

Miao  o  ow
How



Our Guide to Raising
Healthy Happy Cats



HomeoPet[®]
THE NATURAL CHOICE



CAT IS ALWAYS RIGHT

They say that dogs have owners and cats have staff. And if you already have a fantastic feline in your life, you'll get the joke. It certainly brings a knowing smile to our faces! If you don't yet have a cat, you should know that **it's a rather satisfying job to have.**

Having a cat in your life is a privilege and a pleasure. Fiercely independent, curious and loyal, cats can make amazing lifelong companions for you and your family and earning their affection will bring boundless rewards. Not to mention unlimited Instagrammable moments!

Whether you already had a feline friend in your life or are thinking of adding one to your family, it's important to care for them correctly, to help keep them in excellent health and ensure they live long, happy lives. While 13 to 17 years is the average life expectancy for an indoor cat, some live much shorter lives, while others live well into their 20s. One kitty, Crème Puff (owned by Jake Perry of Austin, Texas) made it to the ripe old age of 38!

The purpose of this booklet is to give you an overview of how to care for your cat to keep them happy, healthy and live a life full of cattitude!

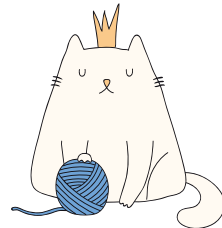
CATS - THE BASICS

Cats are more independent than dogs and are therefore considered to be 'lower maintenance', as a cat parent you will need to:

- Offer regular, healthy meals and a constant supply of fresh water
- Provide a clean and comfortable bed (or several!)
- Provide plenty of human companionship
- Provide outdoor access or be prepared to empty and clean a litter tray on a regular basis
- Provide a stimulating and safe environment
- Undertake regular grooming, particularly for longhaired cats
- Neuter your cat between 4 and 6 months old
- Vaccinate against the major feline diseases
- Worm regularly and provide treatment for fleas as needed
- Take your cat to the vet if injured or ill

In return, you will get many years of companionship and cuddles (undoubtedly intermingled with some snootish behavior!).

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"In ancient times cats were worshipped as gods; they have not forgotten this." - Terry Pratchett



I HAVE CAT POWERS

Territorial Tommy



In the wild, cats only survive if they are successful hunters and if they have a safe and secure home range and territory. Consequently, their instinct is to be cautious and concerned about intrusions into their area. Even if your cat is indoor-only, it still has a strong natural instinct to hunt and establish territories. Some cats are more territorial than others, but it's important to understand that this is their natural instinct and not just an awkward personality trait.

If you do get a cat, you should be prepared to have birds and other prey dropped on your doorstep and be warned that they can be quite a threat to the bird population. In the United States alone, **outdoor cats kill approximately 2.4 billion birds every year**. Although this number may seem unbelievable, it represents the combined impact of tens of millions of outdoor cats. Each outdoor cat plays a part.

HOME IS
WHERE
THE CAT IS

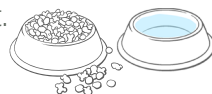


Sensitive Suzy

Partly as a result of their territorial instincts, cats are much more sensitive than dogs are to any change in their environment. They get their sense of security from the place where they live, which is why cats often try to get back to their owner's previous home in the first few weeks following a house move. And while we humans anticipate - and even look forward to - changes in our lives and routines, anything from a shift in your work hours, to a new addition to the family, to a vacation time, can really stress cats out.

CATS - THE EQUIPMENT

In reality and continuing on with cats' 'low maintenance' reputation, there's not a huge amount of cat-specific equipment needed before you welcome your new feline friend into your home, as a cat can find comfort in the most unlikely of places. However, there are several essential items that should be on your pussycat shopping list.



Bowls

Preferably made of stainless steel, each cat will need their own bowl for food and one for water. Cats' territorial nature means they can be highly protective of their food and water bowls.

Cat Litter Box

If your cat spends much time indoors without free access to the outdoors, a good cat litter box is essential. Cats can be extremely finicky about where they relieve themselves, so to keep your home clean and fresh-smelling and avoid messes, you'll want to select a litter box carefully. From the low spec to the high tech, there are many, many different options available and it's important to be aware that the design, size, shape, and features can make or break a cat's bathroom habits. The same goes for your choice of cat litter. From clumping clay to natural mediums to litter with health detection benefits, there's a wealth of choice out there, so do your research before deciding on the best option for your cat and your home.



Grooming

Every cat should have a brush. Regular grooming allows you to spend quality time with your cat, **helps to reduce furballs** and also provides the opportunity to monitor their health. Grooming also

removes dust, dead skin and loose hairs, prevents serious tangling and matting and can improve circulation.

