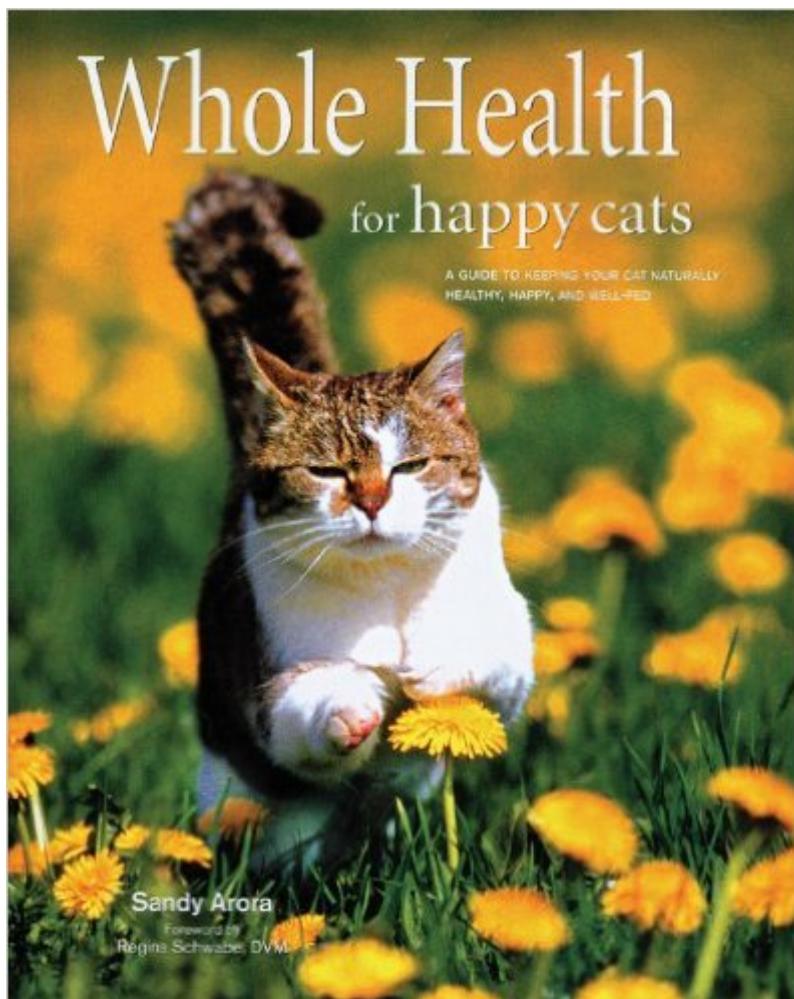


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# Whole Health For Happy Cats



## **Synopsis**

Domestic cats have high cancer rates, chronic disease, and immunodeficiency in spite of increased indoor living, plentiful food, and limited exposure to infectious agents and parasites. This book emphasizes prevention. To prevent disease, we try to make environmental and dietary choices that support the vital energy to the body. Obvious requirements include proper light, fresh air, and clean water as well as exercise, stimulation of the senses, and food that nourishes without harming. But meeting these requirements requires some effort. If it were a simple choice, many people would choose to treat and care for their pets with natural therapies. Unfortunately, most cat caregivers find the expectations and requirements of natural pet health care fairly imposing. Whole Health for Happy Cats provides the basic information you need to incorporate holistic treatments into your cat's everyday care, reduce health care costs, and help your cat enjoy a long healthy life. Whole Health for Happy Cats translates the dry and often-overwhelming scientific data found in other cat care books into everyday language. The easy-to-follow guidelines teach cat caregivers to use holistic remedies at home, including homeopathy, aromatherapy, and flower essences. In addition, sidebars, comparison charts, decision-making guides, and extensive resources make this an easy-to-read and informative book.

## **Book Information**

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## **Customer Reviews**

My bookcase is full of volume after volume of cat-related reading material. Some of this material dates back several years, even decades; however, most is much more current than that, touting some of the biggest names in the "industry." Even as current as most of this material is suppose to be, I have difficulty trusting some of it, especially the discussions on diet. Many of these authors are

