

wellness grain free cat

Wellness Grain-Free Cat: A Comprehensive Guide to Healthy Feline Nutrition

Is your feline friend experiencing digestive upset, skin allergies, or unexplained weight fluctuations? Are you concerned about the long-term effects of grain-inclusive cat food? You're not alone. More and more cat owners are turning to grain-free diets, and the Wellness brand is a popular choice. This comprehensive guide dives deep into the world of wellness grain-free cat food, exploring its benefits, potential drawbacks, and helping you determine if it's the right choice for your beloved kitty. We'll cover everything from ingredient analysis to feeding recommendations, ensuring you're equipped to make informed decisions about your cat's nutritional well-being.

Understanding the Appeal of Grain-Free Cat Food

Cats are obligate carnivores, meaning their bodies are designed to thrive on a diet primarily composed of animal protein. Grains, like corn, wheat, and soy, often serve as fillers in many commercial cat foods, providing minimal nutritional value and potentially contributing to digestive issues. This is where wellness grain-free cat food comes into play. By removing these grains, manufacturers aim to create a diet that more closely mimics a cat's natural prey, offering potential benefits such as:

Improved Digestion: Many cats experience improved digestion and reduced bowel problems when switched to a grain-free diet. The absence of common allergens like corn and wheat can significantly ease digestive discomfort.

Healthier Skin and Coat: Grain-free diets often contain higher levels of protein and healthy fats, contributing to a shinier, healthier coat and potentially reducing skin allergies. These nutrients support healthy skin cell regeneration and reduce inflammation.

Weight Management: Grain-free formulations often have a higher protein content, which can promote

satiety and help maintain a healthy weight. Higher protein diets can also help support muscle mass.

Enhanced Energy Levels: A diet rich in animal protein provides the necessary building blocks for energy production, potentially leading to increased vitality and playfulness in your cat.

Deciphering the Wellness Grain-Free Cat Food Line

Wellness offers a variety of grain-free cat food options, each formulated with specific nutritional needs in mind. Some popular choices include:

Wellness Complete Health Grain-Free: This line focuses on providing balanced nutrition with high-quality protein sources, often featuring chicken, turkey, or fish. It's a good all-around option for many cats.

Wellness CORE Grain-Free: This range boasts a higher protein content and often includes novel protein sources, ideal for cats with food sensitivities or allergies.

Wellness Simple Solutions Grain-Free: This line features limited-ingredient formulas, perfect for cats with sensitive stomachs or specific dietary restrictions. It usually uses a single protein source and a small number of other easily digestible ingredients.

Understanding the specific ingredients in each formula is key. Look for named meat sources (e.g., "chicken," not "meat by-products") and avoid artificial colors, flavors, and preservatives. High-quality protein should always be the primary ingredient listed.

Potential Drawbacks of Grain-Free Diets

While grain-free diets offer many benefits, it's important to acknowledge potential drawbacks:

Cost: Grain-free cat foods are often more expensive than their grain-inclusive counterparts due to the higher cost of quality animal protein.

Potential for Nutritional Imbalances: If not carefully formulated, grain-free diets can lack essential nutrients found in grains. Always choose a reputable brand that provides complete and balanced

nutrition. A veterinary nutritionist can be helpful in determining the right balance.

Feline Dilated Cardiomyopathy (FDC): While a correlation, not a direct causation, has been linked between certain grain-free diets and FDC, choosing high-quality brands with complete and balanced formulations minimizes this risk. Discuss any concerns with your veterinarian.

Transitioning Your Cat to a Grain-Free Diet

Sudden dietary changes can upset your cat's digestive system. Introduce the new food gradually over 7-10 days, mixing it with their current food in increasing proportions. Monitor their bowel movements and overall health closely during the transition. Any signs of digestive upset warrant a slower transition or a consultation with your veterinarian.

Choosing the Right Wellness Grain-Free Cat Food for Your Pet

The best wellness grain-free cat food for your pet depends on their individual needs and preferences. Consider:

Age: Kittens have different nutritional requirements than adult cats or senior cats.

Breed: Certain breeds may be predisposed to specific health conditions, requiring tailored nutrition.

Health Conditions: If your cat has allergies, sensitivities, or other health issues, choose a formula that addresses those needs.

Life Stage: Consider whether you need kitten, adult, or senior formulas.

Consult your veterinarian before making significant changes to your cat's diet, especially if they have pre-existing health conditions. They can provide personalized recommendations based on your cat's individual requirements.

Conclusion

Selecting the right food is a crucial aspect of ensuring your cat's long-term health and happiness.

Wellness grain-free cat food offers a compelling alternative for cat owners seeking a diet that prioritizes high-quality animal protein and minimizes potential allergens. By carefully researching and selecting the appropriate formula and transitioning gradually, you can help your cat thrive on a nutritionally complete and delicious grain-free diet. Remember to always consult your veterinarian for personalized advice.