Cat Carrier

At some point as a cat mom or pop you'll need to transport your cat, whether it's to the veterinarian, a cat boarding hotel, or a new home. Travelling anywhere can be stressful for your cat, so a good cat carrier is an important piece of kit to ensure that they are safe and well while they are being transported. Your cat carrier should be large enough for your cat to turn around, but small enough for her to feel snug and safe. You'll need one cat carrier for each of your fur babies, too.

Scratching Spots

Cats' nails slough off in layers, and when those layers are almost ready to shed you may notice your cat scratching more often. Cats also scratch to deal with stress and it's important to provide your cat with at least one horizontal and one vertical scratching spot in your home. Otherwise, you may find that the side of your couch or a door frame instead becomes a favored scratching spot!

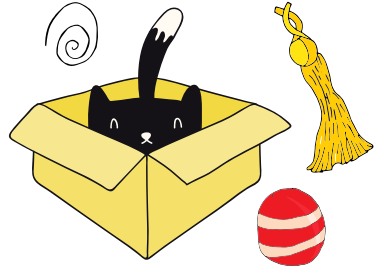
Treats

While not exactly an essential, giving your cat treats is not only a great way to bond, but they're also the best way to bribe your cat if she won't come out from under the bed, won't sit still while you trim her nails, or to get her into your brand-new cat carrier! Treats help your cat to build positive associations with people and situations, so she's calmer and less stressed. They're also a great way to dose our natural medicines! Just beware of the dangers of cat claws!

Toys

Cats are intelligent, active and curious creatures and need mental stimulation. Play provides an outlet for your cat's predatory instincts and also relieves boredom, helps prevent behavior problems and provides exercise to help reduce weight gain and future health problems. This

is especially important for cats without access outdoors. From laser pointers to mock mice to the old favorite of an empty cardboard box, your cat's imagination can turn almost anything into a terrific toy.



CATS - INDOORS OR OUTDOORS?

This is a relatively new question as historically cats have been allowed to roam and explore, with free access to the outdoors. However, keeping cats indoor-only has become more prevalent and some rescue centers require potential adopters to agree to keep their cats inside. The reason for this is simple: indoor-only cats are safer and tend to live much longer.

But is it the right thing to do?

In an ideal world, cats would be allowed access to the outdoors. Allowing access to the outdoors increases the space available to them to explore and exercise and provides a stimulating environment full of variety and adventure. It also allows them to express their natural behaviour. For example, scratching and spraying are normal behaviours for cats and these traits often go unnoticed by owners of cats that have outdoor access.

However, in built-up areas there can be a large number of cats, each with a dwindling territory size and it is common for cats with outdoor access to get injured in fights with other cats, or through being attacked by dogs or other predators. Outdoor cats can also contract deadly infectious diseases from other cats and it's far easier for them to contract parasites, such as fleas and ticks (and the diseases they can carry). It's also a sad fact that many cats are injured or killed on the road each year. But it's not just our cats that are in danger when living outdoors. If cats are allowed outside, their hunting behaviour can have a serious impact on the native animal and bird population.

In reality, there is no right or wrong answer to this question. Much will depend on where you live, the level of road traffic in your area, the existing outdoor cat population (domestic or feral) and the level of predatory threats your outdoor cat may face. Indoor-only cats can still live happy and fulfilled lives if you get their environment right.

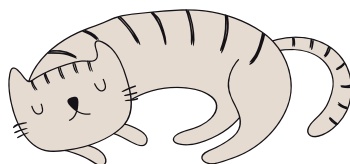


Steps to help keep your outdoor cat safe

- Studies show that more road traffic injuries happen at night, so keeping your cat indoors at night can help protect them from the hazards of the roads.
- A reflective or fluorescent quick release collar may help get them seen and a bell can help protect the local wildlife as they will get some warning as to the cat's presence.
- Collar-fitted tracker devices are a popular idea to keep track of your cat and to help locate them should they go missing, but the welfare implications must be considered – size, weight, and any risk of entrapment and/or impeding the quick release collar.
- Ensure your cat is microchipped.

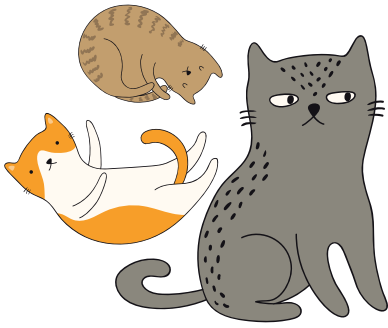
- Have your cat neutered to reduce roaming and minimise fighting.
- Regularly treat for fleas and worms and ensure they are up to date with their vaccinations.

