

Seeing Eye-to-Eye With Our Pets... Pet Behaviors Explained



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The Milk, Meat & Plants They Eat!

As domestication has brought once wild dogs and cats into the household, their **eating habits have thus been significantly altered** as humans became caretakers.

Combined with the health hazards of modern living such as pollution, poor nutrition, stress and unhealthy lifestyles, it is important to **recognize how these changes impact their overall health**—and to pay particular attention to proper nutrition and diet—which is one factor we greatly control.



The notion to feed cats milk has become ingrained in the minds of many pet owners, thanks to the media and pop culture featuring healthy cats lapping up bowls of dairy. However, the truth of matter is that **cats actually do not receive any notable health benefits from milk...** rather, they may develop adverse effects from it.

While it **may be alarming to see Fido or Fluffy nibbling on the front lawn or a houseplant**, it shouldn't be a cause for concern unless the grass or plant was recently treated with pesticide, fertilizer, or another poisonous chemical. Both dogs and cats from time to time may take an interest in grass or similar substances, each for **different purposes that can actually benefit their bodies.**

Don't forget that **you play a large role in your pet's nutritional and digestive health**, and there are many little things you can do to support optimum wellness... some of which have **nothing to do with actually feeding your pet!**

Why Do Dogs & Cats Eat Grass?

Theories to explain this unusual behavior

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Dogs tend to **self-medicate their bodies** and **regulate behavior** through occasional ingestion of plants, as the diets they often receive in captivity are vastly different than what they would eat in the wild. **Dogs are not simply carnivorous**, and can be often seen hunting for roots and fruits. Since dogs evolved from wolves, in the wild, wolves and dogs may eat an herbivore prey that they have killed, and often first go for the stomach area of the carcass where they will find roots, leaves and berries.

In domestication, **a dog's diet often consists of commercial dog food**, which contains synthetic preservatives, coloring and fillers. Constant intake of such substances often **leads to dog aggression**, when the dog's discomfort exceeds tolerance levels. Over time, this grain-based, high-carbohydrate diet can lead to **digestive upset and even diabetes**. Again considering the evolutionary perspective, wild dogs consume only minimal quantity of grains, in the shape of already-digested paste and juices in the intestines of a seed-eating prey.

However, even though grass ingestion appears to have some redeeming qualities for an dog, it can **sometimes lead to vomiting**. Some veterinary experts suspect that ingestion could have been a catalyst for **self-induced vomiting to relieve stomach upset**. Whether or not it was intentional, it may have detoxifying properties for this very purpose.

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However, it is important to **discourage ingestion of grass or plants directly after a meal**, as unintentional regurgitation of dinner may result.

Cats often ingest plants and grass for this very same reason—mainly to **assist common bodily functions**. **Cats are avid groomers** and seem to spend hours preening and licking themselves. Unfortunately, this usually means that they end up swallowing a lot of **loose fur, which accumulates in their stomach to form matted lumps called furballs.**

While furballs are usually vomited or emitted in feces as part of the body's natural elimination process, a weak digestive system, modern diet, sedentary lifestyles, or inadequate nutrition can interfere with this process. To **help stimulate this elimination**, cats may use grass **as a laxative or to self-induce furballs**, as it acts a roughage to promote bowel movement or regurgitation. This not only helps promote overall health as bodily functioning is restored, but also **relieves the discomfort** associated with the blockage.

It may also be possible that the dog or cat just likes the taste!

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"Thank you for the help and guidance you have given me. My beautiful Collie has not been so comfortable in years. He just seems to be so much happier and healthier and we are so pleased that we followed your advice regarding [Digestive Support](#) and diet." -**Alison, NJ, USA**

"Thank you for all the work you are doing to supply natural herbs and medicines for our pets. From now on your website will be my first port of call when there is a problem. The [Natural Moves for Pets](#) capsules worked very well for my dog and we have not had a problem since we used them for one week only more then a month ago. You definitely have my vote!" - **Vincent**

Can Milk be Harmful to Your Cat?

How sustenance is just as important as safety

The notion to feed cats milk has become ingrained in the minds of many pet owners, thanks to the media and pop culture featuring healthy cats lapping up bowls of dairy. However, the truth of matter is that **cats actually do not receive any notable health benefits from milk...** rather, they may develop adverse effects from it!



Just as holistic health is important for sustainable health in cats, so is proper nutrition. **Cats benefit most from a well-balanced diet** with foods specially designed for their needs

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and digestive systems. Kittens' bodies have the necessary enzymes to digest their mother's milk. However, with age, this enzyme production slows, leading to most adult cats being considered **lactose-intolerant**. While cats can tolerate small quantities of milk, the sugars in it will likely **cause digestive upset** in their delicate systems, leading to stomach troubles such as cramps, gas, and diarrhea.

In addition, indulging your pet even on an occasional basis may cause them to **develop finicky eating habits**, leading to poor nutrition. Therefore, consult with your vet for the best meal plan suitable for your cat's nutritional requirements, and consider adding **natural remedies into the diet to help with common digestive disturbances**.

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"I can recommend your [DetoxPlus](#) caps for anyone's pet. I have tried it for both my dogs and it has been great! ...Thanks to all of you who help me when I phone or e-mail! You are such a blessing to me and my family (including the furry ones!!!!)" -Rhoda

"This product definitely works! I wouldn't have believed it without seeing the difference. Your remedy makes her more comfortable after food and we can give her a bigger variety than before. It looks like we found the product we needed after so many years and so much expense - a simple natural remedy!" - Ziggy

Tips for Settling Stomachs & Supporting Digestion

While your pet may initiate certain behaviors regarding eating habits and exercise, through the evolution of domestication, many of these normal processes fall under the influence of our hands. Therefore, making just a few tweaks in routine may greatly benefit your pet's overall health and well-being.



- Do not change diet suddenly, but slowly introduce fresh, raw and unprocessed food into your pet's daily diet, while reducing commercial foods and foods with little nutritious value.
- Keep diet varied and interesting, but watch out for foods that your pet may be allergic to.
- Regular exercise helps to build up a healthy appetite and gets all organs in the body functioning well. It also helps to relieve stress and contributes to a healthy, happy pet!
- Animals need time outdoors where they can naturally seek out herbs that will help them maintain the health of their digestive system. All carnivorous animals, including dogs and cats, will naturally induce vomiting from time to time as a cleansing process to get rid of excess bile, mucus and other impurities. They do this by eating plants which will induce purging. This is healthy and animals should not be reprimanded for it!
- Add green sprouts to your pet's food every day. This is an easy way to improve digestion and supply much-needed vitamins, amino acids, and trace elements.
- Consult a holistic veterinarian for advice about the health problems associated with routine vaccination and regular antibiotic use.
- For animals that suffer from constipation, ensure adequate roughage in the diet.

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