

Cooking for Fluffy

Healthy Home-Made Feline Diets



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Cooking for Fluffy: Healthy Home-Made Feline Diets

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Dedication



This book is dedicated to all my beautiful feline friends – past, present, and yet to come – who have brought so much joy into my life. Thank you my little angels: Candy, Pandora, Puff, Whisper, Twinkle, Misty, Muffin, Timmy, Isabelle, Hedy, T'ai, Callie, Tansy, Pharaoh, Oliver, and Felix.

Introduction



I didn't set out to cook for my cats because I wanted them to have a healthier diet or because I love to cook. It all started when a veterinarian recommended that I feed my cat Timmy a bland diet to see if it would calm his digestive tract.

Timmy, 13, had been sick for about six months. He vomited at least twice a day and had bloody diarrhea. After months of expensive tests, special foods, and two emergency veterinary visits when he had become so dehydrated that he was in kidney failure, Timmy's condition remained somewhat of a mystery.

At first hyperthyroidism was suspected, but he was not hyperthyroid. In fact, all his blood work was normal. Five veterinarians offered their professional opinions ranging from food allergy to the more serious possibilities of inflammatory bowel disease, pancreatitis, or even bowel cancer. Some of the veterinarians recommended that he undergo a \$1,000 endoscopy procedure so that they could look inside and see what was going on. But by this time, he was already pretty frail and I was afraid he might not survive the procedure. My wallet couldn't afford the strain either.

I was actually considering letting Timmy find his way to Kitty Heaven because, quite frankly, the stress for me was becoming unbearable, and I was pretty sure it was not any easier for him. After the second emergency visit, the veterinarian suggested putting Timmy on a home-made bland diet. I really didn't think it would help, but I loved Timmy, so I decided to try it.

I began feeding Timmy (and Muffin, 15 and Isabelle, 13) a diet of one-half rice and one-half turkey. Unlike the many times I had changed their diets before, they did not hesitate to dive into the bland diet. Timmy did not vomit at all and the diarrhea stopped entirely after the second day. After a week on the bland diet, I thought that perhaps his digestive system had

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calmed down enough, so I fed him some of the special veterinarian diet that I still had on hand from one of the other veterinarians we had visited. The first day, Timmy was fine with it, but the next day he started vomiting again. I immediately went back to the bland diet.

I couldn't keep Timmy and the girls on rice and turkey forever, even though they thought it was great. It was simply not what Mother Nature intended as a balanced diet for her feline creatures, and as anyone with a multi-cat household



knows, it can be quite a challenge to feed different diets to individual kitties, especially in a small house like mine.

I did some research on feline nutrition and then I experimented. Little by little, I added other foods to the bland diet, starting with olive oil and garbanzo beans,

knowing how much Timmy liked the latter.

They all continued to enjoy the diet. Within three months I had added potatoes, corn, carrots, okra, pinto and kidney beans, zucchini, oatmeal, tofu, broccoli, cauliflower, barley, peas, green beans, lima beans, avocado, spinach, garlic, wheat germ, cod liver oil, Vitamin E, tomato sauce, lentils, grated sunflower and sesame seeds, protein powder, veggie burger mix, and vitamin and mineral supplements. Through it all, Timmy did not vomit or have diarrhea.

All my cats loved the home-made food. For the first time in more than 30 years I did not ever have to throw away any uneaten food, and they never turned up their nose at what was offered. At first, I ran everything through the blender and

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cooked up a two-day supply of food. Then I realized I could just make up large quantities of the rice and veggie mix in a bucket, freeze it in patties, then cook the patty with the turkey every other day. This was much better. Ten minutes every two days was far better than a half-hour or more every day preparing the rice and veggies, pureeing it all, cleaning up the pots, bowls, blender, etc.

After about two months, I discovered one-pound rolls of frozen turkey, chicken, and lamb in the freezer section of the grocery store. These were frequently on sale, but even at regular price they were considerably less expensive than what I got at the meat counter. I also stopped pureeing the vegetables because it took so much time. Instead, I made up the vegetable mix from whole veggies (except for cutting up the potatoes and larger pieces of cauliflower and broccoli) and froze it into patties. My cats ate as usual, not even noticing that I had made what I thought was a rather dramatic change.

After six months, I again tried to put Timmy back on commercial cat food, but as had happened previously when I tried to do this, he began vomiting after the second day, so I went back to the home-made diet. It was at this point that I realized I was probably going to be making my own cat food for a l-o-n-g time, so I began to make the vegetable and rice mix in three-month supplies, which meant spending about two hours every three months.