FAQs

1. Can I switch my cat to a grain-free diet without consulting my vet? While you can, it's always best to discuss dietary changes with your veterinarian, especially if your cat has pre-existing health conditions.
1. Are all grain-free cat foods created equal? No, the quality of ingredients and nutritional balance vary significantly between brands. Choose reputable brands with transparent ingredient lists.
1. My cat is picky. How can I get them to eat grain-free food? Introduce the new food gradually, mixing it with their current food. You can also try warming it slightly or adding a small amount of wet food to increase palatability.
1. What are the signs of a cat experiencing digestive upset from a new food? Look for changes in stool consistency (diarrhea or constipation), vomiting, lethargy, or changes in appetite.

1. How often should I change my cat's food? Unless your veterinarian recommends otherwise, it's generally best to stick with one food for consistency. Significant changes should always be discussed with your veterinarian.

wellness grain free cat: Celiac and the Beast Erica Dermer, 2013-10 This book details the struggle through misdiagnosis after misdiagnosis, the search for answers to what gluten free really means, additional medical issues along with celiac disease, and a connection between her past life of disordered eating to her new medically restricted diet--Back cover.

wellness grain free cat: Health and Nutrition for Dogs and Cats David G. Wellock, 2013-04-11 While the internet provides pet parents with a great deal of information, finding and understanding that information can be like wading through a bog at midnight without a flashlight. In spite of the internet, pet parents remain desperate for valid resources. Health and Nutrition for Dogs and Cats is timely, informative, and delivers sensible information on topics of importance to all pet owners. From reading pet food labels to storing food, from understanding appropriate calorie intake to food allergies, David Wellock helps readers better understand the dietary needs of their dogs and cats. In recent years, Americans have come to pay more attention to the foods they eat. This trend toward a healthier lifestyle quickly found its way into the world of pet foods, allowing better diets to find success in the marketplace. However, the change has been somewhat perplexing for pet parents as they struggle to sort out the various, and sometimes misleading, messages surrounding the new foods available to their pets. Here, a seasoned expert in the care and feeding of dogs and cats, provides fact-filled, no nonsense, understandable information on the topics pet parents need to know in order to purchase and prepare food and develop an appropriate diet for their furry charges.

wellness grain free cat: The Whole Pet Diet Andi Brown, 2006-09-01 One in four pets is obese, and every year owners spends thousands of dollars treating allergies, joint problems, digestive disorders, and serious diseases that could improve dramatically with a nutritious diet. Yet despite promises of complete and balanced meals, most commercial pet foods contain chemical preservatives, indigestible fillers, and dangerous by-products. If your pets are overweight, ailing, or aging, or you just want them to be as healthy as possible, THE WHOLE PET DIET offers a straightforward plan to achieve lifelong health and well-being. Featuring twenty-five easy recipes for homemade meals and treats, a guide to natural supplements, and practical tips for no-stress grooming and play, this holistic approach to pet care creates optimal health for dogs and cats, and it just might change the way you eat, too.

wellness grain free cat: The Complete Guide to Holistic Cat Care Celeste Yarnall, Jean Hofve, 2009-09-01 Celeste Yarnall's time-tested natural and holistic expertise gives cat owners insight into natural alternatives in food, medication, alternative therapies, and healing practices, improving the lives of feline friends and well as their caregivers. With Dr. Jean Hofve, the esteemed holistic veterinarian, she explores nutrition as preventative medicine, vitamin and mineral supplements, herbal remedies, homeopathic treatments, and groundbreaking anti-aging modalities never before published in a pet care guide. The Complete Guide to Holistic Cat Care also includes a complete bibliography and a list of suppliers of holistic remedies and services. As with all other pet health guides, it is a comprehensive resource intended to complement veterinary care, not replace it.

wellness grain free cat: The Toilet Trained Cat Aston Lau, 2008-08-13 Love cats, but hate

scooping litter? Cats are exceptionally intelligent creatures -- so you'd think they'd have learned how to use the toilet by now! It's a wonder that we still allow them to go in litter boxes and stink up our homes. This book is your step-by-step guide on how to properly and safely train your cat to use the human toilet -- and live completely litter-free.- Stop scooping and discarding your cat's waste every day- Save at least \$175 per year per cat on litter- Eliminate the awful litter box odors in your home- Stop your cat from tracking her dirty, litter-contaminated paws all over the house- Help the environment by keeping used cat litter out of our landfills

wellness grain free cat: *Cat Daddy* Jackson Galaxy, 2013-05-02 Cat behaviorist and star of Animal Planet's hit television show *My Cat from Hell*, Galaxy, a.k.a. Cat Daddy, isn't what readers might expect for a cat expert. Yet his ability to connect with even the most troubled felines--not to mention their owners--is awe-inspiring.

