

# The Complete Guide to Natural Health for Dogs & Cats

by Shawn Messonnier

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## Summary:

The Complete Guide to Natural Health for Dogs & Cats by Shawn Messonnier is a comprehensive guide to natural health care for cats and dogs. It provides detailed information on how to keep your pet healthy through diet, exercise, supplements, herbs, homeopathy and other holistic approaches. The book covers topics such as nutrition, vaccinations, flea control and parasite prevention. It also includes chapters on common ailments such as allergies and skin problems.

The book begins with an introduction that explains the importance of natural health care for pets. It then goes into detail about the different types of diets available for cats and dogs including raw food diets, commercial foods and homemade recipes. There are also sections on nutritional supplements that can help improve overall health in both cats and dogs.

In addition to dietary advice there are chapters devoted to exercise which include tips on how much activity is appropriate for each breed of dog or cat as well as ideas for activities you can do together with your pet. Other topics covered include grooming techniques; flea control; parasite prevention; vaccinations; herbal remedies; homeopathic treatments; acupuncture therapy; chiropractic care; massage therapy; aromatherapy and more.

The Complete Guide to Natural Health Care for Dogs & Cats also contains helpful resources such as a list of recommended books related to natural health care along with contact information from organizations dedicated to promoting animal welfare.

## Main ideas:

**#1. Proper nutrition is essential for a pet's health: Feeding pets a balanced diet of natural, whole foods is the best way to ensure they get the nutrients they need to stay healthy. Supplementing with vitamins and minerals can also help to fill in any nutritional gaps.**

Proper nutrition is essential for a pet's health. Feeding pets a balanced diet of natural, whole foods is the best way to ensure they get the nutrients they need to stay healthy and strong. Whole foods such as lean meats, fresh fruits and vegetables, grains, legumes, nuts and seeds provide essential vitamins and minerals that are necessary for optimal health. Additionally, these types of food can help maintain proper weight in pets by providing them with adequate amounts of protein while avoiding unhealthy fats or sugars.

In addition to feeding your pet a nutritious diet of whole foods, it may be beneficial to supplement their meals with vitamins and minerals. This will help fill any nutritional gaps that may exist due to an unbalanced diet or lack of variety in their meals. Supplements should always be used under the guidance of your veterinarian so you know exactly what type and how much your pet needs.

Overall, proper nutrition is key when it comes to keeping your pet healthy. By feeding them a balanced diet full of natural ingredients supplemented with vitamins and minerals as needed you can give them the best chance at living a long life filled with good health.

**#2. Exercise is important for pets: Regular exercise helps to keep pets physically and mentally healthy, and can help to prevent obesity and other health issues. Taking pets for walks, playing fetch, and providing interactive toys are all great ways to keep them active.**

Exercise is an important part of keeping pets healthy and happy. Regular exercise helps to keep them physically fit, as well as mentally stimulated. Taking your pet for regular walks or playing fetch are great ways to get them moving and help prevent obesity and other health issues. Interactive toys can also be a fun way to provide mental stimulation while getting some physical activity in at the same time.

In addition to helping with physical fitness, exercise can also help reduce stress levels in pets by providing an outlet for their energy. This can lead to better behavior overall, since they won't have pent up energy that needs releasing through destructive behaviors like chewing or barking excessively.

Overall, making sure your pet gets enough exercise is essential for their wellbeing. Not only will it help keep them physically healthy but it will also give them the mental stimulation they need to stay content and happy.

**#3. *Natural remedies can be used to treat common pet ailments: Natural remedies such as herbs, homeopathy, and acupuncture can be used to treat a variety of common pet ailments, including skin problems, digestive issues, and arthritis.***

Natural remedies can be a great way to treat common pet ailments without resorting to harsh medications. Herbs, homeopathy, and acupuncture are all natural treatments that have been used for centuries to help animals with various health issues. Herbal remedies can be used to soothe skin problems such as itching or rashes, while homeopathic remedies may help with digestive issues like vomiting or diarrhea. Acupuncture is also an effective treatment for arthritis and other joint pain.

When using natural remedies on your pet it's important to consult with a veterinarian first in order to ensure the safety of your animal companion. Natural treatments should always be administered under the guidance of a qualified professional who understands how they work and what dosages are appropriate for each individual case.

