



## Banned in Human Foods, Yet Still Allowed in Your Pet's Food

by Dr. Karen Shaw Becker

Recently, two companies filed a lawsuit against Nestlé Purina PetCare for deceptive marketing and sale of cat foods labeled “natural” and “with no artificial preservatives.” The plaintiffs, GMO Free USA (doing business as Toxin Free USA) and Clean Label Project charge that lab tests reveal that certain Purina cat foods contain both glyphosate and ethoxyquin, an artificial preservative.

The plaintiffs allege that Purina is exploiting pet owner preference for pet foods marketed as “natural”, which consumers assume describes products free of pesticides and artificial ingredients.

*“Chronic illness has been on the rise, not only in humans, but also in our pets. Amid increasing awareness of the links between synthetic chemicals and chronic health problems, Purina is exploiting consumers’ preference for truly natural, toxin-free pet food and must be held accountable for misleading marketing practices,”* Toxin Free USA executive director, Diana Reeves said in a news release.

*“There has been an increase in the humanization of pet food when it comes to marketing, but there is a disconnect between the marketing and the actual pet food contents. Consumers have a right to know the true contents of the food and products they buy for themselves and their families. This includes their pets,”* adds Clean Label Project executive director, Jaclyn Bowen.

Studies have linked glyphosate, found in Bayer-Monsanto’s weedkiller Roundup, to cancer, liver and kidney disease, and other adverse health conditions. According to the Corporate Social Responsibility (CSR) Newswire, currently there are an estimated 125,000 pending lawsuits against Bayer-Monsanto alleging Roundup caused non-Hodgkin lymphoma in plaintiffs.

Monsanto also developed ethoxyquin back in the 1950s for use as a pesticide. It’s a synthetic antioxidant and is currently used as a preservative in some ultra-processed pet foods to prevent rancidity in fats and fat-soluble vitamins. Studies show ethoxyquin can have adverse effects on the liver and toxic effects on both living cells and genetic material. A 2004 report published by the EPA on ethoxyquin states that:

*“The primary target organs affected by ethoxyquin in experimental animals are the liver and the kidneys. Dogs are more susceptible to ethoxyquin toxicity than rats with ↑*

## Dear Reader,

*I’m running out of informative articles to include in your future newsletters.*

*Please send me suggestions of what I may research and then share with you.*

*Thanking you in advance,  
Nancy Lee ☐*

*(“Banned in Human Foods...” cont.)*

*elevated liver enzymes and microscopic findings in the liver occurring at doses as low as 4 mg/kg/day over a 90-day feeding period.”*

It’s important to note that this study ran only 90 days; no studies are available on the cumulative effects on dogs of ingesting ethoxyquin longer than 90 days. In addition, puppies, working dogs and nursing mother dogs eat more food per body weight per day than the average dog.

### First-Hand Accounts of Ethoxyquin Toxicity in Pets

I’ve actually experienced first-hand the dangers of ethoxyquin poisoning in a dog. My Rottweiler and best friend, Gemini. When Gemini was seven and I was in my second year of veterinary school, she went into liver failure after consuming food containing ethoxyquin. I had received the food for free from a major pet food manufacturer who was giving it away to veterinary students.

It was determined Gemini’s liver failure was caused by the ethoxyquin in that food. Not only was I overcome with grief that I had unintentionally harmed my dog, but I became very angry that a major veterinary line of dog food contained chemicals that had the potential to kill the pets we were learning how to save as vet students.

I committed to never again feed Gemini ultra-processed dog food. I made a change to her diet literally overnight. I started preparing homemade foods for her and she remained on a homemade diet for the rest of her 13 years of life. It was the beginning of my quest to have clean, healthy, pure foods in the pet food supply chain. That quest continues to this day.

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("Banned in Human Foods..." cont.)

My friend and fellow pet nutrition advocate Susan Thixton, founder of the website TruthAboutPetFood.com, also has a personal ethoxyquin story:

*"In 1991 I was a typical pet owner, giving my dogs the most popular pet food sold. Almost overnight a tumor appeared on my dog's pelvic bone. With a trip to the vet, we learned the worst news: bone cancer.*

*My vet (who knew more about pet food in 1991 than most vets do today) told me her cancer was probably caused by a chemical preservative used in the pet food. He told me the chemical preservative was used to extend the shelf life of the pet food. The preservative was ethoxyquin.*

*In 1991 I didn't really understand what 'shelf life' was, had no clue what a 'chemical preservative' was, and had never called a pet food company before. But after being told I had two weeks to say goodbye to my best friend, this was something I had to learn more about.*

*I called this pet food company and only had the nerve to ask one question, 'How long will the dog food stay fresh?' What they told me changed my life forever. This pet food company proudly stated the dog food 'would stay fresh for 25 years.' I had to euthanize my beloved dog two weeks later."*

The plaintiffs in the lawsuit against Purina published a white paper titled "Ethoxyquin: Is there something fishy about your pet food?" that provides a history of this synthetic antioxidant and its use in pet food. In their paper, Reeves and Bowen discuss a letter to the FDA Division of Animal Feeds written in 1992 by 30-year veteran veterinarian Dr. Gloria Dodd, graduate of the UC Davis School of Veterinary Medicine.

In her letter, Dodd "... highlighted the epidemic of 'chronic degenerative diseases such as generalized allergies, arthritis, dermatitis, congestive heart failure, kidney failure, liver pathologies, diabetes, tumors and cancer' she observed during her tenure as a veterinarian."