If you are concerned about your cat going outside, you could consider enclosing your garden to provide a safe area for your cat to enjoy some fresh air.



Steps to enrich an indoor cat's environment

- If you decide to keep your cat indoor-only, you should look at your home through the eyes of a cat.
- Look at your home as a three-dimensional space and create hidey holes for a cat to dart into, and high-up shelves as platforms for a cat to survey the world from on high.
- Consider getting two kittens rather than one as cats that grow up together tend to become friends, entertaining each other with play.
- Invest in a range of toys for stimulation and variety and to allow them to express their natural hunting instinct. For example, small furry squeaky ones that move like a mouse scuttling along the ground and feathered toys at the end of a wand-like rod that flick back and forwards to mimic a bird.
- Aim to give your cat(s) at least three play sessions of ten minutes each, every day.
- If your cat does live indoors only, it's still important that your cat is microchipped, neutered, vaccinated and regularly treated for fleas and worms. Consult your veterinarian for the right protocol for your cat.



CAT OR KITTEN?

Kittens tend to be the most popular choice for a new cat owner because of one simple reason, they're adorable... but don't rule out the idea of adopting an older cat. Most cats live into their late teens or 20's so an older cat can still have a huge amount of love to give.

A kitten requires more time for socialization, needs feeding more often and generally needs more veterinary care during his or her first year of life. Kittens also have endless energy, which is one reason for their innate cuteness! Don't expect your kitten to curl up for hours at the end of your bed, but instead expect much time to be spent scaling your drapes and running up and down your stairs and across your countertops!

A kitten may not be the best choice if you have young children in your family as kids can accidentally hurt a small kitten, which might bite or scratch if it's frightened. At the other end of the age scale, senior citizens are often unprepared for a kitten's energy level and as kittens are often underfoot, they can cause even a sure-footed young person to trip or stumble, injuring both kitty and friend.

The right adult cat, on the other hand, is more

likely to tolerate children and less likely to be injured. If you are a busy, working family or an older person looking for a content feline friend, an adult cat may be the right choice for you. An adult cat can provide the love and companionship you are looking for from your cat, but with less work.

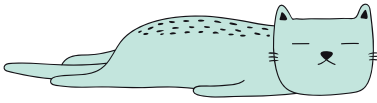
WHERE TO GET A CAT

This is a very simple question to answer: your local rescue center. While another option is to buy a kitten straight from a reputable breeder (and if you have your heart set on a pedigree breed this may be your only option), by adopting you're giving one of the millions of cats who desperately need and deserve a loving home a bright and happy future. In choosing to adopt an animal, you're also doing your part to help with the dramatic overpopulation crisis that is facing animal shelters everywhere.

Whether a cat or a kitten is the right choice for you, your local rescue center is likely to have many wonderful cats and kittens waiting for their forever home. They will also be able to help advise on the best cat for your family and on the care and attention they need to keep them healthy and happy.

If you decide to adopt an older cat, you could literally be saving a life. This is because as most people want to adopt kittens, a cat's chances for adoption decrease with age. And with an older cat you can enjoy a calmer and wiser companion with which to share your life with.

Cat arrives at the gates of heaven and St. Peter is sitting on a golden throne. "How may I help you?" enquires St. Peter. "Well for starters you can get out of my chair." replies the cat.



UNDERSTANDING YOUR CATS PERSONALITY

Researchers have discovered that cats fit into these five personality types: Skittishness, Outgoingness, Dominance, Spontaneity, and Friendliness. Understanding your cat's personality can be extremely useful when making decisions about cat management.

Skittishness – Cats that earned high skittishness scores are more anxious and fearful; calm and trusting cats had low scores. If your cat is highly skittish, you should also consider whether there is something that is stressing him or her and [take steps to alleviate this stress](#).

Outgoingness – Outgoing cats are curious and active and may benefit from additional toys and playtime. Cats with low scores are uncommon, but may be showing signs of aging or related health issues.

Dominance – Dominant cats may experience difficulties being around other cats, both in your home and in your neighborhood. Cats with low scores should adjust well to being in multi-cat households.

Spontaneity - High scores indicate impulsive, erratic cats; low scores indicate predictable, well-adjusted cats that may enjoy routine.

Friendliness – Friendly cats tend to be affectionate and should adjust well to other people and animals in the home. Those with low friendliness scores are solitary and irritable. If unfriendly behavior is unusual for your cat, it may indicate frustration, pain, or illness.