wellness grain free cat: *Cats Galore* Susan Herbert, 2015-09-25 An irresistible volume featuring illustrations of famous dramatis personae—with a feline twist What happens when a cat becomes the subject of da Vinci's *Mona Lisa* or takes the starring role in *Hamlet* or *Lawrence of Arabia*? Susan Herbert's feline interpretations of famous images from Western culture have charmed and amused readers for decades. *Cats Galore* brings together illustrations from the affectionately envisioned Pre-Raphaelite Cats, Shakespeare Cats, Movie Cats, and Opera Cats—as well as other delightful images of cats cast in scenes from art, theater, and film—into one delightful volume. Divided into three sections—Cats in Art, Cats on Stage, and Cats in the Movies—this is the ultimate compendium for cat-loving culture buffs and cultured pet owners alike. Works by Degas and van Gogh retain their distinctive styles in spite of the furry faces; cats shine in *Much Ado About Nothing* and *The Barber of Seville*; and a bushy-tailed James Dean in *Rebel Without a Cause* stares at the camera with the iconic cigarette in his mouth.

wellness grain free cat: *CatWise* Pam Johnson-Bennett, 2016-10-18 Top feline behavior expert (and author of Penguin's bestselling *Think Like a Cat* and *Cat vs. Cat*) answers the 150 questions most often asked by puzzled cat owners. Even those of us who have lived with and loved our cats for decades are constantly stymied by their seemingly inexplicable acts, or have questions about why they do what they do and where they do it, and how we can get them to not do it. Here, in one complete authoritative guide, those elusive mysteries are solved. Why does my cat lick my hair? Why does the cat only want attention when I'm on the phone? How can I introduce my cat to my new dog? How can I get my cat to like my new husband?? No one knows cats like Pam Johnson Bennett, whose pioneering thirty-year career as a cat behavior consultant has changed the way cat owners and experts alike view cats. Her books are bibles, but her fans and owners still flood her website and social media platforms with questions on topics that perplex them. *Catwise* combines the questions that come up most often with answers to help you solve your cat's behavior problems (or head them off before they start), or simply improve the relationship you have with your cat.

wellness grain free cat: *The Ultimate Pet Health Guide* Gary Richter, MS, DVM, 2017-08-15 As a holistic veterinarian and scientist, Dr. Gary Richter helps dog and cat owners to navigate the thicket of treatment options and separate the fact from the fiction. He wants us to use what actually works, not just what Western science or alternative medicine say should work. This multifaceted approach to health is known as integrative medicine. Dr. Richter examines traditional medicine from many cultures alongside modern medical techniques, describing the best of complementary care and the best of conventional veterinary medicine. Every treatment he recommends has the backing of scientific research or years of successful outcomes in his clinical practice. After explaining the treatment, he offers specific recommendations for an integrative approach to common diseases, including allergies, skin conditions, diabetes, heart disease, and cancer. A holistic approach to health includes nutrition, as it sets up the foundation for your pet's health. Dr. Richter cuts through the hype in the pet-food world and explains how to choose the best commercial foods and supplements, and even includes both raw and cooked dog- and cat-food recipes for general diet as well as to treat specific needs. He also explains how we can use the right foods and supplements to hack the body's processes, including the immune system.

wellness grain free cat: Dinner PAWsible Cathy Alinovi, Susan Thixton, 2015-05-19 There's a reason why pets beg at your table—they want real food! Not the kibble manufactured by pet food companies, drained of nutrients. If we are dedicated to preparing healthy meals for ourselves in the comfort and safety of our own kitchens, shouldn't we be doing the same for our pets? Dinner PAWsible is a collection of more than fifty cat and dog food recipes that will teach you how to whip up a fresh, balanced meal for your hungry critters. Written by a veterinarian certified in food therapy and an advocate for pet food safety, these recipes are also based on the National Research Council requirements for dogs and cats. Recipes for Dogs include: Turkey & Oats Lasagna Beef, Egg & Rice Chicken, Shrimp, and Veggies Salmon & Cabbage And more! Recipes for cats include: Turkey Meatloaf Turkey & Salmon Hash Steak & Eggs Fish Salad Gumbo And more! Debunk the myth that pet food companies are the only entities qualified to feed your pets. Instead, beat pet obesity, disease, and sickness by reaching into your pantry or refrigerator, turning on the stove, and starting to cook yourself! Making food at home will also decrease those exorbitant pet food bills. It's time to go back to the table. Know exactly what your pet is eating and serve it a variety of real food that it deserves. Be a responsible pet parent by balancing your pet's diet and pleasing its palate. Cooking for your pet is paws-ible!

wellness grain free cat: Veterinary Secrets Andrew T. Jones, Andrew T Jones DVM, 2014-05-23 This manual draws from Dr Jones' 17 years' experience in veterinary medicine to provide a comprehensive, step-by-step guide to home pet care and disease remedies. Dr. Jones opens by explaining how he came to question conventional veterinary treatments then began to share his concerns publicly and openly educate pet owners, empowering them to provide their pets with quality, holistic care at home. Eventually, his efforts led to his expulsion from the British Columbia Veterinary College, resulting in a ban from practicing animal medicine.