Dodd's letter also pointed out the link between ethoxyquin and the "... marked difference in domestic dog bones, muscles, and overall health compared to Australian pets, who at the time, were still largely being fed fresh meat as opposed to the American pet diet that had largely transitioned to commercial kibble and canned food."

In her letter, Dodd also listed and described case studies and offered her opinion of various outdated Monsanto studies and "erroneous conclusions."

#### How to Avoid Pet Foods Containing Ethoxyquin

Ethoxyquin is banned for use in human food except in very small quantities allowed as preservatives in spices (e.g., chili powder, which is I recommend only buying organic kitchen spices and herbs). However, it can pass from animal feed to farmed fish, poultry, and eggs, which means humans can still be exposed.

As I mentioned earlier, it's still allowed in pet food. The challenge is determining whether it's in your pet's food. It's rare these days to find ethoxyquin listed on pet food labels, but that doesn't mean it isn't in the finished product. Because ethoxyquin is added before the raw ingredients are shipped to the pet food manufacturers, AAFCO doesn't require that it be listed or disclosed on the product label.

*If your dog or cat food contains FISH MEAL, you should assume it contains ethoxyquin* not listed on the label, unless the company can provide their vendor's Certificate of Analysis demonstrating it ↗

("Banned in Human Foods..." cont.)

has been tested for and the results are zero.

Call and ask. **Poultry meal can also contain ethoxyquin.** And according to Thixton, industry insiders have shared with her that additional ingredients, **including chicken and beef meals and rendered animal fat, are also sometimes preserved with ethoxyquin.**

Thankfully, there are new fresh pet food companies popping up almost weekly that are focused on transparency and will gladly answer all your sourcing and supply chain questions. These gently cooked and raw frozen diets don't contain any added preservatives because the food is made in small batches and immediately frozen, so it's not sitting on a shelf for an extended period of time and therefore doesn't need synthetic additives to prevent rancidity.

If you want ultimate control over the ingredients and sources of the diet your pet eats, homemade meals of fresh, whole food will be your best bet. □



## Need to Switch Your Pet's Food? Here Are Key Steps to Take –

by Dr. Amy Farcas, DVM, DACVN

If you need to change your pet's diet, make sure the switch to his new food is gradual.

Your veterinarian has recommended a diet change for your pet. Easy, right? Maybe not. It may seem daunting, but here are a few steps you can take to successfully switch over to a new food or way of feeding.

### 1. Go Slow

Any two diets will have differences between them even if these differences are subtle. These differences are probably why your veterinarian recommended the diet change in the first place.

This change may affect your pet's response to the new diet, as well as the response of his or her digestive system. Just like people, the digestive systems of pets contain a number of normal intestinal bacteria that help with the digestive process.

When a diet change is made, your pet's system is receiving a new formulation of nutrients that could cause a shift in the numbers and types of beneficial intestinal bacteria.

These shifts are usually subtle but may be noticeable if they happen quickly. For example, a new diet that is higher in fat or has a different amount of dietary fiber

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("Need To Switch Your Pet's Food?..." cont.)

could contribute to soft stools or gas if the change is not made slowly.

This doesn't mean the diet won't work, only that a more gradual change may be needed to allow the bacteria time to adjust. For this reason, diet changes should usually be made over a period of at least a week.

If your pet vomits, has persistent diarrhea or gas, refuses to eat or seems lethargic, call your veterinarian.

## 2. Choose the Right Time and Place

Pets rely heavily on their sense of smell and connect the scent of a diet with how they feel when they smell the food. For that reason, sick pets may associate feeling poorly with the diet offered at the time, causing a food aversion (reluctance or refusal to eat the food).

If this happens, the pet may be unlikely to eat that diet later. For this reason, it's best to make diet changes once pets are discharged from the hospital and feeling better. If a diet change absolutely has to be made before your pet has recovered, check with your veterinarian on how to achieve this for long-term success.

How, when and where your pet is fed can also affect your pet's willingness to eat a new diet. It is best to feed your pet in a quiet area without other pets around so that he or she will not be distracted or feel the need to compete for food.

If pets need to be fed different diets, it's best to keep them separated during meal times.

## 3. Strategize

Diet change works better as a deliberate process. Several strategies can be effective.

Some pets need time to accept a new diet as "not new anymore" before they try it. At mealtime, offer the new and the old diets in separate bowls. When meals are done, throw out the uneaten portion of the new diet. This seems wasteful, but it's important.

The food's smell and texture changes as it is exposed to air, so offering fresh food at each meal is more attractive than offering leftovers.

After a week, gradually decrease the amount of the old diet and increase the amount of the new diet, until your pet is fully transitioned to the new diet.

You may also make the new diet more attractive by adding a bit of something extra-tasty ...although check with your veterinarian first before adding anything to make sure it is safe for your pet and whatever his or her medical condition is. Once the transition is done, decrease the amount of the extra item until it is eliminated.

Another strategy is mixing the two diets together, starting with 90 percent of the old diet and 10 percent of the new diet, with a gradual shift in proportions each day until your pet is fully transitioned to the new diet.

Again, adding a bit of something extra-tasty (check with your veterinarian) may make the transition easier. This item can be withdrawn gradually once the transition is complete.

