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# The Complete Guide To Holistic Cat Care: An Illustrated Handbook



## Synopsis

Celeste Yarnall's™ time-tested natural and holistic expertise gives cat owners insight into natural alternatives in food, medication, alternative therapies, and healing practices, improving the lives of feline friends and well as their caregivers. With Dr. Jean Hofve, the esteemed holistic veterinarian, she explores nutrition as preventative medicine, vitamin and mineral supplements, herbal remedies, homeopathic treatments, and groundbreaking anti-aging modalities never before published in a pet care guide. The Complete Guide to Holistic Cat Care also includes a complete bibliography and a list of suppliers of holistic remedies and services. As with all other pet health guides, it is a comprehensive resource intended to complement veterinary care, not replace it.

## Book Information

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## Customer Reviews

The first thing I did upon receiving this book was to flip to Chapter 4: Nutrition As Preventive Medicine. I was appalled and embarrassed as I read about the horrors of dry food. With two indoor-only, overweight cats (one with hyperthyroidism and one who, at age 9, just had to have all her teeth pulled due to cavities and decay) I was correct in suspecting my role of dumping commercial kibbles in their dish had a lot to do with their medical issues. This book, conversational in tone, thorough, and exceptionally well written, is not a quick fix, however. I was excited to start feeding my cats a better diet but felt my excitement wane as I read what's involved in converting to a raw-food diet. However, as someone who has slowly gone vegetarian then almost-vegan over the years, I recognize (as do the authors) that a full-steam ahead approach is probably not the answer. Burnout or frustration would be the result. Instead, I'll use this book to implement step-by-step

changes and work my way up to the "biggie" issues. The book offers a list of resources from cat litter to supplements and whole food products to nontoxic cleaning and pest control products. It also offers an important perspective on vaccines and how often they're really necessary. I enjoyed the section on play and training and the pictures of the kitten demonstrating agility leaps over a fence are priceless (although greeted with disdain by my cats when I showed them the photos). The authors warn upfront that some of their ideas may seem "out there" but balance that with urging cat owners to seek guided medical assistance, either traditional or alternative, when necessary. This is not a book to be shelved. Instead, it should be left out for easy access and treated as a reference book.

I absolutely love this book!! Having owned cats all of my life, I only wish I had this type of book sooner! Dr. Yarnall is passionate about her commitment to holistic health care for cats. Having bred 11 generations of gorgeous champion Tonkinese cats, she knows what she's talking about. She is the quintessential expert with a vision that includes optimum health for cats! You only have to look at the radiant photos of the cats in the book to know that they are living optimum lives. The book is very easy to follow and is beautifully crafted with photos that make you fall in love with each cat! Anyone who has a cat should have this book! This is a timely release as we ponder holistic and anti-aging regimes for humans. We must consider, why not cats as well? Let's eliminate disease, and costly vet bills and replace with good nutrition! I also enjoyed that fact the Dr. Yarnall has written this book in such a way that its methods can be applied gently, not in a rigid way. As all dietary adjustments require time and patience you can make small adjustments that will make a difference. No "cold turkey." We know humans have difficulties going onto raw foods, so with a mature cat such as mine, I would introduce this regime a little at a time to ensure success. Of course, the cats get energized from all the good food and vitamins! I would love to be able to extend the healthy years of my cat's life! While reading through the text, you can tell that Dr. Yarnall has considered this factor in letting the reader know that even minor improvements will make a noticeable difference in the quality of life and health of our beloved pets. I was extremely interested in the vitamin suggestions. I can't wait to incorporate these changes into the regime of my cat.

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