

wellness cat food for seniors

Wellness Cat Food for Seniors: Fueling Your Feline Friend's Golden Years

Is your beloved senior cat showing signs of slowing down? Are they less playful, perhaps a bit pickier about their food? As our feline companions age, their nutritional needs change dramatically. Providing them with the right food is crucial for maintaining their health, comfort, and quality of life. This comprehensive guide dives deep into the world of wellness cat food for seniors, exploring what makes it special, how to choose the right one for your furry friend, and how to seamlessly transition them to a senior-specific diet. We'll cover everything you need to know to ensure your senior cat enjoys a happy, healthy, and fulfilling twilight years.

Understanding the Nutritional Needs of Senior Cats

Senior cats (generally considered 7 years and older) experience significant physiological changes that impact their dietary requirements. Their metabolism slows down, leading to decreased calorie needs. However, they still require a high-quality protein source to maintain muscle mass and prevent age-related muscle loss (sarcopenia), a common problem in older cats. Kidney function often declines with age, necessitating lower phosphorus levels in their food. Joint health becomes a major concern, so ingredients supporting cartilage and joint function are beneficial. Finally, many senior cats experience changes in their digestive systems, requiring easily digestible food.

Key Ingredients to Look For in Wellness Cat Food for Seniors

When selecting wellness cat food for seniors, look for specific ingredients that address these age-related changes:

High-Quality Protein: Opt for easily digestible proteins like chicken, turkey, or fish, avoiding fillers like corn or wheat. The protein source should be listed prominently on the ingredient list.

Moderate Fat Content: While senior cats still need fat for energy and essential fatty acids, the amount should be moderated to avoid weight gain.

Controlled Phosphorus Levels: Kidney health is paramount. Choose foods specifically formulated to control phosphorus levels, preventing further strain on already compromised kidneys.

Glucosamine and Chondroitin: These are crucial for maintaining joint health and reducing the risk of arthritis pain. Look for them explicitly mentioned in the ingredient list.

Omega-3 and Omega-6 Fatty Acids: These essential fatty acids support healthy skin and coat, reduce inflammation, and contribute to overall well-being. Look for sources like fish oil or flaxseed oil.

Prebiotics and Probiotics: A healthy gut is crucial for digestion and nutrient absorption. Prebiotics and probiotics support gut health, improving digestion and nutrient uptake.

Antioxidants: Antioxidants help combat free radical damage, supporting the immune system and slowing down age-related decline. Look for ingredients like Vitamin E and Vitamin C.

Choosing the Right Wellness Cat Food: Wet vs. Dry

The choice between wet and dry food often comes down to individual cat preferences and health conditions.

Wet Food: Wet food is generally higher in moisture content, which is beneficial for senior cats prone to dehydration. The softer texture is easier to chew and digest for cats with dental issues. However, wet food often contains higher calories per serving, so portion control is essential.

Dry Food: Dry food is usually more convenient and cost-effective. It can also help with dental hygiene by scrubbing teeth as the cat chews. However, ensure the kibble size is appropriate for your senior cat's ability to chew. Many senior cats prefer the taste and texture of wet food.

Ultimately, the best choice depends on your cat's individual needs and preferences. Consider offering a combination of wet and dry food to provide variety and cater to their specific preferences.

Transitioning Your Cat to Senior Food

A sudden switch in diet can upset your cat's digestive system. A gradual transition is crucial for a smooth changeover. Over a period of 7-10 days, slowly increase the proportion of senior food while gradually decreasing the amount of their previous food. Monitor your cat closely for any digestive upset, such as vomiting or diarrhea. If any issues arise, slow down the transition process even further.

Monitoring Your Senior Cat's Health and Diet

Regular veterinary checkups are essential for senior cats. Your vet can monitor kidney function, assess joint health, and make recommendations for appropriate nutrition. Pay attention to your cat's weight, coat condition, energy levels, and appetite. Any significant changes should be discussed with your veterinarian. Consistent monitoring and adjustments to their diet are key to ensuring your senior cat remains healthy and vibrant.

Conclusion

Providing your senior cat with the right nutrition is a vital investment in their health and happiness. Choosing a high-quality wellness cat food for seniors that addresses their specific age-related needs is crucial for extending their lifespan and ensuring they live their golden years to the fullest. Remember to consult with your veterinarian to determine the best food for your individual cat's needs and preferences, and always monitor their health closely.

FAQs

1. My senior cat is losing weight. What should I do? Weight loss in senior cats can indicate underlying health problems. Consult your vet immediately to rule out any medical conditions and discuss dietary adjustments. You may need to increase calorie intake or switch to a higher-calorie senior food.