The Complete Guide To Natural Health For Dogs & Cats by Shawn Messonnier is an excellent resource for learning more about natural treatments that can benefit your pets health. This book provides detailed information on herbs, homeopathy, nutrition, supplements and other holistic approaches that you can use at home.

**#4. *Vaccines should be used judiciously: Vaccines can help to protect pets from serious illnesses, but they can also cause adverse reactions. It is important to discuss the risks and benefits of vaccines with a veterinarian before administering them.***

Vaccines are an important tool for protecting pets from serious illnesses, but they should be used judiciously. Before administering any vaccine to a pet, it is essential to discuss the risks and benefits with a veterinarian. Vaccines can cause adverse reactions in some animals, so it is important to weigh the potential risks against the potential benefits before making a decision.

The veterinarian will consider factors such as age, breed, lifestyle and health history when determining which vaccines are necessary for each individual pet. It may also be beneficial to research different types of vaccines available on the market and ask questions about their safety profiles. Ultimately, it is up to owners to make informed decisions about vaccinating their pets.

By using vaccines judiciously and discussing them with a veterinarian beforehand, owners can help ensure that their pets receive only those vaccinations that are necessary for optimal health.

**#5. *Flea and tick prevention is essential: Fleas and ticks can cause a variety of health problems for pets, including skin irritation and disease. Regularly using natural flea and tick prevention products can help to keep pets safe.***

Flea and tick prevention is essential for keeping pets healthy. Fleas and ticks can cause a variety of health problems,

including skin irritation, anemia, tapeworms, Lyme disease, Rocky Mountain spotted fever, and other diseases. Regularly using natural flea and tick prevention products can help to keep pets safe from these parasites.

Natural flea and tick preventatives are available in many forms such as sprays or spot-on treatments that contain plant-based ingredients like neem oil or cedarwood oil. These products work by killing the adult fleas on contact while also repelling new ones from coming back. Additionally, some natural flea and tick preventatives contain insect growth regulators (IGRs) which stop the development of immature stages of the parasite's life cycle.

It is important to use natural flea and tick prevention regularly throughout the year in order to protect your pet from these parasites. Be sure to follow all instructions carefully when applying any product on your pet's fur or skin.

**#6. *Grooming is important for pet health: Regular grooming helps to keep pets clean and healthy, and can help to prevent skin and coat problems. Brushing, bathing, and trimming nails are all important parts of a pet's grooming routine.***

Grooming is an important part of pet health. Regular brushing, bathing, and trimming nails can help to keep pets clean and healthy, while also preventing skin and coat problems. Brushing helps to remove dirt, debris, and dead hair from the fur which can cause irritation or infection if left unchecked. Bathing removes excess oils that can build up on the skin over time as well as any dirt or debris that may have been missed during brushing. Trimming nails helps to prevent them from becoming too long which can lead to discomfort for your pet when walking or running.

In addition to helping with physical health issues, regular grooming sessions are a great way for you and your pet to bond. Spending quality time together will help strengthen the relationship between you two while providing comfort for your furry friend.

It's important to remember that different breeds require different types of grooming so it's best to consult with a professional groomer before starting any routine. They will be able to provide advice on what type of products should be used as well as how often each task should be done in order for your pet's coat and skin stay healthy.

**#7. *Spaying and neutering can help to prevent health problems: Spaying and neutering pets can help to prevent a variety of health problems, including reproductive cancers and infections. It is important to discuss the risks and benefits of spaying and neutering with a veterinarian.***

Spaying and neutering pets can help to prevent a variety of health problems, including reproductive cancers and infections. Spaying female cats and dogs eliminates the risk of uterine infection (pyometra) which is potentially life-threatening. Neutering male cats and dogs reduces the risk of testicular cancer, prostate disease, hernias, perianal tumors, as well as other diseases associated with intact animals.

In addition to reducing the risks for certain types of cancer or infections in your pet's reproductive organs, spaying or neutering also helps reduce unwanted behaviors such as roaming or aggression that are often seen in unaltered animals. It also helps reduce pet overpopulation by preventing accidental litters.

It is important to discuss the risks and benefits of spaying and neutering with a veterinarian before making any decisions about altering your pet. Your vet will be able to provide you with more information on how these procedures may benefit your particular animal.