## 4. Monitor Your Pet's Weight

Your veterinarian should let you know how much of the new diet your pet should be eating each day and whether he or she should stay at the same weight, gain or lose weight. If weight gain or loss is the plan, guidelines for how much your pet's weight should change per week or month and how to adjust the amount to feed each day to achieve these goals, are also needed.

Sometimes pets eat less during the diet transition, which is usually not cause for alarm. If you notice this, discuss it with your ↗

("Need To Switch Your Pet's Food?..." cont.)

veterinarian and be able to describe how much of each diet your pet is actually eating. This helps your veterinarian to decide if changes to your pet's feeding plan need to be made.

## 5. Prepare yourself

Now you've seen that making a diet change isn't necessarily simple. To help make it successful, make a plan.

Decide how you will monitor your pet's intake of the new diet, how much of the new diet you will need to purchase at a time, where you will purchase the new diet (some therapeutic diets are available only through veterinary hospitals or with a prescription) and when you will have to re-order it.

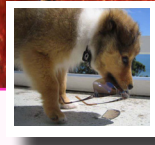
Also, think about how feeding will change for your other pets. Free-feeding is common in multi-pet households, so changing one pet's diet generally means that either all pets will change or that pets can't be allowed to eat each other's food.

Keep in mind that the change is important for your pet's health, so continuing to feed your pet's old diet may not be recommended.

If you foresee or have difficulties with making a diet change, such as a pet who absolutely refuses to eat the new diet, discuss your concerns with your veterinarian. □







## Pet Proofing Your Home: Pet Safety Guide

— <https://homeownercosts.co.uk/pet-proofing-your-home-guide/>

Pets love to explore, they find ways into everything and are master escape artists. Our homes may seem pet-friendly but the reality is there are many potential dangers found within homes. Remember that pets are very inquisitive and love to investigate everything, they don't know what's good and what's not yet. Preparing your home before introducing a new pet will help keep them safe and ensure they do not encounter anything potentially dangerous or harmful. These tips will help you make sure the inside and outside of your home is pet-proof.

### Key Concerns

When you think about pet-proofing the home, these are the 5 factors that should be considered as you make changes:

#### 1. Chewing

Animals love to chew items to find out what they are and whether or not they are edible. This can be very dangerous if your pet chews on electrical cables or toxic substances. As you walk around your room think about what they may try to chew and move these items out of the way or protect them with a covering.

#### 2. Storage

Making use of safe storage spaces is very beneficial as having items loose and unorganized around the house leads your new pet to temptation. If small or potentially dangerous items (choking hazards, chemicals, toxic materials etc.) are properly stored this will make the home safer and give you peace of mind.

#### 3. Safe Spaces

Making a pet-friendly zone is one of the best ways to keep a close eye on your pet, especially when they are new to the family. Having a couple of rooms or a sectioned off part of the yard that is fully pet-proof can make it easier to monitor and control the situation to avoid accidents.

#### 4. Doors and Locks

Don't underestimate the importance of using doors and locks. Keeping the bathroom door closed or using a baby gate to stop pets from entering the kitchen are great examples. Having child locks on storage cabinets, particularly those that contain cleaning products, is also a good idea as pets can be curious and clever so getting into cupboards is not a hard task for them.

#### 5. Toxic Substances

When you are pet-proofing your home and garden, one of the most important considerations that are sometimes overlooked is researching what items are potentially dangerous for pets. There are many edible and non-edible toxic substances that may be present around your home from food to chemicals to plants and flowers. These resources can help you know which foods and plants are toxic for pets and which do not present as a danger:

Food That Are Poisonous to Pets: Humane Society

Potentially Dangerous Items for Pets: FDA ↗

(“Pet Proofing Your Home...” cont.)

Toxic and Non-Toxic Plants: ASPCA

Foods Your Pet Should Never Eat: Pets WebMD

### Room by Room Guide

With the above key concerns in mind, let's look at how we can adapt each room to make it safer for pets. You will see some similarities between pet-proofing and baby proofing a home as the hazards are alike.

#### Bathroom

Bathrooms are often full of dangerous chemicals and medications as well as sharp items such as razors. With so many potential hazards it is important to keep the bathroom organized and safe for pets and children. You can do this by:

- Closing the toilet lid when not in use (the toilet water can cause drowning as well as poisoning if there are toilet cleaners inside the toilet bowl and your pet drinks it);
- Place medications into a secure, closed cabinet (ideally the cabinet should be high up and locked);
- Keep the bathroom door closed (sometimes the best way to ensure your pet doesn't go rummaging through the bathroom is to stop it from getting in the bathroom in the first place by keeping the door closed).

#### Laundry Rooms

Similarly, laundry rooms are also dangerous thanks to the cleaning products that are present. The machines are also a potential hazard as smaller pets may be tempted to climb inside them as they offer a quiet, warm place to hide or rest. Keep your pets safe in laundry rooms by:

- Always checking inside the machines before starting them (make sure your pet hasn't snuck inside for a nap when you weren't looking);
- Store detergent and chemicals inside of a secure cabinet (keep toxic items properly stored and make sure any spillages are immediately cleaned);
- Close the washing machine and dryer doors when not in use;
- Keep clothing and towels out of reach of pets (pets love to chew so keeping items out of their reach will prevent them chewing and potentially swallowing or choking on pieces of material).