1. Can I add supplements to my senior cat's food? Consult your veterinarian before adding any supplements. Some supplements can interact negatively with medications or existing health conditions. Your vet can recommend appropriate supplements based on your cat's specific needs.
1. My senior cat is refusing to eat his senior food. What can I do? Try warming the food slightly, adding a small amount of water or broth to make it more palatable, or trying different flavors or textures of senior cat food. You can also consult your vet for advice on stimulating appetite.
1. How often should I change my senior cat's food? Unless your vet recommends otherwise, you shouldn't need to frequently change your senior cat's food once you find one that suits them well. However, you may wish to occasionally rotate between different flavors within the same brand to ensure variety.
1. My cat has kidney disease. What type of cat food should I give him? Cats with kidney disease require special diets low in phosphorus and protein. Consult your vet for specific recommendations on kidney-friendly cat food. They will likely recommend a prescription diet formulated to support renal function.

wellness cat food for seniors: Celiac and the Beast Erica Dermer, 2013-10 This book details the struggle through misdiagnosis after misdiagnosis, the search for answers to what gluten free really means, additional medical issues along with celiac disease, and a connection between her past life of disordered eating to her new medically restricted diet--Back cover.

wellness cat food for seniors: Health and Nutrition for Dogs and Cats David G. Wellock, 2013-04-11 While the internet provides pet parents with a great deal of information, finding and understanding that information can be like wading through a bog at midnight without a flashlight. In spite of the internet, pet parents remain desperate for valid resources. Health and Nutrition for Dogs and Cats is timely, informative, and delivers sensible information on topics of importance to all pet owners. From reading pet food labels to storing food, from understanding appropriate calorie intake to food allergies, David Wellock helps readers better understand the dietary needs of their dogs and cats. In recent years, Americans have come to pay more attention to the foods they eat. This trend toward a healthier lifestyle quickly found its way into the world of pet foods, allowing better diets to find success in the marketplace. However, the change has been somewhat perplexing for pet parents as they struggle to sort out the various, and sometimes misleading, messages surrounding the new foods available to their pets. Here, a seasoned expert in the care and feeding of dogs and cats, provides fact-filled, no nonsense, understandable information on the topics pet parents need to know in order to purchase and prepare food and develop an appropriate diet for their furry charges.

wellness cat food for seniors: Your Cat: Simple New Secrets to a Longer, Stronger Life

Elizabeth M. Hodgkins, D.V.M., Esq., 2008-10-14 In this controversial new book, dedicated veterinarian Elizabeth M. Hodgkins, D.V.M., Esq. raises the alarm regarding the dry food we feed our cats and the nutritional diseases that result. *Your Cat: Simple New Secrets to a Longer, Stronger Life* turns today's conventional wisdom of cat care on its head with completely new, yet remarkably easy-to-follow guidelines for every cat owner. From kitten-rearing to the adult cat's middle years to caring for the geriatric cat, Dr. Hodgkins explores the full spectrum of proper cat care, as well as the many deadly feline diseases that are rampant. This indispensable manual belongs on every modern cat owner's shelf.

wellness cat food for seniors: *The Whole Pet Diet* Andi Brown, 2006-09-01 One in four pets is obese, and every year owners spends thousands of dollars treating allergies, joint problems, digestive disorders, and serious diseases that could improve dramatically with a nutritious diet. Yet despite promises of complete and balanced meals, most commercial pet foods contain chemical preservatives, indigestible fillers, and dangerous by-products. If your pets are overweight, ailing, or aging, or you just want them to be as healthy as possible, *THE WHOLE PET DIET* offers a straightforward plan to achieve lifelong health and well-being. Featuring twenty-five easy recipes for homemade meals and treats, a guide to natural supplements, and practical tips for no-stress grooming and play, this holistic approach to pet care creates optimal health for dogs and cats, and it just might change the way you eat, too.

wellness cat food for seniors: *Uncle Whiskers Wellness Bible* Julian Ross, 2024-04-04 Discover the Secrets to Feline Flourishment Embark on an enthralling journey into the heart and soul of your feline companion with *Uncle Whiskers Wellness Bible: Cat's Health and Happiness*. This comprehensive guide is meticulously crafted to cater to every aspect of your cat's life, ensuring a blissful and harmonious coexistence. From the whimsical to the practical, it unlocks the mystery behind their purrs, meows, and seemingly inscrutable behaviours. Dive into the nuanced world of feline behaviour in Chapter 2: Understanding Your Cat's Behaviour, where decoding meows and interpreting body language become second nature. Discover the critical role nutrition plays in your cat's life within Chapter 3: The Importance of Nutrition, guiding you through choosing the perfect diet to promote optimal health and vitality. The challenge of maintaining a healthy weight is addressed with practical, easy-to-implement strategies in Chapter 4: Managing Your Cat's Weight, shedding light on the risks of obesity and the path to a balanced lifestyle. Engage in the fun and often overlooked aspect of feline fitness in Chapter 5: Feline Fitness and Exercise, equipping you with innovative exercise routines for any indoor or outdoor environment. Create a sanctuary for your companion with insights from Chapter 7: Creating a Cat-Friendly Home, ensuring their security and entertainment with ingenious space and furniture solutions. Address and resolve behavioural quandaries in Chapter 8: Behavioural Issues and Solutions, fostering a peaceful and stress-free household. The guide is not just a manual but a deep dive into the intricacies of cat ownership. From managing the twilight years of your aging companion in Chapter 10: Special Care for the Aging Cat to the revolutionary advantages of technology in cat care explored in Chapter 18: The Role of Technology in Cat Care, this book leaves no stone unturned. Whether you're a new owner or a seasoned cat connoisseur, *Uncle Whiskers Wellness Bible: Cat's Health and Happiness* will mesmerise and educate, fostering a bond with your cat that transcends the ordinary. Prepare to be inspired, enlightened, and utterly captivated as you turn each page.

