



# The Holistic Guide for a Healthy Cat

By Juliette de Bairacli Levy

# Book summary & main ideas

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## Summary:

The Holistic Guide for a Healthy Cat by Juliette de Bairacli Levy is an essential guide to holistic cat care. It provides readers with the knowledge and tools they need to keep their cats healthy, happy, and vibrant. The book covers topics such as nutrition, grooming, behavior modification, homeopathy and herbal remedies. It also includes information on how to recognize signs of illness in cats and what steps can be taken to prevent or treat them.

The book begins with an introduction that explains why it is important for cat owners to take a holistic approach when caring for their pets. This section also outlines the

basics of holistic health care including diet, exercise, mental stimulation and environmental enrichment. Following this are chapters devoted to specific aspects of feline health such as nutrition; grooming; behavior modification; homeopathy; herbal remedies; vaccinations; parasites control; dental care; first aid & emergency treatment.

In each chapter there are detailed descriptions of various treatments along with advice on how best to use them safely and effectively. There are also sections dedicated specifically towards senior cats which provide helpful tips on how best to look after aging felines. Additionally there is a comprehensive list of resources at the end of the book which include books about natural pet care as well as websites where further information can be found.

Overall The Holistic Guide for a Healthy

Cat by Juliette de Bairacli Levy is an invaluable resource for anyone looking after cats holistically or wanting more information about natural pet care in general. With its clear explanations and practical advice it will help ensure that your beloved feline companion remains healthy throughout its life.

Main ideas:

**#1. *Feed cats a natural diet: Cats should be fed a diet that is as close to their natural diet as possible, which includes raw meat, bones, and organs, as well as fresh fruits and vegetables.***

Cats are obligate carnivores, meaning that they must eat meat to survive. In the wild, cats hunt and consume a variety of prey including small mammals, birds, reptiles, amphibians and insects. This diet is rich in protein and fat as well as essential vitamins and minerals.

A natural diet for cats should include raw meat such as chicken or beef; bones for calcium; organs like liver or kidney; fresh fruits and vegetables such as carrots or apples; eggs; fish (preferably oily); dairy products like yogurt or cheese (in moderation); cooked grains like oatmeal or brown rice (in moderation).

It is important to note that feeding your cat a natural diet does not mean you have to feed them only raw food. You can also offer canned foods with high-quality ingredients if you prefer. However, it is important to read labels carefully when selecting commercial pet foods since many contain fillers which provide little nutritional value.

When transitioning your cat from their current diet to a more natural one it's best done gradually over several weeks so their

digestive system has time to adjust. It's also important to ensure that all meals are balanced with the right amounts of proteins, fats and carbohydrates.

***#2. Provide cats with plenty of exercise: Exercise is essential for cats to stay healthy and happy, and can be achieved through play, running, and climbing.***

Exercise is essential for cats to stay healthy and happy. Regular physical activity helps cats maintain a healthy weight, strengthens their muscles and bones, improves their coordination, and reduces stress. It also provides mental stimulation which can help prevent boredom-related behaviors such as excessive meowing or scratching furniture.

There are many ways to provide your cat

with plenty of exercise. Playtime is an important part of any cat's day; interactive toys like feather wands or laser pointers can keep them entertained for hours. Running around the house or chasing after a toy mouse will give them some much needed cardio exercise. Climbing up onto shelves or other high places gives cats the opportunity to stretch out their legs while providing mental stimulation.

It's important to remember that all cats have different needs when it comes to exercise so be sure to tailor activities according to your pet's individual preferences. With regular playtime and plenty of opportunities for physical activity, you can ensure that your feline friend stays fit and happy!

***#3. Keep cats indoors: Keeping cats indoors is important for their safety and health, as it prevents them from coming***

## ***into contact with parasites, predators, and other dangers.***

Keeping cats indoors is an important part of responsible pet ownership. Indoor cats are much safer from the dangers that outdoor cats face, such as predators, parasites, and other hazards. Keeping your cat indoors also helps to protect local wildlife populations by preventing them from hunting or coming into contact with wild animals.