#### Living Room

A living room can present dangers in the form of cords, heavy, unstable furniture, choking hazards and toxic items such as plants or batteries. You can make the living room a safer environment if you:

- Keep cords out of reach and protect them from being chewed (if the cords are low down and you can't move them out of reach, cover them over and protect them so your pet cannot chew or damage them);
- Keep toys stored safely when they are not in use (children's toys often have small parts that can be a choking hazard and are dangerous if chewed);
- Do not have plants that are poisonous to pets in the home (some plants are toxic to pets so make sure the

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(“Pet Proofing Your Home...” cont.)

plants you have are safe. If you have plants that may be poisonous move them to higher surfaces or to pet-free rooms so your pet is never near them).

- Never leave lit candles or fireplaces unattended;
- Use a fire screen in front of lit fires (this will keep your pet a safe distance away and will stop hot ash or sparks flying out of the fire);
- Keep your pet entertained with their own, pet-safe toys;
- Keep things like batteries, paper clips, rubber bands and coins safely stored in a box or drawer.

### Kitchens

There are many reasons a kitchen is a dangerous place for a pet to be. It tends to be better to keep pets and children out of the kitchen using a safety gate, particularly when you are cooking. Food, small spaces, electrical appliances and trash are all potential hazards. If your pet is allowed to walk around the kitchen, there are ways you can make it a safer environment:

- Keep all food out of reach (even if the food is not toxic the wrappers can be very dangerous so it is best to keep all food stored away so your pet won't be tempted to help themselves);
- Secure trash cans with fastened lids and keeping them closed;
- Keep cleaning products locked in a secure cabinet;
- Block any access potential paths behind appliances;
- Don't leave food or wrappers on the countertops;
- Keep utensils away in a drawer;
- Keep the oven, fridge, dishwasher and microwave doors closed;
- Use childproof latches on cabinets.

### Bedrooms

The bedroom doesn't immediately present as a hazardous room compared to the rest of the house but there are important considerations to keep in mind. Electrical cords, small items and small spaces are some of the potential issues in these rooms.

- Keep windows closed or use window screens to prevent your pet from climbing out of open windows;
- Store jewelry and small items such as hairpins in a box;
- Keep cords out of reach or covered;
- Make sure pets aren't hiding in closets or drawers when closing them.

### Garage

Garages are used for storing lots of different items from vehicles to gasoline, pesticides and oils and small items such as bolts and nails. They are highly dangerous and even a short amount of time spent in a garage can become fatal if your pet comes across a toxic substance.

- Keep small items such as screws and nuts in a closed container;
- Use high cabinets to store chemicals;
- Keep the garage floor clean and clear from spills;
- Unplug tools when not in use and store them safely;
- Always check for animals when going out of the garage and check the car engine and wheels for cats before starting the car (you can do this by banging on the car bonnet);
- Keep antifreeze away from pets.

### Yard

Time spent outdoors is a firm favorite for pets but we need to make sure the yard is a safe place for them. There are certain natural items such as plants and flowers that can be dangerous to pets ↗

(“Pet Proofing Your Home...” cont.)

as well as items we may add to our yards such as fertilizers, compost and cocoa mulch which are toxic to pets. Here are some ways you can pet proof your yard:

- Fence the yard so your pet can't escape (and other animals can't come in);
- Remove poisonous plants;
- Don't leave pets alone when using a fire pit;
- Put a fence around (or covers over) pools and ponds;
- Make sure your pets receive routine flea and tick treatment;
- Keep tools and chemicals stored in a garage or shed;
- Protect gardens/ vegetable patches with chicken wire fencing;
- Section off a play area to keep your pets in a safe part of the garden;
- Don't use toxic fertilizers;
- Provide a shelter for your pet if they will be spending a lot of time outside;
- Don't use weed killer, slug pellets or rat poison around the yard;
- Keep gates closed;
- Ensure any balconies are safe and gaps between railings are not big enough for pets to fit through.

### Further Resources:

Vets Now: Pet Proofing Advice

ASPCA Pet Insurance: Pet Proofing

Pet MD: What to Consider Before Adopting a Pet

Humane Society: Bringing a New Dog Home

Animal League: Tips ☐



## 6 Pet-Safe Houseplants for Your Home

by Allannah Dykes

If you're a pet owner, you should take care when choosing plants for your home. Both cats and dogs often chew on leafy green vegetation to satisfy nutritional needs or aid in digestion, so it's important to know that some are potentially toxic to your pets.

Although some plants can be dangerous, there are many pet-friendly, non-toxic options. Keep in mind that individual pets can have different allergic reactions, even if the plants themselves are non-toxic.

According to staff veterinarian Dr. Jennifer Maniet of Petplan, if you already have existing plants in your house or garden, talk with your veterinarian regarding the potential toxicity of the plants.

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(" 6 Pet-Safe Houseplants for Your Home" cont.)

Here are six pet-safe houseplants you can feel good about choosing. Protect your home as well as your pet: Read our Choice Home Warranty review.

#### 1. Spider plant (Chlorophytum comosum)

The spider plant is one of the easiest houseplants to grow. This plant is named for its spider-like offshoots, called spiderettes, that hang from the mother plant. These spiderettes start out as small flowers and eventually grow just like spindly green spider legs.

Spider plants are one of the most adaptable house plants, needing bright to moderate indirect sunlight, well-draining soil, and occasional watering. These plants are a welcome addition to any home, as they can even improve your indoor air quality.