wellness grain free cat: *Your Cat: Simple New Secrets to a Longer, Stronger Life* Elizabeth M. Hodgkins, D.V.M., Esq., 2008-10-14 In this controversial new book, dedicated veterinarian Elizabeth M. Hodgkins, D.V.M., Esq. raises the alarm regarding the dry food we feed our cats and the nutritional diseases that result. *Your Cat: Simple New Secrets to a Longer, Stronger Life* turns today's conventional wisdom of cat care on its head with completely new, yet remarkably easy-to-follow guidelines for every cat owner. From kitten-rearing to the adult cat's middle years to caring for the geriatric cat, Dr. Hodgkins explores the full spectrum of proper cat care, as well as the many deadly feline diseases that are rampant. This indispensable manual belongs on every modern cat owner's shelf.

wellness grain free cat: The Complete Book of Home Remedies for Your Cat Deborah Mitchell, Deborah R. Mitchell, 2013-04-30 Provides advice on feline diet and information on symptoms, diagnosis, conventional treatment, and home remedies for fourteen common feline medical conditions, including hairballs, fleas, diabetes, arthritis, and obesity.

wellness grain free cat: **Nutrient Requirements of Dogs and Cats** National Research Council, Division on Earth and Life Studies, Board on Agriculture and Natural Resources, Committee on Animal Nutrition, Subcommittee on Dog and Cat Nutrition, 2006-07-01 Updating recommendations last made by the National Research Council in the mid-1980s, this report provides nutrient recommendations based on physical activity and stage in life, major factors that influence nutrient needs. It looks at how nutrients are metabolized in the bodies of dogs and cats, indications of nutrient deficiency, and diseases related to poor nutrition. The report provides a valuable resource for industry professionals formulating diets, scientists setting research agendas, government officials developing regulations for pet food labeling, and as a university textbook for dog and cat nutrition. It can also guide pet owners feeding decisions for their pets with information on specific nutrient needs, characteristics of different types of pet foods, and factors to consider when feeding cats and dogs.

wellness grain free cat: *Kittens Love* Lisa McCue, 2010 Depicts kittens doing what they love most, including playing with yarn, sitting on the windowsill, climbing trees, napping, and drinking milk. On board pages.

wellness grain free cat: Food Pets Die for Ann N. Martin, 2008 The commercial pet food industry has a secret to hide -- and Ann Martin wants to make sure you know it. Her research reveals some startling facts: that the pet food industry conducts animal testing in order to improve their product, and includes euthanized cats and dogs in the mix to heighten protein content. In this revised and updated edition, Martin continues to explore the shocking processes by which commercial pet foods are produced. She offers alternative recipes for feeding pets, nutritional advice, and an exploration of Pet Peeves, in which she explores several scams aimed at pet owners. This groundbreaking book gives us a glimpse into exactly what we are doing when we buy pet food.

wellness grain free cat: The Way of Cats Pamela Merritt, 2018-05-31 The Way of Cats is a way of playing games with our cat. These communication, training, and affection games are fun and easy to learn. Then we have well-behaved and happy cats.

wellness grain free cat: Cat Fancy , 2010-06

wellness grain free cat: The Feline Flourish Isabelle Stone , 2023-08-06 The Feline Flourish: A Comprehensive Guide to Cat Health and Wellness is a heartfelt journey into the world of feline care. Beginning with understanding a cat's basic needs, the guide emphasizes more than just food and shelter. It delves into the intricacies of feline nutrition, highlighting the importance of a balanced diet and the dangers of common toxic foods. Physical activity's role is explored, emphasizing the significance of play and exercise in a cat's life. Preventative care is a central theme, with insights into regular check-ups, vaccinations, and early detection of common illnesses. A unique feature is its focus on holistic and alternative therapies, introducing readers to natural remedies and their benefits in feline health. The guide doesn't neglect mental well-being, discussing the psychological needs of indoor cats and ways to ensure their mental stimulation. The challenges of caring for aging cats are addressed with sensitivity, offering advice on specialized care and nutrition. Additionally, the guide prepares cat parents for emergencies, providing tips on swift action and first aid. In essence, The Feline Flourish is an invaluable resource for every cat parent, offering a blend of expert advice, practical tips, and heartfelt anecdotes. Whether you're a new or seasoned cat owner, this guide is a must-have companion in your feline care journey.

wellness grain free cat: Star Trek Cats Jenny Parks, 2017-02-28 Captain's log: We have entered a galaxy where beloved illustrator Jenny Parks has conjured an astonishingly vivid homage to the original Star Trek series with an unexpected twist: a cast of cats. Featuring a hilarious new take on iconic characters and scenes—from Kirk in the Captain's chair to Spock offering his Vulcan wisdom—this eye-opening adventure stays true to the tone of the classic TV show. Playful, loving, and from a strange new world, Star Trek Cats is the perfect gift for fans of, well, Star Trek and cats.

wellness grain free cat: Applied Veterinary Clinical Nutrition Andrea J. Fascetti, Sean J. Delaney, 2011-11-08 Applied Veterinary Clinical Nutrition provides current, clinically relevant nutritional advice intended for use in daily canine and feline practice. Highly practical, the book emphasizes solutions for integrating nutrition into clinical practice, with introductory chapters covering the foundation and science behind the recommendations and extensive references for further reading. Written by a group of leading veterinary nutritionists, Applied Veterinary Clinical Nutrition is a valuable resource on the principles of animal nutrition and feeding practices in healthy or diseased dogs and cats. The book begins with an overview of basic nutrition, energy requirements, and the basics of product guides, pet foods, home-prepared diets and dietary supplements. Subsequent chapters delve into feeding the healthy dog and cat, nutrition for weight management, and nutritional principles for a variety of diseases, with the final chapters covering enteral and parenteral nutrition. Applied Veterinary Clinical Nutrition is a daily reference for veterinary practitioners, students, and residents seeking authoritative information on feeding animals.