Indoor cats can still enjoy a full and active life; there are many ways to keep them entertained and engaged in their environment. Providing plenty of toys for playtime, scratching posts for clawing practice, and interactive games like hide-and-seek will help keep your cat happy and healthy while living inside.

In addition to providing mental stimulation



for your cat, it's important to make sure they get enough physical activity too. Regularly scheduled play sessions with you or another family member can provide exercise opportunities that mimic natural behaviors like chasing prey or climbing trees.

Finally, if you do decide to let your cat outdoors occasionally (under close supervision), be sure they have proper identification tags on at all times so they can be returned home safely if lost.

***#4. Use natural remedies: Natural remedies such as herbs, homeopathy, and acupuncture can be used to treat a variety of ailments in cats.***

Natural remedies can be a great way to treat your cats ailments without resorting to traditional medications. Herbs, homeopathy, and acupuncture are all

natural treatments that have been used for centuries to help cats with various health issues. Herbal remedies can be used as teas or tinctures and may include ingredients such as chamomile, ginger, peppermint, and lavender. Homeopathic remedies use diluted substances from plants or minerals in order to stimulate the body's own healing response. Acupuncture is an ancient Chinese practice that involves inserting needles into specific points on the body in order to restore balance and promote healing.

When using natural remedies for your cat it is important to consult with a veterinarian first before beginning any treatment plan. It is also important to research each remedy thoroughly so you know what side effects may occur if they are not administered properly.

## **#5. *Provide cats with mental***

***stimulation: Mental stimulation is important for cats, and can be achieved through play, puzzles, and interactive toys.***

Mental stimulation is an important part of a cats overall health and wellbeing.

Providing cats with mental stimulation can help to keep them engaged, active, and alert. There are several ways to provide cats with mental stimulation, such as through playtime, puzzles, and interactive toys.

Playtime is one of the best ways to give your cat some much-needed mental stimulation. Playing games like fetch or hide-and-seek can be great fun for both you and your pet! You can also use interactive toys that move around on their own or require your cat to figure out how they work in order to get a reward.

Puzzles are another way to give your cat some mental exercise. Puzzles designed specifically for cats will challenge them mentally while providing entertainment at the same time. These puzzles usually involve hiding treats inside compartments that require the cat to figure out how they open in order to get the treat.

Interactive toys are also great for giving cats some extra mental stimulation. Toys that move around on their own or require interaction from the owner will keep cats entertained while challenging them mentally at the same time.

***#6. Keep cats clean: Regular grooming and bathing can help keep cats clean and healthy, and can also help to prevent parasites and other health issues.***

Regular grooming and bathing can help

keep cats clean and healthy. Regular brushing helps to remove dirt, debris, and loose fur from the coat, which can prevent matting and tangling of the fur. It also helps to stimulate circulation in the skin, which promotes a healthy coat. Additionally, regular baths with a mild shampoo will help to keep your cats coat looking shiny and smelling fresh.

Bathing is especially important for cats that spend time outdoors as it can help to reduce parasites such as fleas or ticks. If you notice any signs of parasites on your cats body or in their fur then it is important to take them for a bath immediately so that they do not spread these pests around your home. Additionally, regular bathing can also help to prevent other health issues such as ear mites or skin infections.

Overall, keeping your cat clean through

regular grooming and bathing is an essential part of maintaining their overall health and wellbeing. Not only does this practice promote a healthy coat but it also helps to reduce the risk of parasites or other illnesses.

***#7. Monitor cats for signs of illness: It is important to monitor cats for signs of illness, such as changes in appetite, behavior, or energy levels.***

Monitoring cats for signs of illness is an important part of being a responsible pet owner. Cats can be very good at hiding their pain and discomfort, so its up to us to pay attention to any changes in their behavior or energy levels that could indicate something is wrong.

Look out for changes in appetite, such as eating less than usual or refusing food altogether. Also watch out for any unusual

behaviors like excessive grooming, hiding away from people and other animals, or vocalizing more than normal. If your cat seems lethargic or uninterested in activities they usually enjoy, this could also be a sign that something isn't right.