As of 2002 when I wrote the first edition of this book, my cats had been on the home-made cat food for three years. Timmy, then 16, was still thin and frail, but he did not suffer from vomiting or diarrhea and his kidneys had not failed. My latest addition at the time, T'ai, was a healthy and energetic one-year-old who was raised on the home-made diet. When he was very little, his diet was supplemented with commercial kitten food and vitamins to make sure he got proper nutrition, but he always preferred what the "big kids" ate.

I suspect that Timmy had an allergy or sensitivity to a chemical(s) in commercial cat food. I may never know this

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for sure, but what I do know is that he was alive, active, and social, and whatever his mysterious malady, whether it was as benign as an allergy or as serious as cancer, the home-made diet seemed to be the key to keeping him alive and in reasonably good health.

In 2004, I adopted Tansy who was 3 months old. I continued cooking for her as well. Then, in 2004, Timmy, 17, and Muffin, 19, both passed away within four months of each other.

I can't say that this diet is a miracle cure for whatever ails your cat, but it certainly can't hurt to try a home-made diet if all other measures have failed. Taking a few extra minutes every couple of days to cook for your cat is a small price to pay for his or her continued well-being. And even if your cat is not ill, a home-made diet is so much better than commercial cat food, since it contains high quality ingredients and does not contain any preservatives or artificial colors. And that's good news for even the healthiest cat!



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Healthy Home-Made Feline Diets



Commercial cat food is convenient, but as many experts have pointed out, even the highest-end products are made of the lowest quality ingredients and contain any number of meat toxins, hormones, and animal fats that are not fit for humans. Add to those the chemical preservatives and artificial additives such as color and flavoring, many of which are known carcinogens. Then there are the molds and allergens and the chemical contaminants (such as lead, pesticides, and pollutants). And when you read the term “meat by-products” on the pet food label, this refers to such things as leather meal, fecal waste, fetal tissue, glandular waste, animal hair, connective tissues, and feather meal.

In some states the laws even allow manufacturers of pet food to use tissues from animals that are classified as “4-D” sources: dead, dying, disabled, or diseased. Many commercial cat foods contain non-food items, such as peanut hulls. These same foods are also deficient in vitamin B-complex and other vitamins and minerals, or do not allow the absorption and usage of nutrients they do contain. Think of how all of this could be affecting your cat’s health. And don’t you think it must be pretty boring for your cat to eat that same processed food day in and day out?

According to all the various veterinarian experts, cats need a diet containing an average of 40%-52% protein, 30%-36% fat, 18-26% carbohydrates, and 3%-6% ash. Cats usually need at least six times the amount of protein and calcium that a human does. In general, you will be feeding them a diet that is approximately 1/2-2/3 (50%-70%) meat and 1/3-1/2 (30%-50%) vegetable mix to meet their nutritional requirements.

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My cats eat an average of about 1/4 lb. of meat per cat per day and about 2 oz. of veggie mix per cat per day. Their individual weights are normal and their activity levels are normal for their respective ages, so I am assuming this is an average consumption rate.

However, since your cat's needs may be more or less than this, you can adjust the proportions and serving sizes accordingly.

Daily Serving Size Per Average Adult Cat

Meat

1/4 lb = 4 oz. = 1/2 cup

Veggie Mix

1/8 lb. = 2 oz. = 1/4 cup

How to Make Home-Made Cat Food

Making your own cat food is a kind of “mix and match” process. You pick the various ingredients and put them together according to what your cat likes best and/or what is most convenient and affordable for you. The following are the basic recipe proportions for home-made cat food. The lists of possible ingredients and how to prepare them follow, along with a few recipes.

Home-Made Cat Food Proportions

1/2 to 2/3 (50%-70%) meat or fish

1/6 to 1/4 (15%-25%) grains/starches

1/6 to 1/4 (15%-25%) vegetable mix

RECIPE

Bland Diet with Garbanzos

Turkey or Lamb
White Rice, cooked soft
Garbanzo Beans, canned or soaked
Oil and Salt

This recipe is for short term use only, maximum two weeks. Cook the meat in oil. Stir in the cooked rice. Add beans. Salt to taste.



