made the garlic infused olive oil by the recipe in the book, and applied it to my cats ears as the book suggested. On page 96 there is a list of herbs that should never be used internally or externally and garlic was listed...So I love the book and do think that there is great information in it, but am totally thrown off by the books suggested external use of garlic for ear mites in one chapter, then a suggestion later in the book that garlic should never be used internally or externally...

I love this book as it covers everything you need to know about raising your felines in a more natural, holistic way. It's filled with beautiful photographs and is an easy read. The chapter on nutrition thoroughly explains what foods are critical to a cats' diet, which foods to avoid and what supplements to add. It even supplies several recipes for homemade, species appropriate, raw meals which I am currently feeding my 4 cats. It has a chapter on vaccines which has proved to be very helpful as well as the section about herbal home remedies for common minor ailments. This book basically helps you get more in-tune with your cat physically, nutritionally, mentally and emotionally. It guides you to help him live a longer, healthier and happier life. I highly recommend it. 9-30-2014 UPDATE: While I still love this book and all of the information it provides, I had to come back here to take away 1 star from my original review. I've been preparing a raw food diet for my 4 cats for going on 3 years now and it has been very successful. However, I was using a different recipe from another source when I first read this book. Recently I decided to try the recipes in Sandy Arora's book to provide some variety for my cats. Well there is a glaring error in the recipes, as in, an editing error I believe, in that the actual step by step instructions lack the information as to when to add the supplements to the food mixture(s). Since I'm experienced at preparing raw food already, I can guess where/when they would be added but to those looking to start this method for the first time, this would be very confusing and a bit troubling. I was willing to just overlook this error and move on but when I visited her website, [holisticat](http://holisticat.com), there was no where to contact her or anyone else to point out this issue with the book. Furthermore, when I registered to participate in the forums, I was informed that in order to actually post any messages or ask questions, I would have to pay a \$25.00 fee. Apparently just buying her book is not enough to just get an answer to a question about it. This is a bit disappointing.

To another pet parent looking for a balance between nutrition and ease of sticking to the routine,

this provides guidance sometimes omitted if just dealing with a vet on an annual basis. Our Moxley's 11.5 years young and we almost lost him to urinary cystitis over six years ago. Luckily, his vet successfully performed a perineal urethrostomy and he's been trouble free since. Although excessive ash in his food was allegedly to blame, it made me re-evaluate what he was eating. He also had slight allergies and some dry spots over his eyebrows which we were told were untreatable as they did not respond to prescription creams. Otherwise, he seemed healthy. Since then, he eats home made food, often raw, with fish capsules squished into the commercial food he gets as a treat. His fur is glorious, eyes clear, dry spots forgotten and he is focused on getting the most out of his life. (If you want to see the sheen of his fur, check out YouTube for Moxley cat spanking). We recommend this book as a great addition to a home library and to share with other (less enlightened) pet owners. When the horror of the pet food recalls happened, we felt safe and grieved for others' loss. No one should blindly trust "corporate strangers" in their pet's welfare. This book will help you take control of it with ease.

Sandy Arora's book is a wonderful addition to my cat care library. She came to holistic means of healing for her cats via an illness - her cat suffered from kidney failure and cardiomyopathy. Through choosing alternative methods, her pet lived more comfortably and longer than expected. After this experience the author started what is now one of the best online discussion groups for natural cat care, Holisticat. Over eight years she devoted her time to helping other cat caregivers with disease prevention and defining good nutrition. Whole Health for Happy Cats is obviously an incredibly well researched book that is not at all overwhelming to take in, especially for those new to natural rearing. It is filled with color pictures, easy to follow lists and highlighted suggestions. The book is divided into two sections - the first on prevention and the second on wellness. If you are going to buy just one book on natural care for cats in my opinion this would be the best choice of what is in print. It is also an incredible choice for a gift book. i have already bought ten copies to give to friends. Kudos to you, Sandy Arora!

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