

# FREENATURAL NUTRITION FOR CATS: THE PATH TO PURR-FECT HEALTH EBOOK



Kymthy Schultze | 224 pages | 24 Apr 2008 | Hay House Inc | 9781401910723 | English | Carlsbad, United States

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Community Reviews. Showing Rating details. More filters. Sort order. Mar 27, Annie rated it liked it Shelves: nonfiction. Super upsetting info on commercially prepared pet food. Would have appreciated more information on transitioning cats to raw and more than a one-liner about needing to limit fish in their diet; so many other ingredients are discussed in detail, it's odd that this major one isn't. Feb 20, Lizzy Bent Natural Nutrition for Cats: The Path to Purr-fect Health rated it really liked it Shelves: read-in Excellent information, good for anyone with their pet's health at heart and not willing to swallow everything the medical establishment spouts.

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## Natural Nutrition for Cats: The Path to Purr-fect Health by Kymythy Schultze

Take the taurine disaster, for example. Taurine is an amino acid that pet-food manufacturers didn't consider essential until cats began to suffer and die from eating processed products deficient in it. Now it's an isolated chemical added to most cat foods, but if you're considering feeding your cat real food, I have great news: The first food group we'll discuss is a fantastic source of natural taurine!

Dietary protein supplies essential amino acids and is needed for the manufacture of antibodies, enzymes, hormones, and tissues and for proper pH balance. It provides energy for cats and is essential for growth and development.

Complete proteins contain ample amounts of essential amino acids and are found in foods such as meat, fish, eggs, and poultry. Incomplete proteins do not provide all essential amino acids and are found in many foods, including legumes, grains, and vegetables.

These plant proteins don't supply the essential amino acids that a cat needs such as taurine which come from animal protein. Cats need animal sources of this nutrient, as the amino acids from vegetable sources aren't well utilized. How much each animal may need can vary slightly due to a variety of factors, including physiological state, age, activity, and the digestibility of the protein source being fed.

Overall, cats have a very high requirement for protein. This concentrated source of energy also provides essential fatty acids and aids in nutrient utilization and transportation. It's involved in cell integrity and metabolic regulation as well. Saturated fat is found primarily in animal sources, while polyunsaturated fat comes mostly from plants.

Fats and oils Natural Nutrition for Cats: The Path to Purr-fect Health composed of fatty acids, sometimes referred to as "vitamin F. Essential fatty acids are just what they sound like — essential for the cat's health — and they must be obtained from food sources. Unlike some animals, felines don't efficiently convert plant sources of EFAs to the needed derivatives. For example, cats must eat meat to obtain arachidonic acid.

We can theorize that in nature, the cat would eat another animal whose body had already made the conversion, thereby offering some of this useful fatty acid. The cat would also consume omega-3s and CLA when eating its natural herbivorous prey. CLA may become recognized as a bigger player in feline nutrition in the future because it's found in the meat and fat of a cat's natural diet, but it has only recently been "discovered" by nutritional science.

These are essential to the cat and are involved in almost Natural Nutrition for Cats: The Path to Purr-fect Health physiological reactions. They contribute to enzyme formation, pH balance, nutrient utilization, and oxygen transportation and are stored in bone and muscle tissue. Biological availability may vary widely depending on the source of the nutrient.

Elemental minerals are generally taken Natural Nutrition for Cats: The Path to Purr-fect Health the earth or water; chelated minerals are those that

are bound with other organic substances, often making them easier for the body to absorb. Minerals include calcium, chloride, chromium, cobalt, copper, fluorine, iodine, iron, magnesium, manganese, molybdenum, phosphorous, potassium, selenium, silicon, sodium, sulfur, and zinc.

There are others that cats Natural Nutrition for Cats: The Path to Purr-fect Health at trace concentrations. Minerals, like vitamins, work synergistically, with a cooperative action between them. These nutrients are essential for metabolism regulation and normal growth and function. Usually found in food, some are synthesized within the animal's body. They're classified as either fat or water soluble. Fat-soluble vitamins include A, D, E, and K.

The water-soluble Natural Nutrition for Cats: The Path to Purr-fect Health includes C and the B complex. Generally, fat-soluble vitamins are stored in the body, while water-soluble ones pass through more quickly.