INGREDIENTS

Meats



If you suspect your cat has a food allergy, turkey, lamb, and chicken diets are best. These meats are usually of better quality and come from animals with lower cancer rates. Unless you have an elderly or obese cat, do not feed the real lean cuts. Cats need more fat than humans. Organ meat is acceptable about once a week and in small quantities.

Fresh ingredients are best; frozen is second best. If you want to give your cat canned tuna, buy it packed in water with no preservatives or colorings. Many experts advise feeding raw meats, but my research indicates that unless you hunt the meat yourself in the wild, it is better to cook it. And even if you hunted the meat yourself, cooking will ensure the destruction of any parasites or organisms the animal might have been harboring. Cook meats thoroughly, but don't overcook.

turkey, chicken, or duck

(remove all bones)

lamb or beef

venison (deer)

pork (no bacon or sausage)

fish (white fish or salmon,

remove all bones, no shell-

fish, and not more than

twice a month)



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Grains & Starches (select rice and any two others)

- rice (brown or white, white parboiled is best)
- oatmeal (quick or old-fashioned; a good sticky thickener)
- tofu (any texture will hold the mixture together)
- potatoes (ordinary russets, peeled, baked is best or boiled)
- barley (be sure it is fully cooked and very soft)
- beans (garbanzos/chick peas, kidney, pinto, lima, lentils, etc.; canned or soaked 24 hours or more until very soft)
- veggie burger mix (unseasoned, a good, sticky thickener)

Vegetables (select three or more or all)

Fresh vegetables are best; frozen are second best. Avoid canned vegetables because most of them have a high sodium content, some contain citrus which cats don't like, and others may contain chemical preservatives. You can cook the vegetables with the meat, or you can cook the meat separately and mix in the vegetables raw when you serve it.

- | | |
|---------------------------|-------------------------|
| asparagus (only the tips) | green beans |
| avocado (raw, not cooked) | okra |
| broccoli | peas |
| carrots | tomatoes (remove seeds) |
| cauliflower | water chestnuts |
| corn | zucchini |

Juice & Stock

These are optional. Select one and use it sparingly to hold the mix together. Always buy unsalted varieties.

- beef or chicken stock
- vegetable stock
- carrot juice
- tomato juice or sauce
- vegetable juice (V-8 sodium-free is good)





RECIPE

Kitty Frittata Treat

Egg(s)
Spinach, fresh or canned
Butter and Salt to taste

This is a simple spinach omelet. Scramble the egg(s) and spinach together in butter or oil. Salt to taste.

Nuts

I have found that only sunflower seeds and sesame seeds seem to interest my cats. They work best when ground up very thoroughly and used sparingly. Buy them raw and unsalted. Add them raw when serving.

Oil & Seasoning

oil (light olive oil seems to be the most palatable)
salt (iodized salt; use a pinch for taste)

Medication & Supplements (optional - as needed)

Check with your veterinarian before giving any of these to your cat. Tablets must be thoroughly ground. You can buy a little inexpensive mortar and pestle at a kitchen supply store.

glucosamine (helps arthritic old kitties move better)
taurine (a necessary nutrient in feline diets)
milk thistle (to detox the liver; 1/8 human dose per cat)
brewers yeast (B-complex vitamins; helps deter fleas)
vitamins & minerals (if necessary; 1/4 - 1/2 tablet per cat per day)
Vitamin E
bone meal (only the kind for animals, not for gardening)
kelp powder (use sparingly; too much can cause diarrhea)
cod liver oil (use sparingly; too much can cause diarrhea)
wheat germ - dry or oil

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Side Dishes and Treats

Dairy Products. These should not be incorporated into the home-made cat food mix, but you can supplement your cat's diet with occasional treats of scrambled eggs, milk, and cottage cheese. My two male cats love milk, and I give them each about two tablespoons per day. They have no problems with gas or diarrhea. I give them the Safeway grocery store's in-house brand Lucerne Acidophilus Plus Bifidus Reduced Fat Milk with Vitamins A&D. If the store is out, I buy organic or raw milk or goat's milk. I buy small dry curd cottage cheese and I scramble the eggs in unsalted butter or olive oil.



Salads. The following can be included in the cooked vegetable mix, or they can be served raw as a "side dish." In either event, they should be torn up into smallish pieces as they get messy otherwise. And some cats won't eat this at all.

