



Whole Pet's Top Ten Feline Health Tips

- 1.** Feed a healthy diet with lots of VARIETY if possible (see *nutrition sheet* in your Pet-Pack for specific tips on selection, and ways to add fresh foods).
- 2.** If you don't feed a raw or home-prepared diet, add a daily whole-food supplement such as Standard Process "Whole Body Feline".
- 3.** If feeding dry food only, ADD IN CANNED food too (also add water to the canned food if your kitty will still eat and drink it)!
- 4.** Improve your kitty's hydration! Give lots and lots of options for drinking water in your house.
- 5.** Add daily probiotics to your kitty's diet in the form of yogurt, kefir, or a prepared powder 😊.
- 6.** Give daily fish oil (Omega 3 fatty acid) -- one 1000 mg gel cap daily for an adult cat, or use a pour-on "Rx Vitamins Ultra EFA" from Whole Pet.
- 7.** Keep your kitty at a good weight -- encourage him or her to spend at least 20 minutes playing and exercising daily (not hard with kittens!).
- 8.** Offer a stimulating environment with high perches and places that allow for "escape from everything" as well as entertaining vistas and things to chase!
- 9.** Practice regular teeth brushing if possible -- every 1-2 days is ideal (starting young is best!).
- 10.** Trim your kitty's nails every 2-3 weeks (from the moment they come into your home 😊).
- 11.** (*Bonus tip!*) Give your pet unconditional love (and oh yeah, clean the litter boxes daily! – there should be one more box than the number of cats in your home :-).