If you notice any of these signs in your cat, take them to the vet immediately for a check-up. Early detection and treatment are key when it comes to keeping our feline friends healthy and happy!

**#8. *Provide cats with a safe environment: Cats should be provided with a safe environment that is free from hazards and potential dangers.***

Cats should be provided with a safe environment that is free from hazards and potential dangers. This includes ensuring the home is free of toxins, such as cleaning products, insecticides, and other

chemicals; providing secure windows and screens to prevent cats from falling out or getting stuck; keeping electrical cords tucked away so cats don't chew on them; making sure all doors are securely closed to keep cats in or out; avoiding leaving food out where it can attract pests like rodents or insects; and regularly checking for any signs of illness or injury.

It's also important to provide your cat with plenty of stimulation. Cats need mental stimulation just as much as physical exercise. Provide toys for playtime, scratching posts for clawing, perches for climbing, hiding spots for exploring— all these things will help keep your cat happy and healthy.

Finally, make sure you have enough litter boxes around the house so that each cat has easy access to one at all times. Clean the litter box regularly (at least once a day)



to ensure it remains hygienic.

**#9. *Provide cats with companionship: Cats should be provided with companionship, either from other cats or from humans, to help them stay healthy and happy.***

Cats are social animals and need companionship to stay healthy and happy. Providing cats with a companion, either another cat or a human, can help them feel secure and content in their environment. Having a companion also helps cats to express natural behaviors such as playing, grooming each other, and cuddling.

When choosing a companion for your cat it is important to consider the age of the animal. Kittens should be paired with other kittens or young adult cats that have been spayed/neutered so they can play together

safely without any risk of unwanted litters. Adult cats may prefer an older feline friend who is more laid back than younger ones.

If you choose to provide your cat with human companionship then make sure you spend quality time interacting with them every day. This could include petting them while watching TV, playing games like fetch or hide-and-seek, or simply talking to them about your day. Cats love attention from their owners so providing this kind of interaction will help keep them feeling loved and secure.

***#10. Provide cats with a scratching post: Scratching posts are important for cats, as they provide them with an outlet for their natural scratching behavior.***

Scratching posts are essential for cats, as they provide them with an outlet to express

their natural scratching behavior.

Scratching is a normal and healthy activity for cats; it helps keep their claws in good condition by removing the outer layer of the claw sheath, which can become worn down over time. Additionally, scratching allows cats to mark their territory with scent glands located on their paws.

When choosing a scratching post for your cat, look for one that is sturdy and tall enough so that your cat can stretch out fully when using it. The material should also be durable enough to withstand regular use from your cat's claws. Some popular materials include sisal rope or carpeting wrapped around a wooden post or cardboard scratchers filled with corrugated cardboard.

Its important to place the scratching post in an area where your cat likes to spend time - this will encourage them to use it more

often! You may also want to sprinkle some catnip on the post occasionally as an added incentive.

**#11. *Provide cats with a litter box: Cats should be provided with a litter box to help keep their environment clean and hygienic.***

Cats should be provided with a litter box to help keep their environment clean and hygienic. A litter box is an essential part of cat ownership, as it allows cats to do their business in a designated area that can easily be cleaned up. It also helps reduce the amount of mess around the house, as cats are less likely to go outside of the litter box if they have one available.

When choosing a litter box for your cat, make sure you select one that is large enough for them to move around comfortably. You should also consider

what type of litter you will use “ some cats prefer clumping or non-clumping varieties while others may not like scented litters. Additionally, ensure that the location of the litter box is convenient and accessible for your cat; placing it in an out-of-the way spot could discourage them from using it.

Finally, remember to regularly clean and maintain your cat's litter box by scooping out waste daily and changing out all of the contents at least once per week. This will help keep odors under control and prevent bacteria from building up inside.

**#12. *Provide cats with a comfortable bed: Cats should be provided with a comfortable bed to help them stay warm and relaxed.***

Cats should be provided with a comfortable bed to help them stay warm

and relaxed. A good cat bed should be made of soft, durable material that is easy to clean. It should also provide enough space for the cat to stretch out and move around in comfortably. The bed should have sides or walls so that the cat feels secure while sleeping.

