



# Natural Help for...

## Matted Hair in Cats



### What is Matted Hair?

Matted hair is a common problem for many cats and kittens, especially long haired cats such as Persians. Not **only are these matted clumps of hair unsightly**, they can become quite painful for your pet and may even cause skin irritations or infection if they are not removed.

Grooming matted cat fur can be quite the task. **Brushing your cat daily will help prevent knots** and mats and regular bathing will keep your pets fur clean and tangle-free. However, if you pet already has matted hair, follow the following steps to get rid of them.

**Step 1:** Approach your cat when he is relaxed and try get him to lie in a comfortable position that allows you access to the matted spot for grooming. Apply some corn starch to the area and gently work your fingers into the mat as far as possible.

**Step 2:** It's always easier to tackle smaller areas than one large clump, so if possible, break the large mat into smaller pieces. Very tight mats won't separate easily so you may need to cut the clump with scissors to remove it. Be very careful that you do not nick your cat's skin and do not even use scissors if you think the mat is too close to the skin.

**Step 3:** Once you have smaller more manageable pieces, you will need to use a comb and gently brush the matted fur out. This can be a timely process so do not expect to finish in one sitting.

Some matted hair is just too stubborn to be combed out. In these cases you can try to cut the mat out. Work the mat away from the skin **and position the comb between the skin and the scissors** so that you don't accidentally cut your cat. A last resort is sending your cat to the vet or a professional groomer to be shaved. Rest assured – it will grow back!

### Natural Remedies

Prevention is always better than cure, so be sure to **groom and bath your cat regularly to prevent matted hair**. Herbal ingredients can come in handy when bathing your pet and they work as a good alternative to harsh chemicals in many conventional pet shampoos.

A firm cat-favorite is catnip and interestingly, this herb makes an excellent bath-time aid. The **sedative and calmative effects of catnip** help to reduce the anxiety of bath times and its excellent insect repellent properties has been known to kill certain insect larvae.

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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.

Another useful herb is Chamomile which has calming properties and **can be used to promote healthy skin**. Cleavers is also beneficial cleansing herb which can be used to reduce dandruff or scaly skin and 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 managing matted hair

- The best thing you could possibly do for cats prone to matting is regular grooming! Long-haired cats need to be brushed daily and short haired cats at least once a week. Even if your cat dislikes grooming, keep up the habit as your cat is bound to dislike de-matting even more than daily grooming.
- Brush your cat before bathing to loosen the excess hair, and brush again while the hair dries to prevent knots.
- Do not bath your cat before attempting de-matting. This often makes the process more difficult and may cause additional knots.
- If you notice small knots or areas of tangled hair, use a little hair conditioner to help brush these out before mats appear.
- Ask someone to help you if your cat gets particularly difficult to manage. Sometimes it takes one person to hold the cat and soothe them, while the other de-mats the hair.
- Be gently on your cat. Matted hair can be painful and the slightest tug or pull through of the comb can pull and pinch the skin.

## 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



### 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.

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 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

## **Related Natural Remedies:**

**[Clean-Cat Shampoo with Chamomile](#)**: Non-irritating, calming cleansing shampoo formulated for cats

Clean-Cat Shampoo is a cleansing herbal shampoo for cats. It is created using only tested, natural ingredients, including chamomile so it is a calming and non-irritating formulation.

Clean-Cat Shampoo may be used as needed to cleanse cats as it is not drying and supports healthy skin. Clean-Cat Shampoo contains absolutely no parabens, sodium laurel sulphate or harmful petrochemicals.

[Learn more about Clean-Cat Shampoo with Chamomile](#)

Read the testimonials for these quality products [here!](#)

## **Ask Our Experts a Product Question**

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

## **Great Health Sites**

[Natural Pet Health Blog](#)

[Natural Holistic Health Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

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