

A Healthy Diet Approach for Cats

With the major recall of 60 million containers of pet foods recently in the US and Canada as a result of dogs and cats dying of kidney failure, it is so important to seriously consider switching from feeding your pets commercial wet or dry foods to feeding them real healthy foods.



Although we have come to accept commercial foods as a normal and natural way to feed our pets, in fact they are not. Commercial dry or wet pet foods lack most of the vital nutrients that an animal in the wild would be getting from nature. Pet food manufacturers draw from a widely fluctuating market of available ingredients. Some are listed in vague terms like “meat meal” or “poultry by-products” and can vary widely in their quality and digestibility. They may include food rejected by the U.S. Department of Agriculture (USDA) for human consumption, such as moldy grains or rancid animal fats.

In Dr. Pitcairn's *Complete Guide to Natural Health for Dogs & Cats*, Alfred Plechner, D.V.M., offers this look at commercial pet food. “Preparation of pet foods in this country is such that molds...and toxins from condemned meats, hormones, mixed allergens, plus any exogenous [added] material needed to meet basic requirements for manufacturing, are present in the available diets on the market. In commercial foods, dry foods are the easiest to mask impure protein additives, canned foods next, then fresh frozen foods the most difficult...” Just like people, our pets need a broad spectrum of natural food nutrients to stay healthy and age gracefully.

It is highly recommended that all of the produce and meat that you choose for your cat should be from **ORGANICALLY** grown sources.

Timing of Eating - Natural Body Cycle:

Your cat should be fed in compliance with their bodies' metabolic cycle. The body seems to have three different metabolic periods which cycle every 24 hours.

1) Elimination and maintenance period: From 4am to noon the cells are dumping waste products, and manufacturing and/or repairing cells. Choose foods for your cat's breakfast that allow his/her body to continue the process of elimination and maintenance.

2) Digestive period: From noon to 8pm their bodies metabolism is geared towards digestion. Since digestion of foods demands a tremendous amount of energy, it would make sense to feed your cat the biggest meal between noon and 8pm. The earlier within this time frame, the better.

3) Assimilation period: From 8pm to 4am the body is mobilizing nutrients and directing them to the cells.

Feeding your cat in compliance with these three metabolic periods will afford

his/her body more efficient digestion, assimilation, cleansing and maintenance of the cells and therefore good health and when necessary, proper healing can occur.

Basic recipes:

Feed your cat twice a day. Once in the morning and once the evening.

Give your cat any of these following recipes:

- In a blender mix one organic raw egg with one tablespoon of dried kelp and 1/4 of a chopped organic zucchini. Make sure the vegetable is completely mushy as you blend this recipe together.
- Two tablespoons of goat based yogurt mixed with some dried kelp.
- Organic cottage cheese mixed with some completely processed to the point of being mushy any of the following vegetables: squash, zucchini, celery, kale, or cucumber.
- Choose any of the following types of meat: chicken, beef, mutton, turkey, cod, or any oily fish like sardine. When you buy these meats make sure they are organically grown or wild grown. My first choice is to feed your cat the meat raw. Second choice would be to steam the meat at low temperature and feed it to your cat semi raw.

With the meat mix some raw veggies. Best if you juice the vegetables and give the cat both the juice and the pulp of the veggies mixed with the meat. A second ideal way of offering raw veggies to your cat is to put them in a food processor and process it a few times until the veggies are mushy and watery.

- Raw beef or lamb bone marrow mixed with some veggies as in the above recommended meal.
- Beef or lamb liver (must be organic) raw or steamed lightly and fed semi raw to your cat after mixing it with some veggies as in the above recommend meal.

Snacks:

- 1) 1/4 of an avocado (must be real ripe).
- 2) one to two tablespoons of goat yogurt with real cultured/friendly bacteria.
- 3) Soaked almonds with brown shell removed. Add together in a food processor with some raw or cooked zucchini and blend together into a mushy consistency. Or use raw organic almond butter.
- 4) Steamed artichoke heart mixed with raw avocado.
- 5) Fresh coconut meat
- 6) Kelp or nori sea weeds dried sheets.

Recommended Supplements:

1. For better **digestion and assimilation** of foods I recommend the use of **probiotics** (acidophilus and bifidus) and **enzyme supplements**. Every meal whether cooked or raw should have enzymes powder sprinkled on it to help aid digestion and assimilation. **Probiotics and enzymes are highly effective if they are micro blended with a food high in minerals and trace elements such as wild-crafted blue green algae.**
2. For added **nutrients** to supplement cats' meals I recommend a **food-based supplement such as wild-crafted blue green algae.**
3. For better **protection against free radical damage** (oxidative stress) I recommend whole food antioxidants like **wheat sprouts, red algae, wheat grass or CoQ10 micro blended with wild-crafted blue green algae.**

Please [contact me for a FREE Health Consultation](#) to determine the best supplements and alternatives for your cat's situation.

Wishing you and your pet's extraordinary health.
Charlotte Carreira