wellness cat food for seniors: *Wellness for Cats* Annabelle Valentin, 2023-07-25 This must-have resource is the perfect gift for every caring cat owner to ensure their pet's health and wellness—with advice and solutions for everything from grooming to digestion to age, plus 30 simple recipes for treats, tonics, and skin and fur care. *Wellness for Cats* presents advice and dozens of solutions for everything from grooming to digestion issues to age related pain and beyond. With beautiful four-color photography and an elegant design, it is the gift or the self-purchase for every caring cat owner. It includes 30 simple recipes for treats, tonics, and skin and fur preparations. Pet ownership has skyrocketed, and so has spending on them. As pet owners find increasing comfort in

the company of their cats, they want to make sure they are as naturally healthy as possible, and that includes treating and preventing common ailments. Just as we embrace natural products for ourselves in our wellness routines and health products, we can do the same for our cats.

wellness cat food for seniors: Canine and Feline Nutrition Linda P. Case, Leighann Daristotle, Michael G. Hayek, Melody Foess Raasch, 2010-05-19 How well can you answer pet owners' questions about proper diet and feeding? Canine and Feline Nutrition, 3rd Edition describes the role of nutrition and its effects upon health and wellness and the dietary management of various disorders of dogs and cats. By using the book's cutting-edge research and clinical nutrition information, you'll be able to make recommendations of appropriate pet food and proper feeding guidelines. Pet nutrition experts Linda P. Case, MS, Leighann Daristotle, DVM, PhD, Michael G. Hayek, PhD, and Melody Foess Raasch, DVM, provide complete, head-to-tail coverage and a broad scope of knowledge, so you can help dog and cat owners make sound nutrition and feeding choices to promote their pets' health to prolong their lives. - Tables and boxes provide quick reference to the most important clinical information. - Key points summarize essential information at a glance. - A useful Nutritional Myths and Feeding Practices chapter dispels and corrects common food myths. - New clinical information covers a wide range of emerging nutrition topics including the role of the omega-3 and omega-6 fatty acid families in pet health and disease management. - Coverage of pet food safety and pet food ingredients includes both commercially and home-prepared foods and provides answers to pet owners' questions on these topics. - Completely updated content reflects the latest findings in clinical nutrition research. - Information regarding functional ingredients and dietary supplementation provides a scientifically based rationale for recommending or advising against dietary supplements. - Guidelines for understanding pet food formulations and health claims differentiate between market-speak and actual clinical benefits for patients, with practice advice for evaluating and selecting appropriate foods.

wellness cat food for seniors: Total Cat Mojo Jackson Galaxy, 2017-10-31 This comprehensive cat care guide from the star of the hit Animal Planet show My Cat from Hell, Jackson Galaxy, shows us how to eliminate feline behavioral problems by understanding cats' instinctive behavior. Cat Mojo is the confidence that cats exhibit when they are at ease in their environment and in touch with their natural instincts—to hunt, catch, kill, eat, groom, and sleep. Problems such as litter box avoidance and aggression arise when cats lack this confidence. Jackson Galaxy's number one piece of advice to his clients is to help their cats harness their mojo. This book is his most comprehensive guide yet to cat behavior and basic cat care, rooted in understanding cats better. From getting kittens off to the right start socially, to taking care of cats in their senior years, and everything in between, this book addresses the head-to-toe physical and emotional needs of cats—whether related to grooming, nutrition, play, or stress-free trips to the vet.

wellness cat food for seniors: Reclaiming Wellness Jovanka Ciales, 2022-04-19 If you've ever felt left out of "elite" healthcare regimes or thought that being healthy shouldn't be expensive, this book is for you. Reclaiming Wellness explores today's most effective wellness practices — and their multicultural sources — in a way that makes overall health accessible to all. The book provides: practical, affordable, delicious, and fun ways to incorporate plant-based whole foods into even the most time-crunched routine lazy-proof means of movement that feel more like self-love than dreaded exercise techniques of mindfulness, meditation, and visualization that make them meaningful everyday tools ways to experience nature, music, and community to heal and connect

wellness cat food for seniors: The Complete Guide to Holistic Cat Care Celeste Yarnall, Jean Hofve, 2009-09-01 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.

wellness cat food for seniors: Cat Daddy Jackson Galaxy, 2013-05-02 Cat behaviorist and star of Animal Planet's hit television show My Cat from Hell, Galaxy, a.k.a. Cat Daddy, isn't what readers might expect for a cat expert. Yet his ability to connect with even the most troubled felines--not to mention their owners--is awe-inspiring.

