

CHAPTER 14: PET HEALTH TIPS

Animals need more nutrition than what is found in most commercial pet foods. Most cat and dog foods are low quality and are the waste products of our own food. Worse, if the ingredients state there are byproducts, it could mean the product includes parts of diseased animals that were euthanized. Corn byproducts are bad for people as well as animals. That is why more cats and dogs are sick today with human diseases (like cancer) than several years or decades ago. Whether it's animal medicine or human medicine, big business seems to be the priority rather than a cure. In general, animals thrive on the same nutritionally balanced diet as humans. It also holds true that, if a food is unhealthy for a person (salt, sugar), then it's also unhealthy for your pet. Natural remedies are usually a better solution to combat illness and health problems.

There is controversy as to whether dogs and cats can or should be complete vegetarians. Some claim the cruelty of slaughtering selected animals for the existence of others is hypocritical. Dogs are mostly carnivores. However, I have observed some dogs become less aggressive on a vegetarian diet. Though vegetarian diets seem to make dogs happier and calmer, some veterinarians claim that it can really make your dog sick and weak due to malnutrition. Cats are complete carnivores, so a complete vegetarian diet would be robbing them of nutrition that is vital for their survival. The lack of taurine, which is found primarily in meat, can cause convulsions or seizures, if not complete death, for cats in particular. Cats and dogs that don't have any nutritional foods added to their meals, like vegetables, have the risk of kidney or liver problems, particularly from a rich and acidic diet. Some experts swear that a diet of dry food is sufficient for their pet because it contains a lot of roughage and is great for their teeth. Still, dry food alone can dehydrate your pet. I have found that adding a little bit of ground flaxseed meal, ground sunflowers, and wheatgrass powder is very good for indoor pets and is comparable to expensive vitamins that are sometimes loaded with sugars and unhealthy ingredients.

I have also found that dogs and cats turn to grass or sometimes fruit when they are unhealthy. They also know instinctively when to fast (sick, depressed, etc.). The chlorophyll in grass neutralizes poisons and helps their bodies' pH balance.

Animals can benefit people mentally and physically. I have heard that there is proof that the cat's purr can help osteoporosis and the "hypnotic"

vibration is soothing and healing. Unconditional love from your pets helps depression and heart problems, lowers blood pressure, and so much more. Obviously, a dog forces a person to exercise. Giving love to your pet and receiving love from your pet helps both immune systems.

When in doubt, go natural. Example: Horses naturally graze with their heads stretching downward. Instead, horse owners prefer feeding concentrated foods in feed bins that are placed in high areas. This restricts their natural neck placement, which disrupts a horse's natural flow of enzymes. This can then promote diseases such as colic.

Purebreds are the subject of many debates. Breeding enhances certain flaws and diseases in the animal. For instance, over-breeding can cause a calcium loss that affects the pet's nervous system. Mutts are the healthiest pets. And of course, one of the cruelest acts to animal kind is declawing a cat or clipping dogs' ears and tails. Aside from being unnatural, the animal lives in constant pain. Cat's defense mechanism is that it can mask extreme pain. Therefore people assume many times that a cat is fine when it is not. Many times the side effect of declawing shows up later in another internal disease like kidney failure.

Most importantly, exercise is necessary for all pets. This means, whatever pet you may have, give it the opportunity to move or exercise. I think it's cruel when I see even the tiniest pet in small living quarters. That is the pet's home, not a decoration for your house or office. Cats should be able to run around. Horses should exercise daily or have room to wander around. Dogs should have room to run around as well, during a daily walk. Dog walking (primarily with a choker) is an exercise that teaches the dog to focus and listen, and is it also good for a neurotic, shy, or aggressive dog because it tires the dog into submission and trust. Walking your dog also improves your relationship with your dog, teaching him that you are in charge. You should walk the dog on your left side, slightly in front of you, to teach them the dog you are the leader of the pack, because dogs are pack animals. A treadmill can be used for dogs, much like the hot-walker is used to walk horses. Dog walking is known to help combat depression, anxiety, and constipation. This is a healthy relationship that your dog will appreciate.

Although everything suggested in this chapter should be checked by your veterinarian, it's best to keep your pet's diet simple, natural, and nutritious.

PET HEALTH TIPS

QUICK HEALTH TIPS FROM A-Z

- ☞ Arthritis: Sunshine, EFA oils, massages, calcium supplements like bone meal.
- ☞ Bad breath: Super-greens (spirulina, barley grass, etc.). All greens neutralize poisons.
- ☞ Coat and skin: EFA oils, brushing, combing, massaging the coat, and sunshine. Too many baths are unnatural and rob the pet's coat of its natural oils.
- ☞ Constipation: Animals should be regular. The animal's health can be determined by looking at the pet's stools (for worms, parasites, etc.). Fiber and vegetables are great for both cats and dogs. Many cats have a problem with constipation and diarrhea, therefore, they need high-fiber foods added, like pumpkin. Aloe vera is a gentle laxative that also helps with diarrhea. EFA oils are also excellent. Exercise and drinking lots of water also helps regularity.
- ☞ Dehydration: Fruit such as watermelon helps prevent dehydration. This is because the sodium in the fruit holds the water and natural sugar in the fruit, supplying the pet with energy. Fresh water is vital but can also be a diuretic.
- ☞ Depression: Dogs and cats, in particular, should never be left alone. A pet companion is necessary if they are mostly home alone. In addition to a nutritious, balanced diet, sunshine and exercise helps keep your pet happy.
- ☞ Exercise: All pets should be exercised daily. Dogs need the walks more than room to run on their own. Exercise helps fight anxiety, depression, aggression, and constipation, and it creates a bond with your dog. Hamsters and other rodents need exercise wheels and plenty of space.
- ☞ Flea, worms, and parasites: To get rid of these put B vitamins, brewers yeast or garlic in their meals (horses included). Seaweed baths, or tea-tree oil baths are helpful.
- ☞ Infections, colds, and other diseases: Fresh air, super-greens, vitamin C powder, liquid diets, lots of fresh water, EFA oils, and plenty of rest. Some claim yogurt naturally fights bacteria, but usually dairy is not recommended for pets.

- ☞ Pregnancy: Several meals throughout the day, vitamin C, superfoods, EFA oils, and sunshine. Kittens and puppies need to eat more frequently than adult pets.
- ☞ Sleeping quarters: Cats and rodents are nocturnal and sleep many hours. They prefer dark, private places that are warm.
- ☞ Sunshine: Just like people, most horses, dogs, and cats like to sunbathe. They receive the same benefits that we do from the vitamin D. Sunbathing helps their sleeping patterns as well.
- ☞ Vitamins: Make your own. With cats and dogs, mix ground flax, sunflower, and wheatgrass together for all around good health; this is better than vitamins loaded with sugar.
- ☞ Vital dog food ingredient: Amino acid arginine
- ☞ Vital cat food ingredient: Amino acid taurine
- ☞ Weight problems: Several mini-meals throughout the day, EFA oils, high-fiber foods, plenty of exercise, and plenty of love to help fill their void.