#### 2. Bamboo (Bambusoideae)

Bamboo is native to tropical and subtropical regions in Asia, Africa, and Latin America. Bamboo can be split into two main categories: running and clumping. Running bamboo spreads quickly, while clumping bamboo expands slowly.

It's possible to grow these two varieties indoors if you keep them in pots. Just know that because of how quickly it grows, bamboo needs to be repotted or it will become root bound and weak. But ultimately, it's very easy to care for bamboo. This woody plant needs plenty of water, a good drainage system, and plenty of light.

#### 3. African violet (Saintpaulia)

The African violet is a tropical plant whose flowers are deep violet but can vary among purples, blues, pinks, reds, and whites. Its leaves can be either smooth or wavy and the blooms can bloom in singles or doubles.

Although these violets can be fussy, with proper care they will flourish indoors. African violets need 10–14 hours of bright but indirect sunlight each day with an eight-hour rest period of complete darkness.

Use room-temperature water (cold water can damage the root system) and avoid overwatering this temperamental plant. Also take care to water the soil, not the petals or leaves, which can damage their brilliant color.

#### 4. Aluminum plant (Pilea cadierei)

The aluminum, or watermelon, plant, is a pet-safe evergreen that produces small, delicate flowers that accent shiny, deep green leaves with splashes of metallic silver.

Aluminum plants are ideal for indoor growth, thriving at temperatures around 70°F–75°F. During the summer months, these houseplants should be kept in partial shade, and during the winter, placed in well-lit areas.

Most importantly, these plants require well-draining soil, but check them daily to ensure the soil has not dried out. Fertilize every six weeks.

#### 5. Polka dot plant (Hypoestes phyllostachya)

Polka dot, or freckle-face plants are small, brightly colored annuals with cheerful pink leaves. Growers have introduced new colors, such as white and red, and varieties with deeper colors and brighter contrast. Propagate a new polka dot plant from seeds or cuttings.

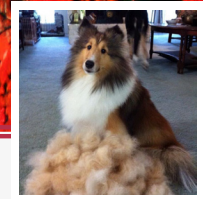
This pet-safe houseplant can grow in poor lighting conditions but will only produce green leaves. If you want to enjoy the whimsical pink foliage this plant is known for, then bright light is best. Keep the soil moist in the summer and reduce the water in the winter. Make sure the soil is well draining so the plant is not oversaturated. ↗

(" 6 Pet-Safe Houseplants for Your Home" cont.)

#### 6. Prayer plant (Maranta leuconeura)

Prayer plants sport wild, insect-like leaves that are dark green at the base and have pale green spines with pink, branching veins. This plant gets its name from the leaves that fold together at night, resembling hands in prayer.

These plants do best in bright but indirect sunlight. Keep the soil moist, but not particularly saturated, and water your prayer plant with warm water just before the soil surface dries. ☐



## Remove Pet Hair From Your Clothes and Bedding

by Erica Young

*Use this laundry trick to say bye-bye to pet hair, and avoid the headache of a clogged washer. You won't believe how easy it is!*

We all love our furry friends. In fact, we love them so much that we let them sleep in our beds, lay on our couches and rub up on our clothes. Before we know it, everything is covered in pet hair. And unfortunately, getting rid of pet hair on clothing and upholstery isn't quite as simple as throwing everything in the washer.

The solution is a little-known laundry trick that removes the hair before washing. It's just as handy as this never-lose-another-sock-again trick!

#### How to Remove Hair and Lint Pre-Wash

Why not just let the washer remove the hair? Because pet hair clings to fabric fibers, and when you add water, it only gets worse. The wet hair forms into soggy clumps, sticks to the side of the washer drum and can even clog the drain. But the good news is there's a quick fix, so don't give up cuddling with Fido just yet.

The trick is to use the dryer first! Yep, you read that correctly. Dryer, then washer, then dryer again. Here's how it's done:

First, remove as much pet hair as you can by hand. A lint roller or scotch tape works great. Another option is to put on a rubber glove, get it slightly damp, and then run your hand across the fabric. The hair and lint will stick to the damp rubber. Once you've removed as much as you can, give the clothing or bedding a good shake.

Next, put the laundry in the dryer. Throw in one or two dryer sheets (one of our favorite cleaning secret weapons). The anti-static properties of the dryer sheets will help repel the hair and catch it in your dryer's lint trap.

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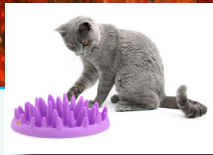
("Remove Pet Hair..." cont.)

Set the dryer for about 10 minutes on low heat or no heat. Simply running the laundry through a tumble cycle will loosen the fabrics and pet hair, no heat needed.

When the dryer is done, take out the laundry, give it one last shake to remove any remaining pet hair and put it in the washer.

Then, you'll want to use the dryer again, this time on its normal setting. Don't forget to clean out the lint trap beforehand!

With this trick in your back pocket, you'll have fur- and lint-free bedding, blankets and more. ☐



## Dangerously Bored

by Dr. Marty Goldstein

There's one common "kitty issue" that cat parents and even some veterinarians routinely overlook...and that issue is BOREDOM.

I know it might not sound like a big deal, but remember, your furry pal is a clever, athletic, adventurous descendent of wild cats. This means that they need a stimulating environment; otherwise, they can become dangerously bored.