- mustard greens
- romaine lettuce
- spinach (do not feed more than once a month)
- turnip greens
- alfalfa sprouts
- clover sprouts
- rye grass



No-No's. Some foods just aren't right for most cats. They may cause diarrhea or vomiting, or just might not be palatable to cats because they smell or taste "funny." On the whole, I would avoid feeding them any of the following: celery, onions or shallots, pasta, radishes, iceberg lettuce, bacon, shellfish, citrus fruits, or bananas.

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Purchasing Your Ingredients

When you first start making your own cat food, you will probably need to experiment a little to see what your cat likes best and what works best for his or her diet. Afterwards, you will probably want to buy your ingredients in bulk or on sale and prepare them a few months in advance.

Canned? Frozen? Fresh?

It is almost always preferable to go with fresh ingredients, but frozen is next best as far as nutritional content is concerned. Canned goods are okay for certain things such as beans, which you would otherwise have to buy dried and then soak overnight – which is fine if you have the time.

Buying in Bulk – and on Sale!

I recommend purchasing frozen rolls of meat and poultry in the freezer section of your grocery store. Because I have four cats, I buy a lot of these, and I really stock up when they go on sale for one-third off. I also stock up on frozen vegetables. These are often on sale too, especially the large size bags. You can always buy potatoes by the bag and look for rice in the biggest bags available. I recommend buying parboiled white rice, but any ordinary white or brown rice is fine. I buy oatmeal in the large containers, and towards the holiday months when it is often on sale, I buy enough for myself and the cats to last a year. As for vegetable juice or meat broth/stock, I usually just dump in whatever I have on hand. I only use about one 12 oz. or 16 oz. can for an entire 3-month supply sufficient to feed four cats.



Since the food must be cooked in oil, I always buy the largest container available, hopefully when it's on sale. My personal favorite and the one that my cats like best is light olive oil. It is not light in fat, but in taste.

RECIPE

Meat and Potatoes

Beef or Lamb

Potatoes

Corn, Carrots, and Peas

Oil and Salt to taste

Bake or boil the potatoes. Cook the meat in oil. Add the cooked potatoes and other veggies. Salt to taste.



Vitamins and Other Supplements

Vitamins. When it comes to these nutritional supplements, the best ones I have found so far are available only from my veterinarian: Pala-Tech. These vitamin and mineral supplements are not what you find in the pet store. Dosage should be provided by your veterinarian for you cat's individual needs. You do need to be sure your cat gets enough taurine (approx. 60 mg per day per cat). It's available at nutrition centers, usually in 1000 mg tablets – that's 16 doses of taurine per tablet.

Glucosamine. I had an elderly cat with arthritis in her knee, and glucosamine proved very effective in improving her mobility to the point that she no longer limped and could jump up onto chairs again with minimal effort. I put the glucosamine in the cat food since I had two other senior citizens and I figured this might improve their mobility as well. I gave about 60 mg per cat per day. I have also given them glucosamine with chondriton, but I did not see any difference as far as the effectiveness of both elements versus the glucosamine alone. Do not buy glucosamine or chondriton products that contain other kinds of herbal or vitamin supplements.



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Brewer's Yeast. I put Brewer's yeast in the cat food because it fulfills my cats' needs for B-complex vitamins, and it is supposed to work as a flea deterrent as well. I usually give about 50 mg per cat per day. Most Brewer's yeast seems to come in 500 mg tablets, and it is not usually expensive.

Milk Thistle. I add milk thistle (*Silybum marianum* or *Silymarin*) to the cat food. This herb is prescribed to protect the liver from toxins and is an antioxidant. It is supposed to stimulate liver cell synthesis. I give this to all my cats, but only my 18-year old has a known need for it, because she has some very high liver enzymes which her veterinarian felt might be lowered by the milk thistle. The dosage is 20 mg per day per cat (which is about 1/8 of the human dosage).

Preparing the Mix

The "mix" is the non-meat part of the cat food. You can make it well in advance and freeze it. I usually make three months of it at a time, freeze it in patties, and then thaw one out and cook it with the meat every other day. The size patty you make is determined by how many cats you are feeding and how much they each eat. For my four cats, 1 lb. is enough for two days – that's 2 oz. per cat per day.



RECIPE

Rice & Tofu Treat

Brown Rice, cooked soft

Tofu, firm texture is best

Broccoli, okra, and asparagus tips, chopped fine

Sunflower Seeds, unsalted and ground fine.

Oil and Salt to taste

Cook rice. Put cooked rice in pan with tofu and veggies. Brown the mixture in oil. Let cool.