Once again, the carnivorous cat utilizes animal sources of nutrients more readily than plant sources. For example, felines can't convert beta-carotene from plants into Natural Nutrition for Cats: The Path to Purr-fect Health A as some animals do so they need preformed vitamin A from an animal source.

This type needs no conversion. Because cats are designed to fulfill most of their water requirements by eating fresh raw food, they naturally have a low thirst drive. This can lead to Natural Nutrition for Cats: The Path to Purr-fect Health issues when they eat dry food products and treats. One of the problems is that even though they become dehydrated eating the kibble their natural "programming" may not encourage them to drink more, and their urine can become too concentrated.

Even though a healthy cat doesn't drink much, you should always have clean drinking water available. And please make sure it's good quality, which means that just turning on the faucet may be out, especially if your community puts fluoride in the water supply. If you have a well, get it tested annually for contaminants. There are a number of other substances that contribute to good health, some of which come from food sources and some of which are created within the body.

These include antioxidants — comprising vitamins, minerals, and enzymes — which help protect the body from damaging free radicals. Now, I know that "free radicals" sound like a terrorist group, but they're actually cell-damaging atoms. Hmm. . . I guess you could consider them a form of body terrorist! Free radicals may be formed internally Natural Nutrition for Cats: The Path to Purr-fect Health exposure to cigarette smoke, pollution, radiation, and other damaging substances.

With our cats being bombarded with more environmental toxins than ever before, antioxidants are important factors for good health. Enzymes are protein molecules that are essential for most bodily functions.

They're involved in energy, tissue, organ and cellular repair and much more. They're also essential for digestion, and different species of animals need different levels for particular types of food. Not surprisingly, creatures have the enzymes needed to properly break down the foods found in their natural diets and tend to be deficient in those that work on substances they wouldn't eat in the wild.

In addition to being manufactured by the body, enzymes can also be found in food, although temperatures of degrees F or above destroy them. Those in raw ingredients help prevent depletion of the body's internal supply of enzymes. There are probably many more nutrients yet to be discovered, but that's the great thing about feeding fresh food — those undiscovered, yet important, substances are already in there!

You may have noticed that carbohydrates usually supplied by grains in pet food weren't listed among the necessary nutrients for cats. Even the National Research Council's Subcommittee on Cat Nutrition states that "...no known dietary carbohydrate requirement exists for the cat..." And really, if you consider feline physiology and what the species has been eating for thousands of years, it makes perfect sense that grains shouldn't be part of the cat's diet.

Another good reason not to feed grain is the fact that it breaks down into sugar within the body — something a cat definitely doesn't need! Many studies link sugar consumption to illness, including cancer. Carbs are usually thought of as energy foods, but felines utilize protein and fat very efficiently for those needs. This is one reason why cats have such a high requirement for quality protein.

Likewise, vitamin E isn't simply the d-alpha-tocopherol that you'll find in a capsule from the store. It's actually a family of at least eight different molecules that work better when taken together, the way they're found in fresh food, rather than alone in supplemental form. Many studies have shown that natural nutrients from food are more beneficial than isolated synthetic supplements.

Care to Compare? Wild vs. Domesticated Prey. Read Me! Great Books About Cats. Your cat has other needs in addition to a good diet. Yes, food is the foundation of health, but there are other factors that can have a big impact on your feline friend's well-being.

Of course it needs a clean, accessible litter box and a safe place to call its own, but your cat also needs you. Even though cats are perceived as very independent creatures, they really do benefit from your love and attention. Please talk to, play with, and touch your cats in ways they enjoy. I promise that if you make them an important part of your life and treat them with love and respect, you'll all benefit immeasurably.

Kynmythy R. Schultze has been a trailblazer in the field of animal nutrition for nearly two decades. She's a Clinical Nutritionist, a Certified Nutritional Consultant and one of the world's leading experts on nutrition and care for cats. Visit her at Kynmythy. Share Tweet Share Pin. Copyright and Attribution Policy Home. Contact Us Disclaimer Privacy Policy. Natural Nutrition for Cats: The Path to Purr-fect Health Your Membership Info.

**Essential Cat and Kitten Care Course | Holly and Hugo**

We are continuing our series for beginner cat owners with a section about basic cat care. In this article, we want to teach you how to feed your new cat. First, there are several types of food, like dry food, semi moist food, canned food and other. Second, when it comes to Natural Nutrition for Cats: The Path to Purr-fect Health to the commercial food, there are different manufacturers, and not all makes are nutritionally complete for your cat.