wellness cat food for seniors: CatWise Pam Johnson-Bennett, 2016-10-18 Top feline behavior expert (and author of Penguin's bestselling Think Like a Cat and Cat vs. Cat) answers the 150 questions most often asked by puzzled cat owners. Even those of us who have lived with and loved our cats for decades are constantly stymied by their seemingly inexplicable acts, or have questions about why they do what they do and where they do it, and how we can get them to not do it. Here, in one complete authoritative guide, those elusive mysteries are solved. Why does my cat lick my hair? Why does the cat only want attention when I'm on the phone? How can I introduce my cat to my new dog? How can I get my cat to like my new husband?? No one knows cats like Pam Johnson Bennett, whose pioneering thirty-year career as a cat behavior consultant has changed the way cat owners and experts alike view cats. Her books are bibles, but her fans and owners still flood her website and social media platforms with questions on topics that perplex them. Catwise combines the questions that come up most often with answers to help you solve your cat's behavior problems (or head them off before they start), or simply improve the relationship you have with your cat.

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wellness cat food for seniors: The Cat Susan E. Little, 2011-10-14 Comprehensive in scope and exclusively devoted to feline medical care, Dr. Susan Little's The Cat: Clinical Medicine and Management is an essential resource for anyone who provides complete, state-of-the-art care to cats. In one convenient volume, you'll find authoritative, clinically-focused information enhanced by full-color illustrations, tables, boxes, algorithms, key points, and much more — all in a format designed for quick access. Dr. Little and her expert contributors address the unique concerns and challenges facing the feline practitioner, including the latest advances in feline medical diagnosis and management and their clinical applications to everyday practice. User-friendly and complete, The Cat is also available as an e-book, giving you easy access to the complete, fully-searchable contents online. - Covers the latest advances in feline medicine from a systemic and adjunctive care perspective. It's the most comprehensive feline medical reference available with a strong clinical focus. - Helps you meet the increasing demand for state-of-the-art medical care by cat owners — including advanced diagnostic services and treatments designed to extend and improve quality of life for feline companions. - Features a full-color design with hundreds of schematic drawings, tables, boxes, key points, algorithms, and photographs for quick and easy access to information. - Addresses key topics unique to feline medicine and not currently covered in other books, including: insights and clinical advances attributable to the mapping of the feline genome; medical conditions associated with behavioral problems; managing the feline patient with co-existing and chronic disease; special medical problems and care considerations for the geriatric cat; environmental

enrichment for the indoor cat; feline zoonotic agents and implications for human health; and shelter medicine and overpopulation solutions. - Provides in-depth information on indoor cats and senior cats, including timely guidance on meeting owners' expectations for longer, healthier lives for their cats. - Addresses the challenges of pet overpopulation, particularly the impact of millions of feral cats on public health and the environment. - Presents information written in the manner of expanded conference proceedings, delivering the latest insights and most current approaches to management of feline medical disorders. - Includes contributions from approximately 60 contributors, drawing on the valuable expertise of those most knowledgeable in the field of feline medical care. - Bears the full endorsement of the Winn Feline Foundation, a non-profit organization that supports studies about cat health and funds feline research projects worldwide, and is internationally regarded as a major contributor to the health and wellbeing of all cats. - The complete contents also are available online through Veterinary Consult.

wellness cat food for seniors: Caring for Your Aging Cat Janice Borzendowski, 2007 Since cats have a natural talent for looking better than they feel, it may surprise owners to learn that felines are considered senior" at 7 and geriatric" at 14. This invaluable guide explains such things as how to help an older cat with grooming, how to recognize the diseases that come with age, and how to tell if the animal is in pain or discomfort. Here, too, are the many different state-of-the-art treatments available--including how much each should cost. End-of-life questions--such as euthanasia and hospice care--are discussed frankly and with compassion for both pet and owner. Full of heartwarming case studies, this is a book for everyone who has the good fortune to live with a cat.

wellness cat food for seniors: The Wellness Syndrome Carl Cederström, Andre Spicer, 2015-02-04 Not exercising as much as you should? Counting your calories in your sleep? Feeling ashamed for not being happier? You may be a victim of the wellness syndrome. In this ground-breaking new book, Carl Cederström and André Spicer argue that the ever-present pressure to maximize our wellness has started to work against us, making us feel worse and provoking us to withdraw into ourselves. The Wellness Syndrome follows health freaks who go to extremes to find the perfect diet, corporate athletes who start the day with a dance party, and the self-trackers who monitor everything, including their own toilet habits. This is a world where feeling good has become indistinguishable from being good. Visions of social change have been reduced to dreams of individual transformation, political debate has been replaced by insipid moralising, and scientific evidence has been traded for new-age delusions. A lively and humorous diagnosis of the cult of wellness, this book is an indispensable guide for everyone suspicious of our relentless quest to be happier and healthier.