10 OF THE FRIENDLIEST CAT BREEDS

Cats come in all sorts of shapes and sizes and there are many things to consider when searching for your purrrrrrrfect partner! As the many different breeds of cats have many different personalities, your local rescue centre will be able to advise you on the best choice for you and your family. Many centres have a wonderful selection of marvellous moggies all ready, willing and able to make your home their home. Here are 10 of the friendliest cat breeds that you may want to whisker away...



Maine Coon - Affectionate with other cats, people, children, and dogs, Maine Coon's are easily recognizable by their large size and super-cute, tufted paws and ears.

Siamese - Known for their striking blue eyes, inquisitive personalities, and affectionate and loving nature.

Persian - One of the most popular cat breeds, Persian's are known for their sweet, gentle personalities and adorable expressions. While their beautiful coats require constant attention, that works well for them as they enjoy having humans fuss over them! Supporting the digestive system of such full-furred beauties with Feline Furball can help to keep the perils of furballs at bay.

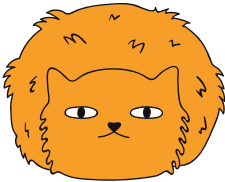
Birma - nother blue-eyed beauty, the long-haired Birman is exceptionally sweet, gentle, and sociable. Birman are another breed that will need the regular attention of a good grooming brush!

Ragdoll - Gentle, laid-back cats with super sweet temperaments, ragdolls are named for their habit of flopping into their humans' arms just like a ragdoll!

Burmese - Affectionate and yet spirited, Burmese cats love people and have long been known for winning over those who thought they didn't like cats!

Exotic Shorthair - Very similar to Persians, except exotics have short, dense coats rather than longer, fluffy ones. These sweet-tempered cats make loyal companions who love to spend time with you.

Abyssinian - one of the oldest known cat breeds with a history that dates back to ancient Egypt, Abyssinian are loyal, people-oriented and are known for being extremely smart.



ALL YOU NEED IS A CAT

Sphynx - Known as the 'hairless' cat, with distinctive wrinkles and a peach-fuzz coat that feels like suede, Sphynx cats love attention, are extremely affectionate, with an added dash of mischievousness thrown in!

Bombay - These "miniature panthers" are inquisitive, affectionate and congenial with people and other pets.

FUN FACTS ABOUT CATS

Male cats tend to be more social and affectionate with both humans and other cats. They commonly form strong bonds with other cats in the home, even when they are not from the same litter. Females, on the other hand, are often more standoffish. If you are looking for a cuddle bug, adopting a male may be your best bet

- According to a new study published in Nature, cats recognize the names of other cats - and they may also know the names of the humans living in their household!
- Cats conserve energy by sleeping for an average of 13 to 14 hours a day.
- When cats climb a tree, they can't go back down it head first. This is because their claws are facing the same way, instead, they have to go back down backward.
- Cats can't taste sweetness. Scientists believe it's due to a genetic mutation that affects key taste receptors.
- Some Evidence suggests that domesticated cats have been around since 3600 B.C.E., over 2,000 years before the Ancient Egyptians.
- Cats can recognize your voice. So yes, they are just ignoring you.
- In just 10 years one female cat could produce around 49,000 kittens. A very good reason to spay and neuter your cat

NATURAL CAT HEALTH

At **HomeoPet** we manufacture a wide range of natural medicines, specifically formulated for our feline friends. Like all our medicines, our feline range is formulated from safe, gentle and natural ingredients and offers a distinct advantage in cats where the absence of certain enzymes means they cannot metabolise certain drugs efficiently.

As **HomeoPet** medicines are liquid dosing, they are extremely easy to administer. Ideally they should be dropped directly into the mucous membrane of the mouth, which is ideally done in cats by raising the head until the mouth opens. Where your cat finds this distressful or you are unable to comply, the medication can be put in water or milk or given at meal/snack time.

HomeoPet medicines can be safely combined with each other or other **HomeoPet** medicines and can equally be administered alongside other medications or supplements.



FELINE ANXIETY RELIEF promotes relief from general anxiety in cats and kittens during vet/grooming visits, as a result of a new pet in household and separation from familiar surroundings caused by cattery/boardings stays.

FELINE DIGESTIVE UPSETS can provide temporary relief from minor digestive problems in cats.



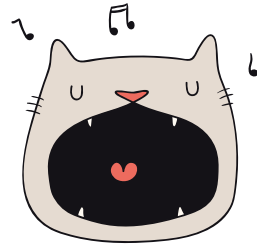
FELINE FURBALL promotes a healthy digestive and grooming process in cats.

FELINE NOSE RELIEF provides support for a healthy nasal and sinus tract in cats. Can aid with a runny nose, watery eyes, sneezing and congestion.