Sprinkle with seeds. Salt to taste.

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Remember, there are no preservatives in home-made cat food, and it won't last more than two days before it goes bad. So only make patties big enough for a two-day supply. The same goes for the meat. Freeze it in patties for a two-day supply only. If you buy frozen rolls of meat or poultry, you can cut them in halves or quarters while frozen, drop them in a baggie, and toss them in the freezer so that you can thaw out only enough for two days.



Another thing to consider is how much available room you have in your refrigerator's freezer section or in your separate freezer, if you have one. Since I don't use a lot of frozen food for myself, I pretty much allot about half of the freezer section of my fridge to a three-month supply of home-made cat food.

Making a Supply of Mix

Plan to spend an hour to two hours every three months making the veggie mix in advance. If you are using frozen vegetables, you don't want them to thaw out before you refreeze them with the rest of the mix. So try to set aside an hour or two to do this during a time that will be uninterrupted. I find that an evening or early on a weekend morning works best for me.

Do not make a lot of food in advance until you know exactly what your cat likes and how much he or she eats per day. Make the food every two days for a month or so until you know exactly how much you need to make; then make it up in advance.

When it comes time to make a supply of the mix, you can put all the ingredients together into one big batch, or you can make several different combinations of ingredients and make them into patties. The following instructions will yield enough mix for four cats for three months, or two cats for six months, or one cat for one year. You can adjust the quantities to suit the size of your feline family and your available freezer storage.

RECIPE

Barley Chicken

Chicken or Turkey
Barley, cooked soft
Green Beans, Peas, and Carrots
Oil and Salt to taste

Cook barley until soft. Cook chicken in oil. Add cooked barley and veggies. Salt to taste.



If you're mixing one big supply of a lot of different ingredients, you will need one or two large 3-1/2 gallon buckets or those squarish, white plastic buckets that cat litter comes in. I need two of the cat litter buckets to make three months of food for four cats. They only get filled to 2/3, but you need the additional room for mixing and stirring the ingredients.

If using dry beans, soak them in a bowl for at least 24 hours to make sure they are very soft. Cook the rice and/or barley in a 6-qt. pot until very soft. Boil or bake three or four medium size potatoes. After everything is cooked, let it all stand until it cools to room temperature. Break up or mash the potatoes in water.

While you are cooking the rice, barley, and potatoes, fill each bucket about one-third to one-half full with beans and vegetables. You do not have to add the vegetables if you prefer to serve them to your cat raw. In that case, just put into the bucket the beans, potatoes, rice, barley, and other things that have to be cooked, and put the raw vegetables in with each daily serving of home-made cat food instead.

After the veggies and beans are in the bucket, add half of the rice, potatoes, and/or barley to each bucket. Mix thoroughly with a large and sturdy spoon. It will probably be a little sticky from the rice and potatoes, and if the vegetables are frozen, it can be a little hard to stir. Add your tofu,

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oatmeal, vegetable juice, and/or stock until the mix is just thick enough to spoon onto a sheet of foil and be wrapped up in the foil. If it gets too runny, you can add a little more oatmeal to the mix. But, I have made this mix very runny and I have made it very dry and everything in between, and my cats eat it no matter how it turns out.

Spoon enough mix onto a sheet of foil for a two-day supply per cat. I have four cats, so I spoon out enough for a 1 lb. patty (my cats eat an average of 2 oz. of mix per day per cat). If you prefer, you can freeze the mix in plastic bags, zippered pouches, or lidded plastic containers.



RECIPE

Tuna & Cottage Cheese Treat

Tuna, Salmon, or white fish,
fresh or canned in water
Cottage Cheese, small dry curd
Broccoli, chopped fine
Oil and Salt to taste

Cook fish in oil or use canned variety. Let cool.
Mix with cottage cheese and broccoli. Salt to taste.

Weekly Preparation

Thaw a two-day serving of meat and mix as soon as you are down to about the last two meals/servings of food.

Cooking. Use a deep frying pan, cast iron skillet, or a wok. I prefer the latter because I am cooking for four and it is easier to stir everything up in the wok without it splattering all over.

Place about one tablespoon of oil per cat in the bottom of the pan. Put the meat and the veggie mix in the pan. Lightly salt to taste. Add enough water to make it about the consistency of a loose slurry. Stir until it is completely blended but still watery.

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Stir periodically while heating until the meat is thoroughly cooked. For my four cats that takes about ten minutes maximum. Depending on your stove and the pan you cook in, you may need more or less cooking time.