wellness cat food for seniors: The Ultimate Pet Health Guide Gary Richter, MS, DVM, 2017-08-15 As a holistic veterinarian and scientist, Dr. Gary Richter helps dog and cat owners to navigate the thicket of treatment options and separate the fact from the fiction. He wants us to use what actually works, not just what Western science or alternative medicine say should work. This multifaceted approach to health is known as integrative medicine. Dr. Richter examines traditional medicine from many cultures alongside modern medical techniques, describing the best of complementary care and the best of conventional veterinary medicine. Every treatment he recommends has the backing of scientific research or years of successful outcomes in his clinical practice. After explaining the treatment, he offers specific recommendations for an integrative approach to common diseases, including allergies, skin conditions, diabetes, heart disease, and cancer. A holistic approach to health includes nutrition, as it sets up the foundation for your pet's health. Dr. Richter cuts through the hype in the pet-food world and explains how to choose the best commercial foods and supplements, and even includes both raw and cooked dog- and cat-food recipes for general diet as well as to treat specific needs. He also explains how we can use the right foods and supplements to hack the body's processes, including the immune system.

wellness cat food for seniors: Wellness Tourism Cornelia Voigt, Christof Pforr, 2013-11-20 Core values of society, health and wellbeing impact today on all aspects of our lives, and have also increasingly influenced patterns of tourism consumption and production. In this context wellness has

developed into a significant dimension of tourism in a number of new and long established destinations. However, although it is consistently referred to as one of the most rapidly growing forms of tourism worldwide there still remains a dearth of academic literature on this topic. This book uniquely focuses on the supply side of wellness tourism from a destination perspective in terms of the generation and delivery of products and services for tourists who seek to maintain and improve their health. This approach provides a better understanding of how wellness tourism destinations develop and explores the specific drivers of that growth in a destination context and how destinations successfully compete against each other in globalised market place. A range of wellness destination development and management issues are examined including the importance of authenticity, an appropriate policy framework, delivery of high quality goods and services, participation of a broad range of stakeholders and the development of networks and clusters as well as collaborative strategies essential for a successful development and management of a wellness tourism destination. International case studies and examples from established and new wellness tourism destinations are integrated throughout. This timely volume written by leaders in this sector will be of interest to tourism and hospitality students and academics internationally.

wellness cat food for seniors: The Clean Pet Food Revolution Ernie Ward, Alice Oven, 2019-12-09 Did you know that a quarter of all the meat consumed in the United States is eaten by our pets? That's the equivalent to the amount devoured by 26 million Americans, and it makes U.S. cats and dogs equal to the fifth largest country in terms of animal protein consumption. Yet the impact pet food has on the environment and climate change, how healthy or necessary it is for our animal companions, or how it impacts the welfare of the farmed animals who become that food are barely known or ignored--even by animal lovers! The Clean Pet Food Revolution lifts the lid on the current pet food industry: its claims of what constitutes a natural diet for pets, its shocking record on animal welfare, and its devastating effect on the environment and climate change. The book explodes myths about grain-free diets, protein intake, and what our pets want. Finally, it details the many exciting scientific developments in alternative proteins--whether from plants, fungi, insects, or cell-based meat products--that promise not only to completely change what we feed our cats and dogs but to reduce greenhouse gas emissions, end farmed-animal slaughter, and make our pets healthier. Written by specialists in veterinary science, biotech, and animal welfare, The Clean Pet Food Revolution is a thoroughly researched and compellingly written excoriation of an unsustainable present and a fascinating glimpse of future possibilities.

wellness cat food for seniors: Head to Tail Wellness Stacy Fuchino, 2010-03-04 Extend and enhance the quality of your pet's life Be proactive about your pet's wellness and let Dr. Stacy show you how a reasonable combination of proven Western veterinary know-how and time-tested Eastern therapies can promote health and vitality for your furry companion. Whether it's a matter of harnessing the healing properties of food, eliminating harmful elements from a pet's surroundings, restoring an animal's flow of energy, or treating bothersome symptoms, Dr. Stacy provides a revolutionary East-West approach, blending the best of both worlds to bring your pet's internal and external environments into perfect harmony. Written by a leading veterinarian schooled in both Western veterinary medicine and traditional Eastern medicine Packed with charts, quizzes, inspirational quotes, and more An appendix lists alternative veterinary practitioners around the U.S. Head to Tail Wellness will show you how to make positive changes in your pet's life that will reduce the need for drugs and invasive therapies and, most importantly, yield a happy, healthy pet.