The ideal location for a cats bed is somewhere quiet and away from drafts, such as on top of furniture or in an enclosed area like a closet or under a desk. Cats may also enjoy having their own special spot outside where they can relax in the sun during warmer months.

In addition to providing cats with beds, it is important to make sure they are kept clean by washing them regularly with mild detergent and warm water. This will help keep your pet healthy and free from fleas, ticks, mites, and other parasites.

***#13. Provide cats with toys: Toys are important for cats, as they provide them with mental stimulation and help to keep them active.***

Toys are an important part of a cats life. Not only do they provide mental stimulation and help to keep cats active, but they also give cats something to focus their energy on instead of destructive behaviors like scratching furniture or clawing carpets. Toys can range from simple items like balls and feathers, to more complex interactive toys that require problem-solving skills.

When selecting toys for your cat, it is important to choose ones that will be safe and durable. Look for toys made with non-toxic materials such as cotton or wool, as well as those designed specifically for cats. Additionally, make sure the toy is appropriate for your cat's size; small

pieces could pose a choking hazard if swallowed.

Cats love variety in their playtime activities so rotate different types of toys regularly. This will help keep them engaged and prevent boredom from setting in. If you have multiple cats at home, consider getting each one its own set of toys so they don't fight over them.

***#14. Monitor cats for parasites: Regularly monitoring cats for parasites such as fleas and ticks is important for their health and wellbeing.***

Regularly monitoring cats for parasites such as fleas and ticks is an important part of keeping them healthy. Parasites can cause a variety of health problems, including skin irritation, hair loss, anemia, and even death in extreme cases. It's important to check your cat regularly for



signs of parasites such as scratching or biting at the skin, excessive grooming or licking, bald patches on the fur, and small black specks (flea dirt).

If you suspect that your cat has parasites its best to take them to the vet right away so they can be properly diagnosed and treated. Your vet may recommend using topical treatments like spot-on products or shampoos to get rid of any existing infestations. They may also suggest preventative measures such as regular flea collars or monthly oral medications.

Its also important to keep your home clean by vacuuming carpets and furniture regularly and washing bedding frequently. This will help reduce the chances of re-infestation from eggs left behind by adult fleas.

By taking these steps you can help ensure

that your cat stays parasite free!

**#15. *Provide cats with access to fresh water: Cats should always have access to fresh, clean water to help keep them hydrated.***

Cats need to stay hydrated in order to maintain their health and wellbeing. Providing cats with access to fresh, clean water is essential for keeping them healthy and happy. Fresh water should be available at all times, as cats can become dehydrated quickly if they don't have enough fluids. It's important that the water bowl is kept clean and filled regularly so that your cat always has access to a supply of fresh drinking water.

It's also important to make sure the location of the water bowl is convenient for your cat. Cats prefer having their own space when it comes to eating or drinking,

so try not to place the bowl too close to other food bowls or litter boxes.

Additionally, consider placing multiple bowls around your home in different locations so that your cat can easily find a source of fresh drinking water no matter where they are.

Finally, keep an eye on how much your cat drinks each day - this will help you determine whether they're getting enough fluids or if there may be an underlying issue causing dehydration. If you notice any changes in their normal drinking habits then it's best to consult with a veterinarian right away.

***#16. Provide cats with access to sunlight: Cats should be provided with access to sunlight, as it helps to keep them healthy and happy.***

Cats should be provided with access to

sunlight, as it helps to keep them healthy and happy. Sunlight is an important source of Vitamin D for cats, which helps their bodies absorb calcium and phosphorus from food. It also provides warmth and comfort, helping cats feel relaxed and content. Additionally, exposure to natural light can help regulate a cat's circadian rhythm – the internal clock that controls when they sleep or wake up.

When providing your cat with access to sunlight, make sure you do so in a safe way. Place your cat in a secure area where they won't be able to escape or get into any trouble. If possible, provide them with some shade if the sun gets too hot during the day. Also ensure that there are no windows open nearby that could allow other animals inside.

