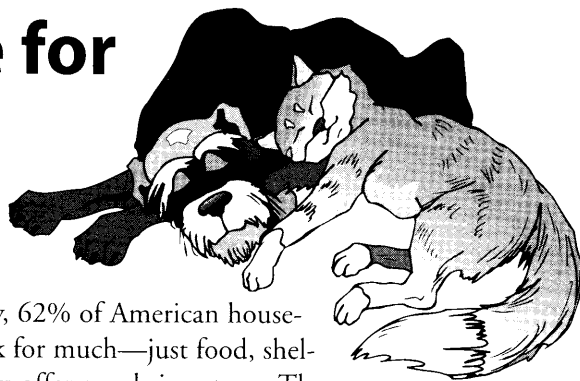


# Natural Care for Our Furry Friends



According to the Humane Society, 62% of American households include pets. Our pets don't ask for much—just food, shelter and our companionship, but they offer much in return. They can teach children and adults alike about affection, friendship, responsibility, loyalty, empathy, sharing and unconditional love. Pets can improve the emotional and physical health of elderly people living alone. Animals are also able to help people heal from psychological trauma and emotional abuse.

Pets can be good for our health, but we are also responsible for caring for their health. A healthy pet is a happy pet. Pets get sick for the same reasons human beings do—nutritional deficiencies, environmental toxins, physical injury and emotional stress. So, if you want healthy pets, you need to provide them with healthy food, keep them away from toxins, reduce their stress and protect them from physical injuries.

As with human beings, the main cause of illness in pets is their diet. Most brands of commercial pet food leave much to be desired. Commercial pet foods suffer from some of the same problems as processed foods for people—hydrogenated fats, trans fatty acids, non-nutritive fillers, preservatives and other chemical additives. If that's not bad enough, most pet foods are made from "animal by-products." This is a polite way of referring to all the animals and animal parts discarded as unfit for human consumption—including scraps from meat packing plants, diseased animals, road kill and even euthanized dogs and cats from animal shelters. This food makes pets prone to arthritis, parasites and a host of other health problems, including cancer.

So, the number one thing one can do to improve the health of one's pets is to make sure they are getting healthy food. If you do a little research and are willing to take the time, you can learn to make your own homemade pet foods using meat, vegetables and grains. Although both dogs and cats need protein (cats more so than dogs), they also do well eating vegetables and some grains. Nutritional supplements may also be needed.

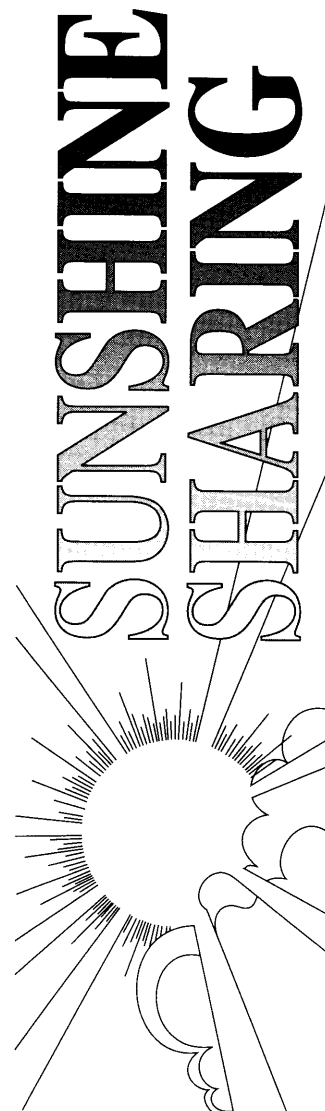
You need to do some research to make sure you create a diet that will contain all the nutrients your pet needs, and there are some foods you should avoid feeding to pets, even though they are healthy for human beings. For instance, dogs and cats should not eat onions. Dogs should also not eat grapes, raisins, chocolate, avocado or raw salmon or trout. Milk, cheese and bread dough can also cause problems in dogs. Get some good books on natural care for pets or do a search on the internet if you want to learn how to prepare healthier food for your pets.

Of course, if you don't take time to cook healthy food for yourself, then you probably aren't going to take time to prepare proper food for your pet. In this case, you are probably better off getting a high-quality, commercially-prepared pet food. Look for one that is made with natural ingredients and is free of chemical additives. It is also a good idea to supplement your pet's diet, especially if they are eating mostly dry foods.

Of course, treating animals with kindness and love helps their immune system and health. It is also good to keep pets away from pesticides, chemicals and other environmental toxins. Of course, you should be avoiding these toxins, too.

When pets get sick, many of the same herbal remedies that work for people will work for pets, too. Inside, we'll talk about common pet health problems and their remedies.

**Learn more about natural health care for pets inside...**



Your guide to better health the natural way.

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## Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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