wellness cat food for seniors: Think Like a Cat Pam Johnson-Bennett, 2011-09-27 America's favorite cat behavior expert, author of Catwise and Cat vs. Cat, offers the most complete resource for cat owners of all stripes, now fully updated. The queen of cat behavior - Steve Dale, author of My Pet World Think it's impossible to train a cat? Think again! By learning how to think like a cat, you'll be amazed at just how easy it is. Whether you are a veteran cat lover, a brand-new owner of a sweet kitten, or the frustrated companion of a feline whose driving you crazy, Pam Johnson-Bennett will help you understand what makes your cat tick (as well as scratch and purr). Topics range from where to get a cat to securing a vet; from basic health care to treating more serious problems;

choosing an irresistible scratching post and avoiding litterbox problems. A comprehensive guide to cat care and training, she helps you understand the instincts that guide feline behavior. Using behavior modification and play therapy techniques, she shares successful methods that will help you and your cat build a great relationship.

wellness cat food for seniors: Purr-fect Recipes for a Healthy Cat Lisa Shiroff, 2011 Every cat deserves the best possible food in their diet, but knowing exactly what cat food and treats are best can be hard - especially with limited nutritional information for many brands and so many of those brands to choose from. For these reasons, many people have turned to creating their own cat food, using naturally healthy recipes and foods over which every cat will salivate. This book has been carefully researched and compiled to provide you and your cat more than 100 healthy recipes that will help your cat live the best possible lifestyle. You will learn how to recognize the nutritional needs of your cats, including what good health entails in their lives and how to change their diet accordingly depending on their exact breed. You will learn what various normal cat foods contain and which nutritional necessities they meet or do not meet accordingly. You will then learn what artificial preservatives might currently be in your cats food and what that can do to them. Dietary experts for pets and cats in particular have been interviewed and their insights have been included in this book to provide detailed information on how to best feed your cats at home. You will learn how and where to buy what you need for your cats new diet and how to slowly and effectively make the change without disrupting their health. Finally, you will learn more than 100 different recipes, with specific tips in each one for ensuring your cats utter and complete health both in their everyday meals and in the special treats you may give them. This book, for anyone who has considered the importance of their cats dietary health, is ideal for starting down the path to your own home made foods. Atlantic Publishing is a small, independent publishing company based in Ocala, Florida. Founded over twenty years ago in the company president's garage, Atlantic Publishing has grown to become a renowned resource for non-fiction books. Today, over 450 titles are in print covering subjects such as small business, healthy living, management, finance, careers, and real estate. Atlantic Publishing prides itself on producing award winning, high-quality manuals that give readers up-to-date, pertinent information, real-world examples, and case studies with expert advice. Every book has resources, contact information, and web sites of the products or companies discussed.

wellness cat food for seniors: The Melaleuca Wellness Guide Richard M. Barry, Recommended uses for Melaleuca products based on research and the clinical experiences of health care professionals and veterinarians and proven household solutions recommended by people who use Melaleuca products every day. • Over 200 health conditions with remedies and prevention strategies based on research and the clinical experiences of health care professionals. • Over 150 home care problems with solutions recommended by people who use Melaleuca products every day. • Over 215 ailments common to dogs, cats, horses, and farm animals with remedies recommended by veterinarians, farmers, ranchers, and horse and pet lovers. • Inspiring chapter on the history of Melaleuca, Inc. and founder and CEO, Frank L. VanderSloot. • Chapter on Melaleuca alternifolia oil with a comprehensive list of research articles. • Chapters on nutritional supplements, grape seed extract, heart health, digestive health, immune system, depression, glucosamine, prostate health, menopause, vision, urinary tract infections, and head lice. • Chapter on the health effects of toxic chemicals in household products. • A useful Products Index that references the various applications for Melaleuca products ... Plus much more!

wellness cat food for seniors: Food Pets Die for Ann N. Martin, 2008 The commercial pet food industry has a secret to hide -- and Ann Martin wants to make sure you know it. Her research reveals some startling facts: that the pet food industry conducts animal testing in order to improve their product, and includes euthanized cats and dogs in the mix to heighten protein content. In this revised and updated edition, Martin continues to explore the shocking processes by which commercial pet foods are produced. She offers alternative recipes for feeding pets, nutritional advice, and an exploration of Pet Peeves, in which she explores several scams aimed at pet owners. This groundbreaking book gives us a glimpse into exactly what we are doing when we buy pet food.

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wellness cat food for seniors: *Encyclopedia of Wellness* [3 volumes] Sharon K. Zoumbaris, 2012-06-06 This wide-ranging encyclopedia addresses our rapidly changing understanding of health and wellness, providing a collection of essays that are up-to-date and comprehensive in both scope and breadth. *Encyclopedia of Wellness: From Açai Berry to Yo-Yo Dieting* offers expert advice to anyone seeking information on a condition or illness. More than that, however, this three-volume resource is a compendium of practical information on how to reduce poor health choices and live a healthy, active, vibrant life. A source of basic, easily understandable entries on health and wellness, the encyclopedia covers an extraordinarily broad array of health-related topics including acupuncture, art therapy, biofeedback, food additives, nutrition labels, organic foods, and workplace wellness. Bulimia is covered, as are depression, autism, cancer, and environmental hazards. Essays examine issues related to healthy living for the mind and the body, stressing the importance of the mind-body connection to good health. Information is also offered on practical concerns such as medical savings accounts, changes in medical insurance, and the U.S. health care system. Throughout, the encyclopedia presents knowledge gleaned from new research on treatment and especially on choices in nutrition and exercise.