Daily mental and physical entertainment triggers the release of endorphins in the brain. These feel-good chemicals help your cat relax and feel safe. However, if your kitty doesn't get daily stimulation, and they get BORED, and this can lead them to develop potentially harmful habits.

Now here's the tricky part: sometimes it can be hard to tell if your cat's bored...because the signs aren't what you'd expect. But...don't worry, I'm going to tell you how to spot these "boredom signs" along with a few quick fixes. Then you'll know when your cat is feeling a little "blah," and what YOU can do to liven things up at home for them.

### Three Signs Your Cat is "Dangerously Bored"

#### #1 Overeating

For your cat, eating can produce just as many (if not more) feel-good endorphins as exercise and play. If your kitty is bored, they might start to overeat every day, just to feel better. If this occurs, try using a feeder toy to rev up your cat's hunting instincts and chase away the boredom.

A feeder toy is a puzzle designed to hold and slowly dispense your cat's food as they play. This type of toy can get their blood pumping, stimulate their brain, and help them be more active so they can feel those endorphins flowing again...minus the overeating!

To get started with a feeder, simply fill the toy with your cat's daily serving of food, call your kitty to come eat, and then show them how the toy works.

It may take a day or so for your cat to get used to their new meal-time routine, but once they get the hang of it, they'll have a ball. ↗

("Dangerously Bored" cont.)

#### #2 Snooping around

If your cat is lacking entertainment, it's very likely they'll go looking for fun in every nook and cranny of the house which can lead them to some dangerous situations. I'm talking about snooping around and getting into things they shouldn't, like cleaning supplies, paint, or worse.

To help prevent this behavior, try to turn your home into a great big puzzle for your feisty feline. Hide their toys in different spots every day, and be sure to sprinkle a little bit of their treats in the area so your cat is sure to find it.

If you don't mind a little noise, get toys that jingle or squeak. The sound makes it even more fun for your furry pal. Then, when they can go "exploring" they'll find toys and treasures to entertain them for hours.

#### #3 "Bad Kitty" high jinx

Some kitties like to climb the drapes, knock stuff over, and play too rough. If you see these behaviors, it's not because your cat is "being bad," they're most-likely just bored, and they probably have too much pent up energy.

To help them burn off that excess energy, and feel more comfortable, try adding some "cat furniture" to your home. A few good ideas are cat towers, scratching boards, and even cat-safe shelves. These can encourage your cat to run, climb, and jump to their heart's content.

It doesn't have to be expensive, either. You can make great cat towers and tunnels out of recycled, sturdy boxes.

Your kitty won't notice if their new "jungle gym" is fancy or not, they'll just be excited to play and explore inside their new toy.

Once you know what to look for, feline boredom is pretty easy to spot, right? And, you can see how simple it is to help your cat avoid becoming dangerously bored...which is great because helping your cat stay happy and active is one the BEST things you can do for their health. ☐





## *Train Your Cat to Let You Sleep*

by Jackson Galaxy

Some cats have their owners wondering, “Do cats even sleep at night?” The answer is pretty simple. It really all depends on you. Yep, you.

It has been widely stated and assumed (most likely by those who are kept up by their hyperactive cats in the middle of the night), that cats are nocturnal animals. Sure cats are more active at night than we are, but they are not truly nocturnal. Rather, they are crepuscular.

Their natural rhythm (devoid of other influences) is to be active at dawn and dusk, just like rodents (their primary prey animal). So in order to train them to let you sleep, you’ll need to create a new routine with your cat which all starts with the power duo playtime and feeding time.

An hour and a half before your bedtime play and then feed your cat.

A robust playtime right before their last feeding of the night will get them to the perfect point of exhaustion.

Some of you may be asking, “What if you free feed?” We suggest you stop. If we allow our cats to graze all day long, you’ll have no chance of affecting their behavior. Their bodies aren’t getting the time to process food in a natural way because they are constantly in an arch of digestion. This arch creates a state of unpredictable energy. So nix the free feed and welcome mealtime into their routine with a few important feeding guidelines.

### **Feeding Guidelines**

- No longer than 6-8 hours between meals
- Feed 3 meals a day

Stick to this new schedule and within a week or two you will have mastered how to get your cat to sleep at night. Now sometimes it’s not that easy. Just ask those sleep deprived cat owners who are disturbed at 3 am because of a casual walk over their face, or a quick run across their bed, or a nice loud meow for food or incessant scratching at the door (the list goes on and on).

Honestly, when it’s gotten to this point the only thing you can do is ignore it. We know. We know.

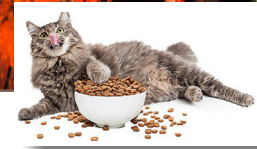
How is this even possible?! In order to be successful at training your cat to let you sleep, you must make sure that annoying behavior in the middle of the night serves no function for your cat, and is not in any way rewarded. It will be difficult, and you’ll find nights where you almost crack but we have faith in you. You can do it.

Now let’s go through the checklist one more time.

### **The “How to Get Your Cat to Sleep at Night” Checklist...**

1. PLAY— an hour and a half before bedtime ;
2. FEED— after playtime give them their last meal before bed;
3. IGNORE— no matter how cute or loud they get stay strong.