If you have an indoor-only cat who doesn't get much natural light throughout the day,

consider investing in a special UV lamp designed specifically for cats. This will give them all of the benefits of natural sunlight without having to leave home!

**#17. *Monitor cats for changes in behavior: It is important to monitor cats for changes in behavior, as this can be an indication of illness or stress.***

Monitoring cats for changes in behavior is an important part of being a responsible pet owner. Cats are often very good at hiding signs of illness or distress, so it's up to us as owners to be aware of any subtle changes that may indicate something is wrong. This could include anything from decreased appetite and energy levels, to increased vocalization or aggression.

It's also important to pay attention to your cat's environment and lifestyle. Changes in the home such as new furniture, visitors,

or other pets can cause stress for cats and lead to behavioral issues. If you notice any sudden changes in your cat's behavior, it might be worth consulting with a veterinarian who can help diagnose the underlying issue.

Finally, regular check-ups with your vet are essential for keeping track of your cats health and wellbeing. Your vet will be able to monitor any physical changes that may not be visible on the surface but could still indicate potential problems.

***#18. Provide cats with a balanced diet: Cats should be provided with a balanced diet that includes all the essential nutrients they need to stay healthy.***

Cats need a balanced diet to stay healthy and happy. This means providing them with the right amount of proteins,

carbohydrates, fats, vitamins, minerals and water. Protein is essential for cats as it helps build muscle mass and provides energy. Carbohydrates provide energy too but should be given in moderation as they can lead to weight gain if overfed. Fats are important for cats as they help keep their skin and coat healthy while also providing an additional source of energy.

Vitamins are necessary for cats to maintain good health; some vitamins such as A, D3 and E are fat-soluble so must be provided through fatty foods like fish or eggs. Minerals such as calcium, phosphorus and magnesium are also important components of a cat's diet; these can be found in meat sources like chicken or beef liver.

Finally, water is essential for all animals including cats; make sure your cat has access to fresh clean drinking water at all

times.

**#19. *Provide cats with regular veterinary care: Regular veterinary care is important for cats, as it helps to detect and prevent health issues.***

Regular veterinary care is essential for cats, as it helps to detect and prevent health issues before they become serious. Regular check-ups can help identify any underlying medical conditions that may be present, such as heart disease or diabetes. Vaccinations are also important in order to protect your cat from infectious diseases. Additionally, regular visits to the vet can help ensure that your cat is receiving proper nutrition and exercise.

During a routine visit, the veterinarian will perform a physical examination of your cat and discuss any concerns you may have about their health. They will also provide



advice on how best to care for your pet's specific needs. This includes providing information on diet, exercise routines, grooming habits and other lifestyle factors which could affect their overall wellbeing.

It is recommended that cats receive regular veterinary care at least once per year; however more frequent visits may be necessary depending on age or existing medical conditions. By taking proactive steps towards ensuring good health for your feline friend through regular veterinary care, you can rest assured knowing that they are getting the best possible treatment available.

***#20. Provide cats with a stress-free environment: Cats should be provided with a stress-free environment, as stress can lead to a variety of health issues.***

Cats should be provided with a stress-free environment in order to ensure their overall health and wellbeing. Stress can lead to a variety of physical and mental issues, such as digestive problems, skin conditions, behavioral changes, and even depression. To create an environment that is free from stressors for your cat, it is important to consider the following:

1. Provide plenty of space “ Cats need enough room to move around freely without feeling confined or crowded. Make sure there are no obstacles blocking their path or preventing them from exploring.
2. Offer enrichment activities “ Stimulate your cat's mind by providing toys and other objects they can interact with throughout the day. This will help keep them entertained while also helping reduce boredom.

3. Create hiding spots “ Cats like having places where they can go when they feel overwhelmed or scared; provide boxes or beds that offer privacy so your cat has somewhere safe to retreat if needed.

4. Establish routines “ Having regular feeding times and playtimes helps cats feel secure because they know what's coming next; this reduces anxiety levels significantly.

<P5>. Monitor noise levels - Loud noises can cause cats distress; try not to have loud music playing all the time or shouting near them as this could make them anxious.</P>

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