



Natural Help for...

Cat Grooming



What is Cat Grooming?

Most cats spend approximately 10% of their day grooming themselves. While this is usually a natural process that most cats are fairly good at, all cats can benefit from a little additional help and TLC from their owners to promote health and prevent smells. In fact, **most cats come to enjoy regular grooming and cleaning routines** and it can help to strengthen the bond between you and your cat.

Remember to keep bathing and grooming an enjoyable experience and approach your cat when he is relaxed and content. You may want to start off with **short grooming sessions between 5 – 10 min** and gradually lengthen this as your cat gets used to it.

Brushing and combing

The first step in grooming your cat is brushing and combing. Regular brushing helps to **reduce shedding and decreases the chances of your cat getting fur balls**. It also helps to distribute the natural oils throughout the coat, prevents matted hair and leaves your cat's coat looking shiny and beautiful.

The amount of brushing your cat will need is usually based on hair length. **Long haired breeds often need to be brushed daily** or at least every second day, while shorter haired cats may only need a brush once every week. Chose a brush that best suits your cat's fur and when brushing, be gentle and soothing, especially when brushing sensitive areas such as the belly, back legs and tail.

Nail trimming

When cat's nails grow too long, they can start to curve and actually grow into the paw. This painful condition is easily prevented with regular nail trims. Remember though, that your cat relies on his claws to be able to defend himself and to escape danger by climbing, and for this reason his claws should never be cut too short. **Get your cat accustomed to having his paws touched** and rubbed before attempting to clip his nails.

Once he's used to the feeling start by applying gentle pressure at the top of each toe to get the claws to extend. Use a pair of sharp nail clippers or scissors to cut the tip off each claw, while **being very cautious not to clip the nail quick** (the pink area of the nail). If you have any doubt about the process, ask your vet to demonstrate how to do it at your pet's next check-up.

Face-washing

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Many cats require a good face wash to prevent gummy eyes or recurrent feline acne. Do this by **using a soft face cloth or cotton ball dipped in a little warm water** and hold your cat's head while you gently wipe down problem areas. You may need to wet the eye area and wait for the gluey tear-stains to soften before wiping the eyes again.

Bathing

Some cats require the occasional bath, particularly long-haired cats. Cat bathing can be a tricky task, but will leave your cat feeling much cleaner and fresher. Try **gradually introducing your cat to water** from a young age so the experience is not a traumatic one.

Natural Remedies

When bathing your cat, it is important to use a shampoo specifically formulated for cats that is natural and free of harsh chemicals and artificial perfumes. There are various herbal ingredients that can help **making your cat's bath a pleasant and healthy experience**. One beneficial cleaning herb is catnip. This herb is often a firm favorite with cats and its sedative and calmative effects help to reduce the anxiety of bath times.

In addition, catnip has excellent insect repellent properties and has been known to kill certain insect larvae. Chamomile is another beneficial bath-time herb which has **strong calming properties and works well to promote healthy skin**. Cleavers is also excellent cleansing herb which also helps to reduce dandruff and scaly skin as well as promote healthy skin and coat. Lastly, nettle can be used to encourage healthy skin and hair and its soothing properties make it excellent for soothing insect bites or skin irritations.

Tips for grooming cats

- Never use human shampoo on your cat as they can cause skin irritation and damage your cat's coat. Human shampoos contain harsh detergents and are not the correct pH level for cats. Rather opt for a natural shampoo formulated specifically for cats.
- Start bathing your cat from a very young age so that they get used to the process and become comfortable with water. Most kittens have a strong instinctive aversion to water so you may need to persevere a few times before they become accustomed to the feeling.
- While [grooming your cat](#), take the opportunity to examine your feline friend for any fleas, raw areas, lumps, bumps or bites that so often go unnoticed under all that fur.
- Make grooming enjoyable. Most cats love the attention and enjoy being stroked. Start each grooming session with a some loving strokes and break up the brushing sessions with some extra love and affection if your cat gets impatient quickly.
- Most owners have to gently restrain their cats during grooming, but keep your cat's comfort levels in mind. Don't make them sit or lie in an uncomfortable position for long periods and be sensitive to their discomfort.
- Know when to stop. Some cats dislike grooming sessions and become impatient with the process quite quickly. Rather stop and pick it up again after they've had time to cool off, than face an uphill battle of wills that ends in distrust and frustration for both of you.



Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies for both people and pets. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors and veterinarians. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors and vets (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Just like humans, domesticated animals like dogs and cats are affected by the health hazards of modern living. Pollution, poor nutrition, stress and unhealthy lifestyles can lead to a variety of illnesses and conditions that are very similar to those experienced by humans. In fact, many, if not most pet health concerns can be addressed by helping your pets to live a healthier lifestyle. While it has its place, conventional medicine for animals and 'modern technology' have failed our pets in many ways.

According to pet expert and author CJ Puotinen, most holistic veterinarians and animal health care professions list annual vaccinations and commercial pet foods as the major contributory cause in the rising rates of chronic illness in pets today. Similarly, Juliette de Bairacli Levy, respected author and renowned animal breeder, points out that contrary to the belief that mass vaccination and antibiotic use will contribute to a decrease in disease, the opposite has in fact proved true. Like their human counterparts, today's pets are becoming more and more vulnerable to chronic disease and ill health. This has led many veterinarians to search for alternatives and to espouse more holistic methods of keeping our pets healthy.

"In the wild, animals instinctively seek out healing herbs to help them when they are ill or undernourished. In fact, Asclepius, the ancient Greek god of medicine, respected dogs very highly for their ability to seek out and eat medicinal herbs in the wild. This ability is shared by other animals, including cats. We are coming to realize that nature often has the answers - but animals have always known this! Natural medicine can help your pet just as it can help you. While there is always a place for conventional veterinary medicine, natural medicine can compliment conventional veterinary care and in many cases do just as well. I have applied the same care and research that have gone into our Native Remedies range for adults and children to the development of pet-friendly, safe and effective natural remedies for animals. As always, all remedies are formulated to the highest therapeutic standards and manufactured under strict pharmaceutical conditions for your peace of mind and the well being of your pets. " Michele Carelse, Clinical Psychologist.

"When a veterinary surgeon practices the use of homeopathic medicine and is asked why he does so, he may give one of several answers. The simple answer

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would be that the results are good, an emphatic answer would be that homeopathic treatment has no unpleasant or dangerous side effects, while still achieving successful results.

The [PetAlive Homeopathic range](#) has been formulated with this knowledge and is specifically designed to treat your pet in a holistic and natural manner."

Dr. Glenn Ferguson
M-Tech Homeopathy, Doctor of Chinese Medicine

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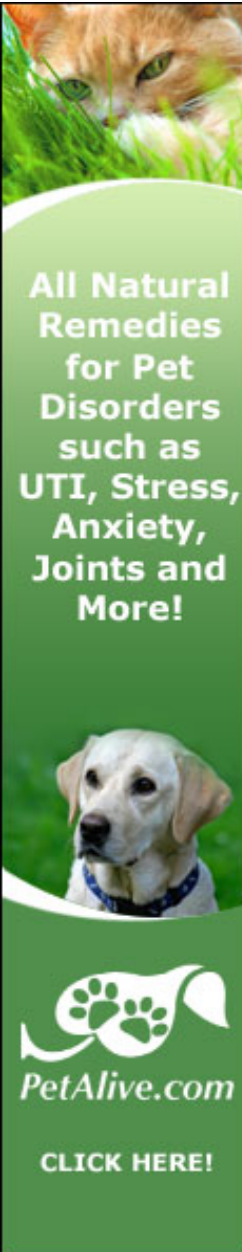
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