**#8. *Pet dental care is essential: Regular dental care is important for pets, as it can help to prevent tooth decay and gum disease. Brushing teeth, providing dental chews, and scheduling regular dental cleanings are all important parts of a pet's dental care routine.***

Pet dental care is essential for the overall health of your pet. Regular brushing, providing dental chews, and scheduling regular cleanings can help to prevent tooth decay and gum disease. Brushing teeth helps to remove plaque buildup that

can lead to tartar formation and bad breath. Dental chews are a great way to keep your pet's teeth clean in between brushings, as they help scrape away plaque while also providing some additional nutrition. Finally, regular professional cleanings by a veterinarian will ensure that any problems with your pet's teeth or gums are caught early on before they become more serious issues.

It is important to remember that good oral hygiene isn't just about keeping your pet's mouth healthy; it is also about preventing other diseases from developing due to poor oral health. Bacteria from the mouth can enter into the bloodstream through inflamed gums or infected teeth, leading to infections elsewhere in the body such as heart disease or kidney failure.

By taking proper care of your pet's dental health you can not only improve their quality of life but also extend their lifespan significantly!

**#9. *Pet mental health is important: Pets can suffer from mental health issues, such as anxiety and depression, just like humans. Providing a safe and secure environment, plenty of exercise, and mental stimulation can help to keep pets mentally healthy.***

Pet mental health is an important factor in the overall wellbeing of our furry friends. Just like humans, pets can suffer from anxiety and depression if their environment isn't safe or secure, they don't get enough exercise, or they lack mental stimulation. To keep your pet mentally healthy, it's important to provide them with a safe and secure home environment that meets all their needs. This includes providing plenty of physical activity such as walks and playtime as well as mental stimulation through activities such as puzzle toys and training sessions.

It's also essential to pay attention to any changes in behavior that could indicate a problem with your pet's mental health. If you notice signs of stress or anxiety such as excessive barking, destructive behaviors, hiding away from people or other animals, or even aggression then it may be time to seek professional help for your pet.

Finally, remember that just like us humans need companionship so do our pets! Make sure you spend quality time with your pet every day - whether it's playing fetch together in the park or simply cuddling up on the sofa - this will help ensure both physical and emotional wellbeing for years to come.

**#10. *Pet behavior problems should be addressed: Pets can develop behavior problems, such as aggression and destructive behavior, due to a variety of factors. It is important to identify the cause of the behavior and address it in order to help the pet.***

Pet behavior problems should be addressed as soon as possible. If left unchecked, these issues can become more difficult to manage and may even lead to dangerous situations for both the pet and its owners. The first step in addressing a pet's behavior problem is to identify the cause of the issue. This could include anything from boredom or lack of exercise, to anxiety or fear due to past trauma. Once the underlying cause has been identified, it is important to create an action plan that will help address the issue.

The action plan should involve providing your pet with appropriate outlets for their energy and emotions such as regular exercise, mental stimulation through playtime or training sessions, and positive reinforcement when they display desired behaviors. It is also important to ensure that your pet feels safe in their environment by creating a secure space where they can retreat if needed. Additionally, consulting with a veterinarian or animal behaviorist may be beneficial in order to gain further insight into how best to handle any behavioral issues.

By taking proactive steps towards understanding and addressing your pet's behavior problems you are helping them live happier lives while also ensuring safety for everyone involved.

**#11. *Pet owners should be aware of environmental toxins: Pets can be exposed to a variety of environmental***

***toxins, such as pesticides and household cleaners, which can cause health problems. It is important to be aware of these toxins and take steps to reduce exposure.***

Pet owners should be aware of the potential environmental toxins that their pets can be exposed to. These include pesticides, household cleaners, and other chemicals that may not be immediately obvious. Pets are particularly vulnerable to these toxins because they often spend a lot of time outdoors or in areas where these substances may have been used.

It is important for pet owners to take steps to reduce exposure by using natural alternatives whenever possible. This includes avoiding chemical-based products such as insecticides and herbicides, as well as cleaning products with harsh ingredients like bleach or ammonia. Additionally, it is important to keep an eye out for any signs of illness or distress in your pet which could indicate exposure.

Finally, if you suspect your pet has been exposed to environmental toxins, seek veterinary advice right away. Your vet will be able to provide guidance on how best to treat the situation and help ensure your pet's health and safety going forward.

***#12. Pet owners should be aware of pet food recalls: Pet food recalls can occur due to contamination or other safety issues. It is important to stay informed about pet food recalls and take steps to ensure that pets are not eating recalled food.***

Pet owners should be aware of pet food recalls, as they can occur due to contamination or other safety issues. It is important for pet owners to stay informed about any potential recalls and take steps to ensure that their pets are not eating recalled food. Pet owners should check the FDA website regularly for updates on any new recalls, and also read labels carefully when purchasing pet food.