wellness grain free cat: Purr-fect Recipes for a Healthy Cat Lisa Shiroff, 2011 Every cat deserves the best possible food in their diet, but knowing exactly what cat food and treats are best can be hard - especially with limited nutritional information for many brands and so many of those brands to choose from. For these reasons, many people have turned to creating their own cat food,

using naturally healthy recipes and foods over which every cat will salivate. This book has been carefully researched and compiled to provide you and your cat more than 100 healthy recipes that will help your cat live the best possible lifestyle. You will learn how to recognize the nutritional needs of your cats, including what good health entails in their lives and how to change their diet accordingly depending on their exact breed. You will learn what various normal cat foods contain and which nutritional necessities they meet or do not meet accordingly. You will then learn what artificial preservatives might currently be in your cats food and what that can do to them. Dietary experts for pets and cats in particular have been interviewed and their insights have been included in this book to provide detailed information on how to best feed your cats at home. You will learn how and where to buy what you need for your cats new diet and how to slowly and effectively make the change without disrupting their health. Finally, you will learn more than 100 different recipes, with specific tips in each one for ensuring your cats utter and complete health both in their everyday meals and in the special treats you may give them. This book, for anyone who has considered the importance of their cats dietary health, is ideal for starting down the path to your own home made foods. Atlantic Publishing is a small, independent publishing company based in Ocala, Florida. Founded over twenty years ago in the company president's garage, Atlantic Publishing has grown to become a renowned resource for non-fiction books. Today, over 450 titles are in print covering subjects such as small business, healthy living, management, finance, careers, and real estate. Atlantic Publishing prides itself on producing award winning, high-quality manuals that give readers up-to-date, pertinent information, real-world examples, and case studies with expert advice. Every book has resources, contact information, and web sites of the products or companies discussed.

wellness grain free cat: McCurnin's Clinical Textbook for Veterinary Technicians - E-Book Joanna M. Bassert, 2014-10-20 McCurnin's Clinical Textbook for Veterinary Technicians - E-Book

wellness grain free cat: My New Roots Sarah Britton, 2015-03-31 Holistic nutritionist and highly-regarded blogger Sarah Britton presents a refreshing, straight-forward approach to balancing mind, body, and spirit through a diet made up of whole foods. Sarah Britton's approach to plant-based cuisine is about satisfaction--foods that satiate on a physical, emotional, and spiritual level. Based on her knowledge of nutrition and her love of cooking, Sarah Britton crafts recipes made from organic vegetables, fruits, whole grains, beans, lentils, nuts, and seeds. She explains how a diet based on whole foods allows the body to regulate itself, eliminating the need to count calories. My New Roots draws on the enormous appeal of Sarah Britton's blog, which strikes the perfect balance between healthy and delicious food. She is a whole food lover, a cook who makes simple accessible plant-based meals that are a pleasure to eat and a joy to make. This book takes its cues from the rhythms of the earth, showcasing 100 seasonal recipes. Sarah simmers thinly sliced celery root until it mimics pasta for Butternut Squash Lasagna, and whips up easy raw chocolate to make homemade chocolate-nut butter candy cups. Her recipes are not about sacrifice, deprivation, or labels--they are about enjoying delicious food that's also good for you.

wellness grain free cat: Cat Care 101: A Beginner's Guide to Understanding, Caring, and Enjoying Life with Your Feline Companions Kiera A. Lawson, 2023-01-01 Cats are not our whole lives, but they make our lives whole. Are you ready to become the best cat parent possible? Look no further than Cat Care 101, the ultimate beginner's guide to understanding, caring, and enjoying life with your feline companions. Starting with an introduction to the wonderful world of cats, this comprehensive guide covers everything you need to know about cat care. From the history and evolution of domestic cats to understanding feline behavior, choosing the right cat for you, and different cat breeds and their traits, you'll learn how to select the perfect cat for your lifestyle. Next, you'll discover how to prepare your home for your new cat, cat-proof your living space, and choose essential supplies to create a safe and comfortable environment. Chapters on feeding and nutrition, grooming and coat care, litter box training and maintenance, and socialization and bonding will help you provide the best care for your furry friend. Cat Care 101 also covers important topics like healthcare and preventative medicine, dental care for cats, cat safety and emergency preparedness,

and indoor vs. outdoor cats. You'll even learn about enrichment and playtime, scratching and claw care, traveling with your cat, and fostering and volunteering with cats. And for those with senior cats or special needs cats, there are chapters specifically dedicated to providing the best care for your furry friend. You'll also learn about holistic and alternative cat care, breeding and pregnancy, and saying goodbye in a chapter on end-of-life care and grieving. With easy-to-follow instructions and a friendly tone, *Cat Care 101* is the perfect guide for cat owners of all levels. Whether you're a first-time cat parent or an experienced caregiver, this book will provide you with the knowledge and tools to create a happy, healthy, and loving home for your feline companions. So why wait? Start your journey to becoming the best cat parent possible today with *Cat Care 101*.