wellness cat food for seniors: *The Vibrant Life* Amanda Haas, 2019-08-06 For the millions of women who want to enter or live their midlife with grace and good health comes this straight-talking and gorgeously photographed book packed with advice, resources, and practices that promote wellness, beauty, and longevity, alongside more than 70 delicious recipes. From the authority behind *The Anti-Inflammation Cookbook* and a line of Vibrant Life-branded food products at Whole Foods, these recipes are bookended by lifestyle primers—including information on holistic practices, hormones, and how to eat, all contributed or vetted by experts. Combining form and function, this book is both a resource and an inspiration. Fresh, approachable recipes for all occasions—including drinks, of course—deliver a number of benefits that boost immunity, strengthen memory, lift moods, support digestive health, and more!

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wellness cat food for seniors: *The Cat - E-Book* Susan E. Little, 2024-03-05 Comprehensive in scope and exclusively devoted to feline medical care, Dr. Susan Little's *The Cat: Clinical Medicine and Management*, 2nd Edition, is an essential resource for providing complete, state-of-the-art care to cats. Authoritative, clinically focused information is enhanced by full-color images, tables, boxes, algorithms, key points, and more — all in an easy-to-understand, quick-reference format. Dr. Little and her expert contributors address the unique concerns and challenges facing any practitioner providing care for cats, including the latest advances in feline medical diagnosis and management and the clinical applications to everyday practice. An eBook version, included with print purchase, provides access to all the text, figures, and references, with the ability to search, customize content, make notes and highlights, and have content read aloud. The eBook also offers convenient video lessons and client handouts. - Covers the latest advances in feline medicine from a systemic and

adjunctive care perspective, making it the most comprehensive feline medical reference available with a strong clinical focus. - Addresses key topics unique to feline medicine and not currently covered in other books, including: insights and clinical advances attributable to the mapping of the feline genome; medical conditions associated with behavioral problems; managing the feline patient with co-existing and chronic diseases; special medical problems and care considerations for the geriatric cat; environmental enrichment for the indoor cat; feline zoonotic agents and implications for human health; and humane solutions for shelter medicine and overpopulation challenges. - Helps meet the increasing demand for state-of-the-art medical care by cat owners, including advanced diagnostic services and treatments designed to extend and improve quality of life for feline companions. - Features a full-color design with hundreds of schematic drawings, tables, boxes, key points, algorithms, and photographs for quick and easy access to information. - Provides in-depth information on indoor cats and senior cats, including timely guidance on meeting owners' expectations for longer, healthier lives for their cats. - Addresses the challenges of cat overpopulation, particularly humane approaches to improve quality of life for millions of feral and community cats and minimize their impact on public health and endangered species of animals. - Presents information written in the manner of expanded conference proceedings, delivering the latest insights and most current approaches to management of feline medical disorders. - Includes contributions from approximately 80 contributors, including many from outside the US, to provide a global perspective and valuable expertise from those most knowledgeable in the field of feline medical care.

wellness cat food for seniors: *Cat Fancy* , 2010-06

wellness cat food for seniors: Catification Jackson Galaxy, Kate Benjamin, 2014-10-14 A New York Times bestseller! The star of Animal Planet's hit television series *My Cat from Hell*, Jackson Galaxy, shows cat owners everywhere how to make their homes both cat-friendly and chic. Cat owners know the struggles of creating living spaces that are both functional and stylish for owner and cat. Don't just go to your local pet shop and adorn your home with unattractive cat towers and kitty beds. In *Catification*, Jackson Galaxy, the star of Animal Planet's *My Cat from Hell*, and Kate Benjamin, founder of a popular cat design website, walk readers through a step-by-step process of designing an attractive home that is also an optimal environment for cats. This gorgeously designed, full-color book includes more than twenty fun DIY projects, from kitty beds and litter boxes to catios (cat patios) that will be sure to make readers—and their cats—purr in approval.

wellness cat food for seniors: Better Nutrition , 2002-08

wellness cat food for seniors: Deep Nutrition Catherine Shanahan, M.D., Luke Shanahan, 2017-01-03 Shanahan examined diets around the world known to help people live longer, healthier lives--diets like the Mediterranean, Okinawa, and 'Blue Zone'--and identified the four common nutritional habits, developed over millennia, that unfailingly produce strong, healthy, intelligent children, and active, vital elders, generation after generation. Dr. Cate shows how all calories are not created equal; food is information that directs our cellular growth. Our family history does not determine our destiny: what you eat and how you live can alter your DNA in ways that affect your health and the health of your future children. She offers a prescriptive plan for how anyone can begin eating *The Human Diet*--