If a recall does occur, it is essential that pet owners stop feeding their pets the affected product immediately. They should also contact their veterinarian if they have questions or concerns about how best to proceed in such a situation. Additionally, it may be helpful for pet owners to keep records of all purchased products so that they can easily identify which items need to be returned in case of a recall.

By staying informed and taking proactive steps, pet owners can help protect their furry friends from potentially dangerous foods. With vigilance and care, we can ensure our beloved animals remain safe and healthy.

***#13. Pet owners should be aware of pet medications: Pet medications can be helpful in treating a variety of health issues, but they can also cause adverse reactions. It is important to discuss the risks and benefits of pet medications with a veterinarian before administering them.***

Pet medications can be a great way to treat health issues in our beloved pets, but it is important for pet owners to understand the risks and benefits of these medications before administering them. Pet medications can cause adverse reactions if not used properly or if they interact with other drugs that your pet may already be taking. It is essential to discuss any potential side effects with your veterinarian before giving your pet any medication.

Your veterinarian will also be able to provide advice on how best to administer the medication, as well as what dosage should be given. They will also advise you on when it is safe to stop using the medication and whether there are any lifestyle changes that need to be made while your pet is taking the medication.

It's important for all pet owners to stay informed about their pets' medications so they can make sure their furry friends get the best care possible. By discussing all aspects of a particular drug with your vet, you'll ensure that both you and your pet are comfortable with its use.

***#14. Pet owners should be aware of pet allergies: Pets can suffer from allergies just like humans, and it is***

***important to identify the cause of the allergy and take steps to reduce exposure.***

Pet owners should be aware that their beloved furry friends can suffer from allergies just like humans. Allergies in pets can cause a variety of symptoms, including skin irritation, sneezing and coughing, itchy eyes or ears, and even vomiting or diarrhea. It is important to identify the cause of the allergy so that steps can be taken to reduce exposure.

The Complete Guide to Natural Health for Dogs & Cats by Shawn Messonnier provides an excellent resource for pet owners looking to learn more about pet allergies. The book covers topics such as identifying common allergens, understanding how environmental factors affect allergies in pets, and exploring natural treatments for allergic reactions. Additionally, readers will find helpful advice on how to create an allergen-free environment at home.

By taking the time to understand pet allergies and learning how best to manage them with natural remedies when possible, pet owners can ensure their four-legged family members stay healthy and happy.

***#15. Pet owners should be aware of pet parasites: Parasites, such as fleas and ticks, can cause a variety of health problems for pets. It is important to regularly check for parasites and take steps to reduce exposure.***

Pet owners should be aware of the potential for their pets to become infested with parasites. Parasites, such as fleas and ticks, can cause a variety of health problems for pets. These include skin irritation, anemia, and even more serious illnesses like Lyme disease or Rocky Mountain spotted fever. It is important to regularly check your pet for signs of parasites and take steps to reduce exposure.

Regularly grooming your pet can help you spot any parasites that may have taken up residence on them. Additionally, using preventative treatments such as topical medications or collars can help keep these pests away from your pet in the first place. If you do find evidence of parasites on your pet it is important to seek veterinary care right away so that they can be treated properly.

By being aware of the risks posed by parasites and taking proactive steps to protect your pet from them you will ensure that they stay healthy and happy for years to come!

***#16. Pet owners should be aware of pet cancer: Pets can suffer from cancer just like humans, and it is important to identify the cause of the cancer and take steps to reduce exposure.***

Pet owners should be aware that their beloved furry friends can suffer from cancer, just like humans. It is important to identify the cause of the cancer and take steps to reduce exposure. This could include avoiding environmental toxins, such as second-hand smoke or certain chemicals found in household cleaners; providing a healthy diet with plenty of fresh fruits and vegetables; ensuring regular exercise; and scheduling regular checkups with your veterinarian.

In addition, pet owners should look out for any signs or symptoms that may indicate cancer in their pets. These can include lumps or bumps on the skin, unexplained weight loss, difficulty breathing or eating, lethargy, vomiting or diarrhea. If you notice any of these signs in your pet it is important to seek veterinary care right away.

By being aware of potential causes of pet cancer and looking out for warning signs early on, pet owners can help ensure their four-legged family members stay happy and healthy for years to come.