Table of Contents

The Wonderful World of Cats
 The History and Evolution of Domestic Cats
 Understanding Feline Behavior
 Choosing the Right Cat for You
 Different Cat Breeds and Their Traits
 Preparing Your Home for Your New Cat
 Cat-Proofing Your Living Space
 Essential Supplies for a Happy Cat
 Choosing the Right Food for Your Cat
 Treats, Supplements, and Special Diets
 Basic Grooming Techniques for All Cats
 Litter Box Training and Maintenance
 Keeping Your Home Fresh and Odor-Free
 Building Trust with Your New Cat
 Introducing Cats to Other Household Pets
 Addressing Common Behavior Issues
 Healthcare and Preventative Medicine
 Parasite Prevention and Treatment
 Dental Care for Cats
 Cat Safety and Emergency Preparedness
 Indoor vs. Outdoor Cats
 Selecting Appropriate Cat Toys and Games
 Encouraging Mental Stimulation and Exercise
 DIY Cat Enrichment Ideas
 Scratching and Claw Care
 Choosing the Right Scratching Posts and Pads
 Nail Trimming and Maintenance
 Tips for Stress-Free Travel with Your Cat
 Boarding and Pet Sitters
 Cats and Allergies
 Understanding Cat Allergies in Humans
 Senior Cat Care
 Special Considerations for Aging Cats
 Monitoring and Managing Age-Related Health Issues
 Enhancing Your Senior Cat's Quality of Life
 Cats with Special Needs
 Caring for Cats with Disabilities or Chronic Illnesses
 Selecting the Right Equipment and Assistive Devices
 Creating a Supportive Environment for Your Special Needs Cat
 Fostering and Volunteering with Cats
 The Benefits of Fostering Cats
 How to Become a Foster Parent for Cats
 Opportunities for Volunteering with Cat Rescue Organizations
 Holistic and Alternative Cat Care
 Integrating Holistic Care into Your Cat's Routine
 Breeding and Pregnancy
 Saying End-of-Life Care and Grieving

wellness grain free cat: Catification Jackson Galaxy, Kate Benjamin, 2014-10-14 A New York Times bestseller! The star of Animal Planet's hit television series *My Cat from Hell*, Jackson Galaxy, shows cat owners everywhere how to make their homes both cat-friendly and chic. Cat owners know the struggles of creating living spaces that are both functional and stylish for owner and cat. Don't just go to your local pet shop and adorn your home with unattractive cat towers and kitty beds. In *Catification*, Jackson Galaxy, the star of Animal Planet's *My Cat from Hell*, and Kate Benjamin, founder of a popular cat design website, walk readers through a step-by-step process of designing an attractive home that is also an optimal environment for cats. This gorgeously designed, full-color book includes more than twenty fun DIY projects, from kitty beds and litter boxes to catios (cat patios) that will be sure to make readers—and their cats—purr in approval.

wellness grain free cat: The Wellness Diaries Owen Staples, 2013-04-30 *The Wellness Diaries* takes readers on a unique roller coaster journey through the eyes of a paranoid college student while battling mental illness, to the darkness of planning suicide, to a remarkable recovery. It offers an account of the author's experience of mental illness—early symptoms, diagnosis, battle with medications, and a plan to end the pain. The book takes an about turn as the journey is observed and tracked, from despair and suffering, to inspiration, adventure, contagious enthusiasm, and rebuilding a life, one step at a time, through reclaiming health. It includes persuasive arguments as to why health is a choice, and it offers a unique approach to health and wellness from the standpoint of lifestyle, including essential fundamentals such as a plant-based diet, quality sleep and outside activity. It discusses some aspects of health which are sometimes overlooked. I feel mountain ranges above my dark times. Those days are in the past, and so distant from me now, that looking back upon them seems as if I have woken up from a really bad nightmare... Readers will be touched with tears and laughter, and may wonder when Owen catches a break. Experience his in-depth sincerity

in accounting the exact events which shaped this mans recovery from mental illness into a new life filled with gratitude and genuine love for life, the Earth, and all living things, and with a new outlook as a botanist and a naturalist. The Wellness Diaries is a book which offers a contagiously inspiring outlook on health, available as a choice.

wellness grain free cat: *Compassion for Pets* R. Geoffrey Broderick, 2016-07-06 In this groundbreaking book on pet nutrition, Dr. R. Geoffrey Broderick, DVM, reveals the secret to keeping your pets disease-free and healthy for their whole lives. His feeding Paradigm is a step-by-step program for pet owners to give their companion animals optimal health, using food as medicine.