Get the full scoop on how to get a cat to sleep at night below: <https://www.jacksonsgalaxy.com/blog/train-your-cat-to-let-you-sleep/> □



## **Problems With FREE-Feeding Cats**

Is your kitty overweight, lethargic and listless? Is he picky about new foods, especially canned goodies? If your cat has a big bowl of dry food available at all times, he may show some or all of these symptoms indicative of improper feeding. Many people free-feed dry food to their cats due to its convenience, or out of the worry that their kitty will be hungry while they’re out and about. In fact, free-feeding can actually undermine your cat’s health and impair his natural biological cycle.

Cats in the wild are biologically identical to our domesticated feline friends, so we must look to Mother Nature to determine how to best feed our own house cats. A feral or wild cat operates on a twelve hour hunting cycle, give or take a few hours, with periods of rest in between each hunt. This regular cycle allows the cat’s stomach to empty itself of food while resting, and divert energy to the other parts of the body that need healing. This can include areas of bruises and bumps, cuts and scrapes, or even regenerative organs such as the liver which may be affected by disease.

When cats have continual access to food their body stays in the digesting stage, and does not direct therapeutic energy to the rest of the body. This can result in a cat that appears healthy on the outside, but may be suffering from a depressed immune system, low white blood cell count or reduced organ function.

Another drawback to free-feeding is pickiness. So often we hear of cats that refuse to try new foods, usually canned options, and these cats are very often accustomed to having a big bowl of their favorite dry food available at all times. When their preferred meal choice is right in front of them, cats have little incentive to try something unknown that they may not like as much.

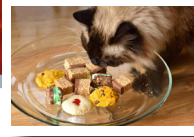
Additionally, the grazing habit they have adopted has not allowed their stomachs to properly empty in the natural gorge and fast cycle, and they are lacking the important sensation of hunger.

Ending the free-feeding cycle is a major component in successfully transitioning cats to new foods, and owners usually have a much easier time getting their cat to eat a new food simply by switching to scheduled, metered feedings before rotating in new food options.

Obesity and diabetes are two major health problems that have been linked with free-feeding. All too many cats graze throughout the day when food is left out, and eat more than their daily caloric requirement. With dry food-only diets already being a major contributor to feline weight gain, this grazing habit only serves to push cats further towards health-compromising levels of obesity. Because of the known correlation between obesity and dia-

(continued on the bottom of the next page)





## Are You Serving THIS on Thanksgiving?

by Dr. Marty Goldstein

Don't you just love Thanksgiving? There's something so wonderful about celebrating everything there is to be thankful for in life. And, of course, that includes your lovable feline family member.

However, during the excitement and fun of the holiday, your furry pal needs your help to avoid a few potential safety concerns. And, to help you prepare, here's a list of the five most common holiday hazards for your cat, so you can prevent any “cat-tastrophes” on your Thanksgiving Day.

### Five Thanksgiving “Cat-tastrophes” to Avoid:

#### 1.) A “fiery” feline

Be sure your candles are out of reach, hot plates are carefully monitored, and your fireplace grate is securely fastened. Candles, hot plates, and lit fireplaces can attract your cat's attention, and potentially cause burns. And, if your kitty needs warming up, then they can snuggle up with you.

#### 2.) A “great escape”

Tell guests that you have a cat, so doors and other exits should stay closed; or, simply take your kitty to a bedroom when it's time for guests to arrive and leave.

Don't forget to check that your cat's collar and tags are up-to-date...just in case your kitty decides to slip outside.

#### 3.) A “scaredy-cat”

If your cat's not a party animal, that's okay. Simply set up space for them to relax in a quiet room with the door closed, away from the holiday hubbub. If your cat is normally social, they can still become overwhelmed so ask guests (especially children) to just ignore your kitty. That way, your cat can stay calm and socialize when they're ready.

#### 4.) A “cat burglar”

Curious cats love to jump onto tables and counters, so be sure to keep an eye on your food and drinks. Sugar, cooked bones, onions, garlic, bread, chocolate, alcohol and caffeine are the most dangerous ingredients to your furry family member.

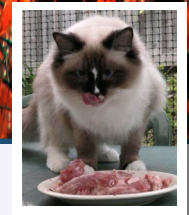
If you've got an extra mischievous kitty, consider keeping them in another room until your meal is cleared away.

#### 5.) Decoration devastation

Hang your decor out of reach. If you've got a very agile, curious cat, I suggest using only non-toxic plants and cat-safe decorations in your home.

Pieces of string, ribbon, styrofoam, small metal hooks and toxic flower arrangements can cause serious problems if your furry pal gets a hold of them...so keep decorations in cat-proof locations. After all, your cat can't change their curious nature, and I know you wouldn't want them to!

As you can see, Thanksgiving can potentially hold some unwelcome surprises for you and your cat, but with a little planning, you can be sure your kitty stays safe and you both have a wonderful day. □



## How to Communicate with Your Cats Using Treats

by Jackson Galaxy

There are some basic rules to giving cats treats.

Ninety percent of your cat's diet should be protein, so stick with protein treats. You might have to try several different kinds of treats before finding one your cat really loves. Freeze dried protein treats are a favorite.

You should not be free-feeding your cat (refer to our nutrition post), if your cat isn't hungry, working with treats will not be effective.

When you give a cat treats, it's an opportunity to teach them something and/or reward their behavior. This should be a thoughtful process versus dispensing treats because your cat it's just so cute.