***#17. Pet owners should be aware of pet obesity: Pets can become obese due to a variety of factors, including diet and lack of exercise. It is important to identify the cause of the obesity and take steps to reduce it.***

Pet owners should be aware of pet obesity and take steps to reduce it. Obesity in pets can lead to a variety of health problems, including joint pain, diabetes, heart disease, and even cancer. It is important for pet owners to recognize the signs of obesity in their pets and take action before these serious conditions develop.

The cause of pet obesity can vary from diet to lack of exercise. Pet owners should ensure that their pets are getting enough exercise each day as well as eating a balanced diet with appropriate portion sizes. If necessary, consult your veterinarian or an animal nutritionist for advice on how best to feed your pet.

In addition to proper nutrition and exercise, there are other ways that pet owners can help prevent or reduce obesity in their animals. For example, providing toys and activities that encourage physical activity will help keep your pet active throughout the day. Additionally, regular check-ups with your veterinarian will allow them to monitor any changes in weight or body condition over time.

By being aware of the risks associated with pet obesity and taking proactive steps towards prevention or reduction when needed, you can ensure that your beloved companion remains healthy for years to come.

**#18. *Pet owners should be aware of pet stress: Pets can suffer from stress due to a variety of factors, including changes in environment or routine. It is important to identify the cause of the stress and take steps to reduce it.***

Pet owners should be aware that their pets can suffer from stress, just like humans. Stress in animals is caused by a variety of factors, including changes in environment or routine. It is important to identify the cause of the stress and take steps to reduce it. For example, if your pet has recently moved homes or experienced a change in its daily schedule, it may become stressed as it adjusts to its new surroundings.

It is also important for pet owners to recognize signs of stress in their pets. These can include excessive barking or meowing, hiding away from people and other animals, pacing around restlessly, loss of appetite and/or weight loss. If you notice any of these behaviors in your pet then it's time to take action.

The best way to reduce pet stress is through positive reinforcement training techniques such as clicker training and reward-based methods. This will help your pet learn how to cope with stressful situations more effectively while also building trust between you and your animal companion.

In addition, providing plenty of mental stimulation for your pet can help keep them calm during times when they are feeling anxious or overwhelmed. Taking regular walks together or playing interactive games are great ways for both you and your furry friend to bond while reducing stress levels at the same time.

**#19. *Pet owners should be aware of pet nutrition: Pets need a balanced diet of natural, whole foods in order to stay healthy. It is important to discuss the best diet for a pet with a veterinarian.***

Pet owners should be aware of the importance of pet nutrition. A balanced diet is essential for a pet's health and wellbeing, and it is important to discuss the best diet for your pet with a veterinarian. Natural, whole foods are preferable as they provide all the necessary nutrients that pets need in order to stay healthy. This includes proteins, carbohydrates, fats, vitamins and minerals. It is also important to ensure that your pet has access to fresh water at all times.

When selecting food for your pet, look for high-quality ingredients such as lean meats or fish; complex carbohydrates like brown rice or oats; vegetables such as carrots or broccoli; fruits like apples or bananas; and healthy fats from sources like olive oil or flaxseed oil. Avoid processed foods with artificial colors, flavors and preservatives whenever possible.

It can be difficult to determine what type of food will work best for your particular pet so consulting with a veterinarian is recommended. They can help you create an individualized plan based on age, breed size and activity level that will meet their nutritional needs while still being enjoyable.

**#20. *Pet owners should be aware of pet supplements: Supplements can be used to fill in any nutritional gaps***

***in a pet's diet. It is important to discuss the risks and benefits of supplements with a veterinarian before administering them.***

Pet owners should be aware of the potential benefits and risks associated with pet supplements. Supplements can help to fill in any nutritional gaps that may exist in a pet's diet, but it is important to discuss these options with a veterinarian before administering them. A vet will be able to assess the individual needs of each pet and recommend an appropriate supplement if necessary.

It is also important for pet owners to understand what ingredients are included in their chosen supplement. Many supplements contain vitamins, minerals, herbs, or other natural substances that can have both positive and negative effects on pets. It is essential for owners to research the safety of any ingredient they plan on giving their pets.

Finally, it is important for pet owners to monitor their animals closely when introducing new supplements into their diets. Pets may experience side effects such as nausea or vomiting after taking certain supplements so it is best to start off slowly and increase dosage gradually over time.