wellness grain free cat: *Pet Services Journal* , 2007-07

wellness grain free cat: *The Holistic Cat* Jennifer A. Coscia, 2009-01-27 Written in an accessible and engaging style for both seasoned cat lovers and first-time owners, *The Holistic Cat* focuses on disease prevention and provides specific tips for raising a cat in a healthy, safe environment. Author Jennifer Coscia combines many years of experience as a nutritional consultant and as the owner of an animal rescue adoption organization to cover a range of topics including nutrition, conventional vs. holistic healthcare and the use of complementary veterinary care, indoor vs. outdoor cats, vaccine-related illnesses, household and outdoor hazards, disease-specific advice, and how to make suitable arrangements for care while traveling and moving. Coscia also explores how overuse of vaccines and drugs in veterinary care, along with chemicals and contaminants in pet foods and the water supply, have radically increased disease in cats. *The Holistic Cat* contains inspiring first-person rescue stories complemented by vibrant photographs. This indispensable resource teaches a new approach to feline health and is also a valuable guide for veterinary students who want to learn about using alternative modalities to treat these extraordinary creatures.

wellness grain free cat: *Prescription for Dietary Wellness* Phyllis A. Balch CNC, 2003-05-26 Like its companion books--the number-one bestselling *Prescription for Nutritional Healing* and the newer *Prescription for Herbal Healing*--*Prescription for Dietary Wellness* offers authoritative information that is research-based and clearly written, making it easy for the reader to quickly find the subjects in which he or she is interested and to incorporate the dietary recommendations into his or her daily life. Updates in this second edition include: phytochemicals and antioxidants foods that boost immunity how to choose the most nutritious foods standout healing foods how to design a diet for your individual optimal health, taking into account special dietary needs such as those of women, children, vegetarians, and others food combining diet-based healing techniques such as juicing, fasting, and detoxifying how to avoid potential dietary dangers, including threats to water safety, foodborne diseases, food additives, food irradiation, antibiotics, genetically engineered foods, and undesirable substances such as caffeine, cholesterol, and sugar. While not a cookbook, *Prescription for Dietary Wellness* also includes a number of easy, wholesome recipes and advice on cooking methods. It is a complete, practical guide to eating for good health.

wellness grain free cat: *Catify to Satisfy* Jackson Galaxy, Kate Benjamin, 2015-11-17 Tried and true strategies from Catification Nation--Cover.

wellness grain free cat: *Herbs for Pets* Mary L. Wulff, Greg L. Tilford, 2011-04-19 *Herbs for Pets*, by herbalists and holistic experts Gregory L. Tilford and Mary L. Wulff, is the bible for all pet owners looking to enhance their companion animals' lives through natural therapies. Now in its second revised edition, *Herbs for Pets* is an indispensable resource, an exhaustive compendium of medicinal plants and natural remedies that hosts an illustrated tour through Western, ayurvedic, and Chinese herbs that grow in North America, including their holistic applications and contraindications, and alternative approaches to treating a wide range of ailments. Remedies in the book are applicable to dogs and cats, as well as birds, small mammals, and even farm animals. The book is organized into three chapters, the first is dedicated to the "Principles and Practices of Herbalism," discussing the many facets of herbs, concerns about toxicity, basic herbal preparation, the ethical use of herbs, the connection between herbs and diet, and using herbs as dietary supplements. Chapter 2, titled "Materia Medica: An A-Z Guide to Herbs for Animals," is an exhaustive 150-page section presenting color photographs and text about the appearance, habitat

and range, cycle and bloom season, parts used, primary medicinal activities, strongest affinities, common uses, availability, propagation and harvest, alternatives and adjuncts, and cautions and comments for 65 different herbs (from Alfalfa to Yucca!). The common uses section is extensive for each herb, discussing the nutrient value, various qualities, and ways in which the herb is used for specific treatments. The third chapter of the book is titled "An Herbal Repertory for Animals: Ailments and Treatments" and details remedies for the following: anxiety, nervousness, and behavioral problems; arthritis and hip dysplasia; cancer; cardiovascular problems; digestive system problems; ear problems; elderly animal care; endocrine system and related problems; epilepsy, convulsions, and seizures; eye problems; first aid, immune system care; mouth and nose problems; parasite-related problems; pregnancy and lactation; skin problems; and urinary problems. The authors share over two dozen herbal remedies for various ailments, from asthma and pneumonia to constipation and eye cleaner. A glossary of over 200 terms is included, as are references and a comprehensive index.

wellness grain free cat: The Cat Bible Tracie Hotchner, 2007-10-18 The only fully comprehensive guide to all things feline, from the host of Cat Chat on Martha Stewart Living Radio. Finally, a definitive book that delivers many unknown facts about every aspect of caring for and sharing your life with a cat, ranging from proper nutrition and strange behavior to medical care and multi-cat households, to grooming and geriatrics. The Cat Bible explains the mysteries of feline behavior to owners who are devoted to their cats without being able to fully understand them. It offers straightforward solutions to the problems that cause people to give up their cats, many of which are preventable, including litter box avoidance, furniture scratching, and physical ailments. There are more than 90 million American households that count cats as family members, but they are a vastly underserved population, devoted to their kitties, yet bereft of all the public attention, programming, and print devoted to dogs. Now, bestselling author and investigative journalist Tracie Hotchner offers them The Cat Bible, with straightforward, fact-filled solutions to health and behavior problems, based on years of research into the real reasons behind these issues. In the same warm, straightforward style that attracts devoted listeners to her radio shows, Tracie tackles controversial topics such as the truth about commercial dry pet foods and their dangers, bringing readers the latest facts on every topic that affects a feline's well-being.