wellness cat food for seniors: Cats Galore Susan Herbert, 2015-09-25 An irresistible volume featuring illustrations of famous dramatis personae—with a feline twist What happens when a cat becomes the subject of da Vinci's *Mona Lisa* or takes the starring role in *Hamlet* or *Lawrence of Arabia*? Susan Herbert's feline interpretations of famous images from Western culture have charmed and amused readers for decades. *Cats Galore* brings together illustrations from the affectionately envisioned Pre-Raphaelite Cats, Shakespeare Cats, Movie Cats, and Opera Cats—as well as other delightful images of cats cast in scenes from art, theater, and film—into one delightful volume. Divided into three sections—Cats in Art, Cats on Stage, and Cats in the Movies—this is the ultimate compendium for cat-loving culture buffs and cultured pet owners alike. Works by Degas and van Gogh retain their distinctive styles in spite of the furry faces; cats shine in *Much Ado About Nothing*

and The Barber of Seville; and a bushy-tailed James Dean in Rebel Without a Cause stares at the camera with the iconic cigarette in his mouth.

wellness cat food for seniors: *American Medical Association Complete Guide to Prevention and Wellness*, 2008-10-01 MORE THAN 3 MILLION AMERICAN MEDICAL ASSOCIATION BOOKS SOLD From America's most trusted source for medical advice--a comprehensive guide to preventing illness and promoting wellness If you're one of the millions of people who have decided to take more direct control of their health by focusing on illness prevention and self-care, the American Medical Association Complete Guide to Prevention and Wellness is the resource you need. This authoritative guide provides valuable information to help you prevent disease and stay healthy throughout your life. It lays out the foundations of good health and shows you the basic steps you can take to reduce your health risks and prevent major illnesses such as heart disease, stroke, type 2 diabetes, high blood pressure, and some forms of cancer. You will learn how to avoid these and other common afflictions by making lifestyle changes and understanding what your body needs to stay fit and healthy. Filled with leading-edge information, this indispensable reference also describes key risk-reducing measures, from eating a healthy diet and being more physically active to reducing stress, getting a good night's sleep, and having all the recommended screening tests. You will find the most effective techniques for avoiding food-borne illnesses, and you'll learn how to minimize specific risks for children, adolescents, women, and men. Comprehensive in scope, easy to navigate, and filled with clear, helpful information and illustrations, the American Medical Association Complete Guide to Prevention and Wellness is the essential health resource for every age and stage of life.

wellness cat food for seniors: *Nutrient Requirements of Dogs and Cats* National Research Council, Division on Earth and Life Studies, Board on Agriculture and Natural Resources, Committee on Animal Nutrition, Subcommittee on Dog and Cat Nutrition, 2006-07-01 Updating recommendations last made by the National Research Council in the mid-1980s, this report provides nutrient recommendations based on physical activity and stage in life, major factors that influence nutrient needs. It looks at how nutrients are metabolized in the bodies of dogs and cats, indications of nutrient deficiency, and diseases related to poor nutrition. The report provides a valuable resource for industry professionals formulating diets, scientists setting research agendas, government officials developing regulations for pet food labeling, and as a university textbook for dog and cat nutrition. It can also guide pet owners feeding decisions for their pets with information on specific nutrient needs, characteristics of different types of pet foods, and factors to consider when feeding cats and dogs.

wellness cat food for seniors: Dinner PAWsible Cathy Alinovi, Susan Thixton, 2015-05-19 There's a reason why pets beg at your table—they want real food! Not the kibble manufactured by pet food companies, drained of nutrients. If we are dedicated to preparing healthy meals for ourselves in the comfort and safety of our own kitchens, shouldn't we be doing the same for our pets? Dinner PAWsible is a collection of more than fifty cat and dog food recipes that will teach you how to whip up a fresh, balanced meal for your hungry critters. Written by a veterinarian certified in food therapy and an advocate for pet food safety, these recipes are also based on the National Research Council requirements for dogs and cats. Recipes for Dogs include: Turkey & Oats Lasagna Beef, Egg & Rice Chicken, Shrimp, and Veggies Salmon & Cabbage And more! Recipes for cats include: Turkey Meatloaf Turkey & Salmon Hash Steak & Eggs Fish Salad Gumbo And more! Debunk the myth that pet food companies are the only entities qualified to feed your pets. Instead, beat pet obesity, disease, and sickness by reaching into your pantry or refrigerator, turning on the stove, and starting to cook yourself! Making food at home will also decrease those exorbitant pet food bills. It's time to go back to the table. Know exactly what your pet is eating and serve it a variety of real food that it deserves. Be a responsible pet parent by balancing your pet's diet and pleasing its palate. Cooking for your pet is paws-ible!

wellness cat food for seniors: Natural Nutrition for Dogs and Cats Kymthy R. Schultze, Kymthy Schulze, 1999 In these pages, Kymthy Schultze has provided an excellent nutritional text

to help us build a healthier life for our animal friends.- Dr. Stephen R. Blake, Jr., D.V.M. [This book is] an excellent starting point for us all. Its pages are filled with helpful hints, good advice and most important, logic and common sense.- Dr. Bruce W. Cauble, D.V.M.

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