highly regarded as experts in the animal health field, yet, I still cannot find myself trusting a lot of what I read. Actually, some of the information has even been confirmed as outright dangerous and should not even be said in the same breath as "cat," let alone be recommended for use with a cat. Sandy Arora's book, "Whole Health for Happy Cats," fills the void that has existed for so long on my bookshelves. She demonstrates herself to be articulate and informative--(it appears she has good background and training in research methodology),-- backing up her information with plenty of documentation, references, and resources. Being interested in nutrition most of my life, I truly appreciate her guidance on diet. In particular, her knowledge of raw feeding transcends most of what is being offered up by the expert gurus. Here is a lady who really understands what "species appropriate" means (without being dictatorial about it). I've been practicing holistic methods with everyone in my household, furry or non, for over twenty years. I can only come to the conclusion that Ms. Arora proverbially "eats, sleeps, and \*you know what\*" cats (holistically, of course) because she seems to have covered just about every imaginable area of SAFE holistic cat care remedies, cat well-being, and cat health: from the nutritional end to the herbal end to the homeopathic end to, well, there is practically no end to what Ms. Arora covers in "Whole Health for Happy Cats." And her book is soooooo much fun to look at while you read it, with beautiful pictures (not just drawings) and informative sidebars and tables. (The picture on page 45 is especially amusing.) As an added bonus, I can actually go over to her discussion forum and ask her for clarification of anything in her book. (Pretty cool, eh?) I do have one request: At the end of the book, Ms. Arora has added an appendix that outlines a few infectious diseases. You know the ones: FIV, FIP, FeLV; the ones that, when your vet diagnoses them, cause the contents of your stomach to leap into your throat. Sandy provides some wonderful info to assist those who have to bear the burden of that kind of news concerning their kitty. She helps to take away some of the feeling of helplessness that seems so prevalent with these diseases. And she gives the reader treatment options to help extend not only the life, but the quality of the infected kitty's life. My request? Please, Ms. Arora, if you have another book in you, take this subject of disease/illness/conditions and expand upon as many as you can, extending what you have already hit upon in your appendix and nutritional sections: FIP, FIV, FeLV, IBD, CRF, diabetes, and cancer, to name a few that you've touched upon already. It would be wonderful to have a "trustworthy" up-to-date cat-specific book that details different diseases and conditions, holistic treatment options, and nutritional support. It would probably save a lot of kitty parents a lot of grief and frustration, and give a lot of ill kitties a higher quality of life. "Whole Health for Happy Cats." I would think your cats would indeed be happy if you followed Sandy Arora's advice. Less trips to the vet, tastier, healthier food choices, beautiful fur and skin, healthier teeth,

healthier immune systems, and, most importantly, HAPPIER CATS: 'Cause "If kitty ain't happy, noooooobody's happy....." .....or something like that.

I received my copies of Sandy Arora's book last night and I was up until midnight reading it ~ and I had to get up at 5am! I am at a loss to describe how fantastic I think this book is...um, since I am hardly ever at a loss for words, let me try: it is \*especially\* informative with regards to information on using more natural means to care for our kitties by the use of a more natural meat-based diet and holistic/homeopathic remedies (just to name a couple examples ~ 'cause it is jam-packed with tons of info), it is easy to read and understand for us "lay persons" not well-versed in homeopathy, the presentation is thoughtfully well-laid out, the photos are incredible, it is too hard to put down because you become so engrossed in it, it is colorful ~ where most kitty books in the genre of holistic/homeopathic are somewhat dull by comparison, and you want to keep reading and reading and learning and learning! This is the most treasured book for kitties that I own by far. Kitties everywhere are thanking you, Sandy; as are their parents! And Boo is purring with happiness for his mama giving back to other kitties in his honor... So, if you love kitties and you don't have a copy of this book, please get one or two (or more) and share them with other kitty lovers!

This book is gorgeous! Well laid-out and informative and all those pictures of cats! The photos make it a delight to look at, the text makes it a delight to read. This book is a gift to cat-lovers by a woman who combines her passion for cats, talent for research, and desire to communicate knowledge she has painstakingly gained, both through study and personal experience, to help all cats. My sweet Maine coon cat, Emma, benefitted from advice in the first chapter. Em came to me several years ago traumatized from years of abuse, not the least of which involved litterbox use/non-use. Em learned that the litterbox is a filthy, stinking disgusting mess and a source of pain and humiliation. Emma's better about using the litterbox now than she was when she first joined us. I make sure it's not a filthy, disgusting mess and do NOT hit, kick, or scream at her for not using it. When she first joined us, I tried every litter on the market. She didn't use any of them equally. The ONLY method that has had any effect on her litterbox use has been positive reinforcement. I sweep her up, which she loves, dance around with her singing our "litterbox song" when she uses it. She loves the attention and almost laughs out loud, she's so happy to receive such lavish praise. After reading Sandy's book, I realized that the litter I was using \*could\* be problematic. Obviously, I'd thought it was okay or I wouldn't have used it. Digging through a closet, I found a bag of clay litter and dumped some in two of Em's six litterboxes. When I showed it to Em, she looked at it, touched

it with a paw, walked around the litterbox and used in it! I was flabbergasted. Has Emma's "problem" all these years been that she didn't recognize the litter as litter? I realized that when I'd tried out all the litters Em was in no shape to make any decisions or choices. She wasn't ready for such a "test." Em wants clay litter? Em gets clay litter. I'm hoping to switch to something more environmentally friendly but, for now, we're going with what works. So, Sandy, thanks again and again! I'm not claiming Emma's problem is "solved," it may never be, but the prognosis for mutual happiness is better.

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