While the food is cooking, grind up any nutritional supplements or herbal medications you want to add to the food. Once the food is done cooking, spoon it into a plastic container, cover it, and place it in the refrigerator. About six hours later when the mix has cooled, you can stir in the ground up nutritional supplements or herbs, or you can add the avocado and/or ground nuts.



Servings. You can serve the cat food warm if you have run out of food. Only one of my cats will eat the food hot. They will all eat it cold or at room temperature. Only you know what your kitty likes. My cats eat about three times a day, so each serving is roughly 1/4 cup of food per cat.

If you are preparing a home-made diet for an ailing feline, I suggest that you give smaller servings and feed more frequently. Remember that this cat food has no preservatives, so it will not last more than two days tops in the coldest fridge. Don't make more than your cat(s) can eat in that time period. If you try to feed your cats food that is old and spoiled, they will either turn up their noses at it or they will eat it and then throw it up.

I have experimented with fresh greens such as spinach and alfalfa sprouts, but my cats turn up their noses at these types of foods if they are not mixed in with something else. So I usually chop up the fresh greens and mix them in with a cooled mix of rice and potatoes or turkey and rice or whatever I think they will like that is sticky enough to hold the greens within it.

Some cats will eat food that has dried or fresh catnip sprinkled on top of it. Only one of mine likes it that way. So if

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I give them catnip at all, I have to mix it in with the food when I serve it.

My cats took to the home-made diet immediately, and my friends who are cooking this food had no trouble switching their cats over to it. But, if your cat is hesitant for any reason, just be patient and mix it with some of their favorite commercial food until they get used to it.

There Are No Miracle Cures In Home-Made Cat Food

If you are using a home-made diet to try to control symptoms such as vomiting or diarrhea, keep in mind that these could be the result of a serious condition that does not improve with dietary changes. But, before you give up, it could also be that your cat is sensitive to a particular food. Try feeding

lamb and rice with no other ingredients and see if your cat's symptoms improve. If they do, gradually add other things to the recipe, one at a time, to see if you can find the culprit(s).



If your cat vomits or regurgitates daily or brings up anything other than food or a hairball, that is not normal and could be a symptom of serious illness. Consult your veterinarian and be sure that you are doing everything you can to ensure

your cat's overall well-being. Seeing a veterinarian will help rule out thyroid problems, obstructions, household toxins, ulcers, cancer, or any other systemic disease that may be causing your cat to vomit, have diarrhea, or exhibit other symptoms of illness.

Please do not assume that this diet is going to heal your sick cat, whatever the illness. It might help your kitty; it might not. But it is worth a try if your veterinarian finds nothing wrong with your cat. Diet could be the culprit, and cooking for your kitty might be the cure.



ABOUT THE AUTHOR

Joelle Steele was born and raised in California, but now makes her home in Washington state, where she lives with her husband and three cats in a beautiful forested neighborhood.

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Guía Para Plantscapers: El Mantenimiento de Plantas Interiores (out of print)

Interior Landscape Dictionary
Indoor Watering Techniques
How To Start Your Own Interior Landscape Business
Human Resource Guide and Policy Manual for Horticultural Companies
Get The Job & Make A Profit
How to Create and Maintain a Successful Web Site for Your Horticultural Business (out of print)
How to Market Your Horticultural Services
Soils & Nutrients for Indoor Plants
The ABCs of Indoor Dracaenas and Other Related Foliage Plants (out of print)
The ABCs Of Indoor Ferns (out of print)
The ABCs Of Indoor Palm Trees (out of print)

Small Business

The Small Business Webmaster
How to Market Your Small Business (out of print)
How to Create and Maintain a Web Site for Your Small Business (out of print)
Successful Employee Management for Small Business (out of print)
Human Resource Guide and Policy Manual for Small Businesses

Writing

Living & Breathing: How to Make Your Characters Come Alive
Unblocked: How to Expand Your Creativity by Removing & Preventing Creative Blocks
Desbloqueado: Cómo Expandir su Creatividad Superando y Previendo Bloques Creativos
The Writing Biz (out of print)

Poetry

Perceptions, Passions, and Paradoxes: The Complete Poetry Collection
A Tapestry of Eden: A Poetic Memoir of Monterey County (out of print)
The Physics of Love (out of print)
Thursday's Child (out of print)
Under a Weeping Sky (out of print)