wellness grain free cat: All Our Cats Katou Fournier, Jacques Lehmann, 1985

wellness grain free cat: Not Fit for a Dog! Dr. Michael W. Fox, 2012-09-26 Highlighting the dangers of modern pet food--how it is unbalanced, creates addiction, and often contains ingredients that can literally poison your pet, this book destroys the myths propounded by pet food companies that human food is bad for pets, and that natural food diets are unsafe. Three veterinarians share their expertise and scientific evidence, providing an in-depth appraisal of the pet food industry and what people are feeding to their cats and dogs. This revolutionary book teaches how to read pet food labels and what ingredients to avoid, how to save on pet bills by preventing diet-related disease in pets, why veterinarians are often ignorant of the health effects of manufactured pet food, how a change in diet can cure many diet-related illnesses, and why organic farming practices and suppliers can be the best choice for pets. Armed with this information, people will be able to provide a better and healthier life for their animals.

wellness grain free cat: Minimalist Baker's Everyday Cooking Dana Shultz, 2016-04-26 The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips

- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

wellness grain free cat: *Raising Cats Naturally* Michelle T. Bernard, 2004-02-01 It's about time we had a book like this. Michelle Bernard has a rare gift for putting in plain words extraordinarily effective and levelheaded ways to properly care for cats. Steering clear of faddish, dangerous trends-and dissecting the oodles of misinformation that has regrettably become the norm in mainstream advice on animal nutrition-she shines most conspicuously on the issue of a proper feline diet. By giving the reader a common-sense, straightforward strategy for preparing a diet that is based solely on the nutritional requirements of true carnivores, her book is a must-have for anyone committed to building and maintaining glowing good health for cats. Bernard's work on all aspects of caring naturally for cats is based on years of meticulous research and hands-on experience, yet she translates her knowledge into simple, common sense guidelines that anyone can understand and put to use. Her eloquent explanation of homeopathy demystifies this splendid, ancient healing art that is so marvelously suited to cats, giving the reader a valuable awareness about how to build and nurture a cat's health from the inside out. This alone is a refreshing and most welcome approach given the routine over-medication and over-vaccination of cats. If you love your cat, read this book. All of it.

wellness grain free cat: Medical Medium Celery Juice Anthony William, 2019-05-21 Celery juice is everywhere for a reason: because it's saving lives as it restores people's health one symptom at a time. From celebrities posting about their daily celery juice routines to people from all walks of life sharing pictures and testimonials of their dramatic recovery stories, celery juice is revealing itself to ignite healing when all odds seem against it. What began decades ago as a quiet movement has become a global healing revolution. In *Celery Juice: The Most Powerful Medicine of Our Time* Healing Millions Worldwide, Anthony William, the originator of the global celery juice movement, introduces you to celery juice's incredible ability to create sweeping improvements on every level of our health: Healing the gut and relieving digestive disorders Balancing blood sugar, blood pressure, weight, and adrenal function Neutralizing and flushing toxins from the liver and brain Restoring health in people who suffer from a vast range of chronic and mystery illnesses and symptoms, among them fatigue, brain fog, acne, eczema, addiction, ADHD, thyroid disorders, diabetes, SIBO, eating disorders, autoimmune disorders, Lyme disease, and eye problems After revealing exactly how celery juice does its anti-inflammatory, alkalizing, life-changing work to provide these benefits and many more, he gives you the powerful, definitive guidelines to do your own celery juice cleanse correctly and successfully. You'll get instructions on how to make the juice, how much to drink, when to drink it, and what to expect as your body begins to detox, plus answers to FAQs such as Is it safe to drink celery juice while pregnant or breastfeeding?, Is blending better than juicing?, and Can I take my medications with it? Here is everything you need to know--from the original source--to receive the full gift of what Anthony calls one of the greatest healing tonics of all time.

wellness grain free cat: *The Ultimate Pet Food Guide* Liz Palika, 2009-04-29 The 2007 pet food recalls followed a multitude of pets getting sick and dying from contaminated food; now pet owners must take charge of what they feed their dogs and cats. With *The Ultimate Pet Food Guide*, veteran dog trainer, behaviorist, and author Liz Palika focuses on nutritional needs and covers every type of feeding, including controversial raw diets, homemade cooked food, and commercial foods. Palika also addresses introducing new foods; what "human foods" pets shouldn't eat; free-feeding; responsibility for food safety; where ingredients come from; and red flags in ingredients. Included are over fifty veterinarian- and pet-nutritionist-approved recipes and diets tailored to special-needs pets, such as puppies/kittens and pregnant, older, overweight and/or more sedentary animals.

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