So do ask the breeder or the shelter staff for this information. When your kitten becomes confident in your home which may take anywhere from few days up to several months, depending on many things you may start transitioning him to the other type of food. Do mix a lot of his old food with a very small amount of the new type.

Next, add a bit less old food and a bit more new one every day, and initially feed the new food only. Normally, this transition should be done over a week or so; however, it may depend on how well your new kitten accepts it.

However, dry food is not even close the best choice for cats. Nature has built cats so they extract water from their food, and drink quite a few additional water. This comes with a weak thirst drive, so, if the cat eats dry food, which contains very little water, he undoubtedly will be dehydrated chronically, which will impact his long term health maintaining abilities.

Also, an average canned food is nutritionally more complete than average dry food; however, you still need to check the label read below to make sure you are not changing a premium dry food for a shitty canned one. Raw homemade diet would be the best choice for cats, as you get to control the ingredients.

The worst is, most people are afraid of it. Thus, stating you should prepare your food for your cat, at the time you are just learning about all the aspects of his life may be an overkill for you. Even a raw food from an average recipe is better than dry food.

She explains why raw diet is the best choice for your cat, and will provide several great, nutritionally rich recipes for your cat to Natural Nutrition for Cats: The Path to Purr-fect Health with.

There are also commercial raw diets available. If you are Natural Nutrition for Cats: The Path to Purr-fect Health a commercial cat food, always take a look at the label! Do not blindly trust pet store staff. Read the label yourself. The main part for you at this moment is the list of ingredients. They are usually ordered by an amount the food contains them, so, the most important are the first ones listed. Chicken meat should be considered a good ingredient in a cat food.

Meat by products are commonly stated as a thing to avoid. By products are anything, that is not meat, and many of them, are still necessary for cats. Of course, if your cat is not allergic which you can know by feeding it you can use it with no problems.

Grains and vegetables are not necessary in the cat food. Cats are meat eaters, and their bodies are developed to extract all requirements from animal products, and have inadequate abilities to extract anything from, in example, wheat or corn. If the grain is in there, still check if it is listed as Natural Nutrition for Cats: The Path to Purr-fect Health to the end as possible, and if you can, select a grain free diet.

Additives, like vitamins and amino acids and minerals are also important. So, again, it seems dull to process a food, and then try to guess the amount of vitamins and minerals that were lost in the making. Why not choose not to process food in the Natural Nutrition for Cats: The Path to Purr-fect Health place?

You should also check the protein, fat and carbohydrate ratio however, to make this information useful, you will need to do some calculations, which we will explain in one of our future articles, as well as translation of different ingredients on the cat food in more detail. Price of the food while not always true, appear to have a correlation with the quality of food. Also, paying a staff that knows something about feline nutrition costs more, as well. You should still check the label, as high price does not assure the quality, however, we guarantee, you are not gonna find a good cat food in a price range below average.

Heck, even average price range will be though to explore. How to feed your cat? Try to stick to, at least approximate schedule. Cats have a well built inner clock as their hunting success is dependent on the ability to tell the time when their prey is more active.

Do not feed your cat right when you wake up. Wait for an hour, in example, feed before you leave for work. Try to schedule last meal before you go to sleep. Cats usually are taking a nap after the meal, and having a habit serving the last meal it may be smaller than usual right before you go to sleep yourself, will make sure your cat is less active during the night; thus, you sleep better.

Keep fresh water accessible. Simple tap water is good enough, in most locations of the world. Above article covers basic feeding guidelines for cats. Natural Nutrition for Cats: The Path to Purr-fect Health sure to read our next article which is closely related to cat food — a teeth cleaning. Yes, yes, cats do need this, as well. Note, some of our pages contain links to products relevant to the content. As Amazon Associates, we earn from qualifying purchases that occur through these links and it helps us pay our bills.

Thank you! Ever wondered how and what your new cat should eat? We wrote more topics like this one. Please click below. How to Choose Cat Accessories and Stuff Your New Pet Will Need How to stop a cat from spraying urine in the house How to calm down a frightened cat How to introduce a new cat to your existing cats How to stop a cat from waking you up at night How to bathe a cat How to save your cat from your toddler Stress in cats.

Causes, symptoms and treatments of anxiety and stress in cats. Natural Nutrition for Cats: The Path to Purr-fect Health Search the site

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