FELINE PURR DENTAL may help reduce the build-up of plaque and tartar while supporting healthy teeth and gums. Could also assist with bad breath.

FELINE SKIN AND ITCH promotes temporary relief from seasonal allergies and supports healthy skin and coat in cats. May help with scratching, itching, chewing and hair loss which may restore a thick and shiny coat.



MEOW OR NEVER

CAT HEALTH QUESTIONS

FELINE UTI+ promotes a healthy upper and lower urinary tract in cats. May aid in the relief of stress-related urination, often indicated by frequent urination often with a strong smell.

FELINE WRM CLEAR can aid in and support the removal of tapeworm, whipworm, roundworm, and hookworm in cats. WRM Clear does not kill the worms but can help the animal's own immune system remove them from the body. May also aid in recovery from worm effects and detoxify from effects of conventional products. Natural pet medicine, no food withdrawal required.

Like all living beings, cats can suffer from a wide range of ailments and illnesses. In the [HomeoPet Natural Pet Care Center](#) on our website we have a selection of informative articles on cat health, so feel free to browse at your leisure.

Worming Your Cat

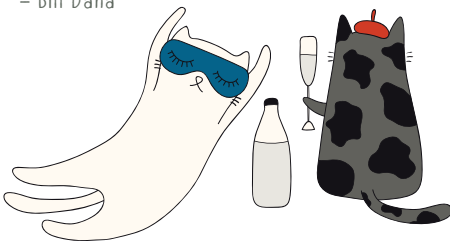
'Worming' (or more correctly de-worming) your cat is an essential part of being a responsible cat parent. Worms can have serious health effects and not only do they pose a danger to your cat, but some of them can also infect humans and all of them can infect other household pets. Consequently, intestinal worming should never be overlooked.

For more information on de-worming your cat, see '[Worming your cat – is there a natural alternative?](#)'

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“I had been told that the training procedure with cats was difficult. It's not. Mine had me trained in two days.”

– Bill Dana

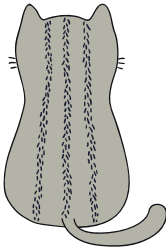


Feline Urinary Incontinence

Urinary incontinence is when a house-trained or a litter box-trained cat loses control of its bladder and is extremely unpleasant for both you and your cat! Quite a common problem in cats,

urinary incontinence can affect cats of any gender, age, or breed, but has a number of common causes and, most importantly for your sanity and the cleanliness of your house, there are treatment options.

For more information on feline urinary incontinence, see '[Feline Urinary Incontinence – The Leaky Cat](#)'.



Tummy Trouble

You may find that your cat often regurgitates her dinner shortly after feeding. Or that she sometimes suffers from a sudden bout of diarrhea or loses her appetite occasionally, no matter how much you tempt her with her favorite food. Generally grouped into acute (severe and often sudden onset) or chronic (persisting for a long time or constantly recurring) causes, tummy troubles can have many causes and a variety of effective, natural treatments.

For more information on digestive disorders in cats, see the article '[Tummy trouble?](#)' in the HomeoPet Natural Pet Care Center.



Tooth Care for Cats

Just like our own, our cats' teeth are prone to disease and decay, which is why it is crucial to take care of them. It's also gratifying to know that

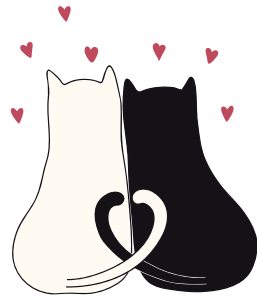
by taking care of your cat's teeth properly you could add 2-4 years to his or her lifespan.

For more information on tooth care for cats, including many fun facts about teeth, see '[Let's Talk About Your Pet's Teeth](#)' in the HomeoPet Natural Pet Care Center.

Rabies in Cats

Rabies is a fatal but preventable viral disease that is mostly found in wild animals such as bats, raccoons, skunks, and foxes in the USA and can spread to people and pets if they are bitten or scratched by a rabid animal. Cats are now the most commonly reported rabid domestic animal in the United States. While the numbers of confirmed rabies cases in cats are still low, with around 250 cats reported rabid each year, nearly all these animals were unvaccinated and acquired rabies from wildlife (such as bats, raccoons, and skunks).

For more information on rabies in cats, see the article '[Rabies In Cats. Should You Be Concerned?](#)' in the **HomeoPet Natural Pet Care Center**.



LOVE CATS



YOU CAN NEVER HAVE TOO MANY CATS



HomeoPet[®]
THE NATURAL CHOICE



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