Jackson expands on working with treats and the various kinds of treats: <https://www.jacksonsgalaxy.com/blog/how-to-communicate-with-your-cats-using-treats/#:~:text=There%20are%20some%20basic%20rules%20to%20giving%20cats,hungry%2C%20working%20with%20treats%20will%20not%20be%20effective.> □

(“Problems With FREE Feeding...” cont. from page 8)

betes, overweight cats become at risk for developing this condition which is also brought on or aggravated by an abundance of dry foods. These carbohydrates turn to sugar in the body and cause spikes in the blood sugar levels which can increase the need for sugar-regulating insulin.

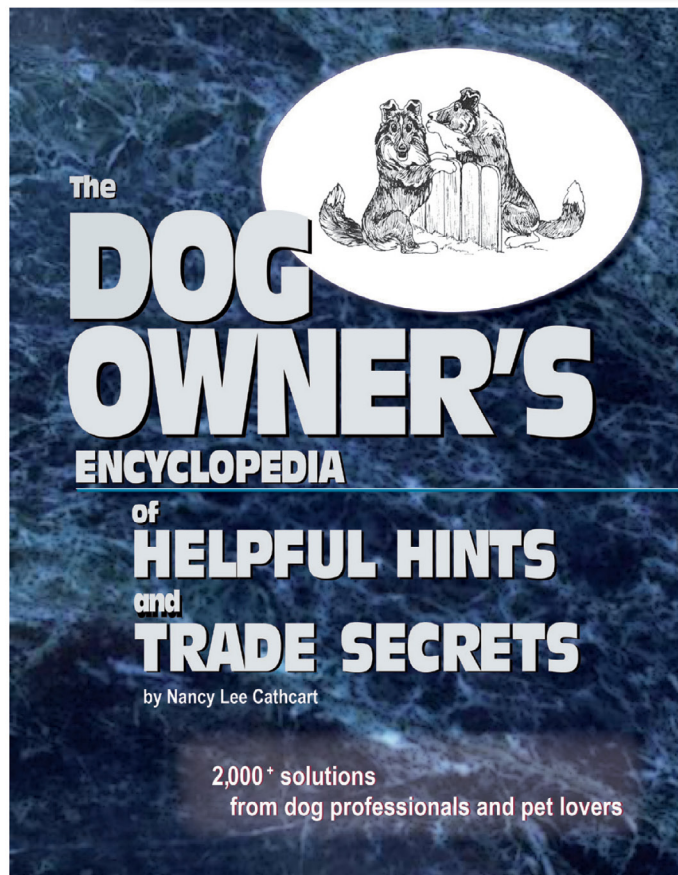
The good news is that both of these serious and life-threatening conditions can quite often be easily prevented or regulated through diet change.

Worried about a day out of town? At times when you may be away overnight, a larger bowlful of food is fine, but don't let it dictate your day-to-day feedings. Keep your cat's best interests at heart and help her eat right, stay fit, and live a longer and healthier life with regular twice-a-day feedings and three to four times a day for a kitten. □



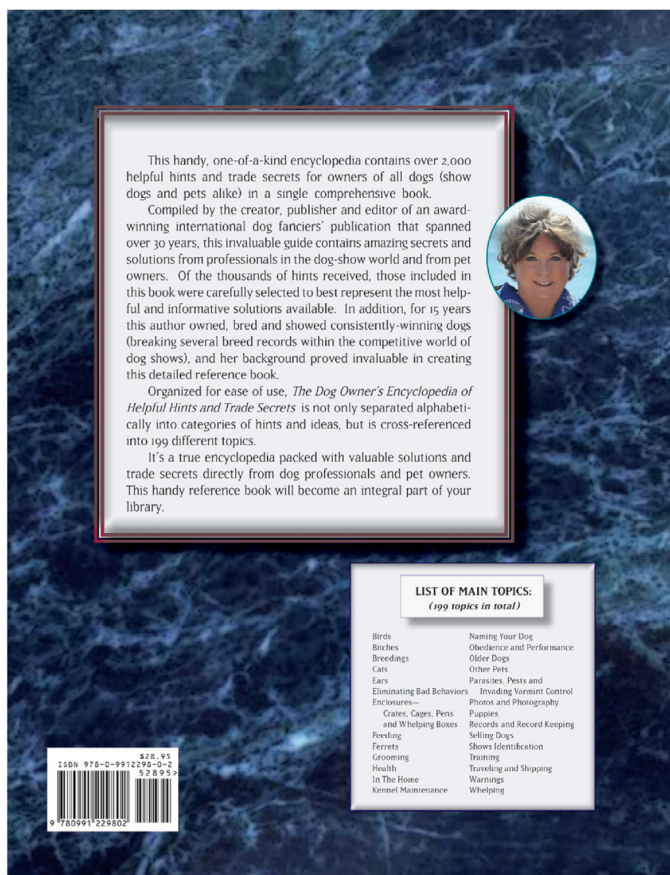
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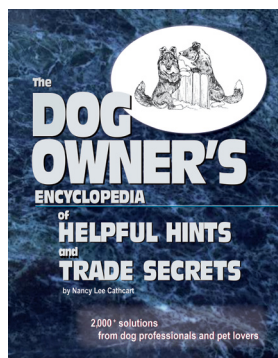


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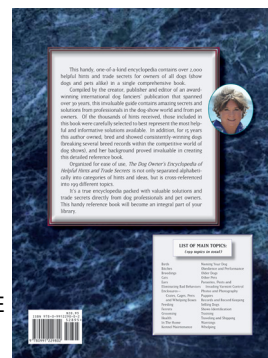
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