

wellness grain free cat food

Wellness Grain-Free Cat Food: A Purrfectly Healthy Choice?

Is your feline friend experiencing digestive upset, skin allergies, or unexplained weight changes? You're not alone! Many cat owners are turning to grain-free cat food as a solution, and Wellness is a brand often at the top of the list. This comprehensive guide dives deep into the world of Wellness grain-free cat food, exploring its benefits, drawbacks, ingredients to watch for, and helping you determine if it's the right choice for your beloved kitty. We'll cover everything from understanding why grain-free diets are popular to deciphering ingredient lists and choosing the best Wellness formula for your cat's specific needs. Get ready to become a grain-free guru!

Understanding the Grain-Free Cat Food Trend

The popularity of grain-free cat food has exploded in recent years, driven largely by the belief that grains are unnecessary and potentially harmful to cats. While cats are obligate carnivores, meaning their bodies are designed to thrive on meat-based diets, the argument isn't simply about avoiding grains entirely. The concern often lies in the quality and type of grains used in many commercial cat foods. Low-quality grains can be filled with fillers, offering little nutritional value and potentially contributing to digestive issues.

Many believe that a grain-free diet can lead to:

Improved Digestion: Grains can be difficult for some cats to digest, leading to gas, bloating, and diarrhea. A grain-free diet often results in firmer, healthier stools.

Healthier Skin and Coat: Some cats experience skin allergies and irritations linked to grain consumption. Removing grains can lead to shinier fur and fewer skin problems.

Weight Management: Grain-free foods often contain higher protein and fat content, which can help cats maintain a healthy weight and muscle mass. However, it's crucial to select appropriate portions based on your cat's individual needs.

It's important to note that while grain-free diets offer potential benefits, they aren't a magic bullet. The quality of the ingredients remains paramount. A grain-free food packed with fillers and low-quality protein sources won't be beneficial.

A Closer Look at Wellness Grain-Free Cat Food

Wellness is a reputable brand known for its commitment to high-quality ingredients. Their grain-free lines typically feature:

Real Meat and Poultry: Wellness prioritizes real meat as the primary protein source, providing essential amino acids crucial for a cat's health. Look for specific meat types like chicken, turkey, salmon, or duck, as these provide varying nutritional profiles.

Healthy Fats: Essential fatty acids are vital for skin and coat health. Wellness grain-free foods often include sources like chicken fat or fish oil.

Fruits and Vegetables: While cats are carnivores, small amounts of fruits and vegetables can provide added vitamins and antioxidants. Look for recognizable and easily digestible options.

Absence of Artificial Additives: A major selling point of Wellness is its commitment to avoiding artificial colors, flavors, and preservatives.

However, it's crucial to carefully read ingredient lists. Even within Wellness's grain-free range, the quality can vary across different lines.

Deciphering Wellness Grain-Free Cat Food Labels

Navigating ingredient lists can feel overwhelming. Here's a breakdown of what to look for:

Named Meat Sources: The first few ingredients should be specific named meat sources (e.g., "chicken," "turkey," not just "meat by-products").

Whole Grains vs. Grain Derivatives: While Wellness is grain-free, be wary of products labeled as grain-free that include grain derivatives (e.g., corn gluten meal). These offer less nutritional value.

Fiber Sources: Look for healthy fiber sources like pea fiber or beet pulp, which aid in digestion.

Avoid Fillers: Avoid foods with excessive amounts of fillers like corn starch or potato protein.

Guaranteed Analysis: Pay attention to the guaranteed analysis section, which lists the minimum percentages of protein, fat, and fiber.

Choosing the Right Wellness Grain-Free Formula

Wellness offers various grain-free lines catering to different life stages and sensitivities. Consider:

Kittens: Wellness Complete Health Kitten Grain-Free provides the necessary nutrients for growing kittens.

Adult Cats: Wellness Complete Health Adult Grain-Free caters to the needs of healthy adult cats.

Senior Cats: Wellness Complete Health Senior Grain-Free is formulated for older cats with different nutritional requirements.

Cats with Sensitivities: Wellness CORE Grain-Free offers options for cats with food sensitivities, often using limited ingredient lists.

Potential Drawbacks of Grain-Free Diets (and how Wellness addresses them)

While beneficial for many, grain-free diets have also been linked to a rare heart condition in cats (DCM). It's crucial to remember this is a complex issue, and the research is still ongoing. It's not definitively linked to all grain-free foods, but rather may be associated with specific ingredients like peas, lentils, and potatoes used in some brands. Wellness

maintains rigorous quality control and uses a variety of protein sources to mitigate potential risks. Always consult with your veterinarian if you have concerns.

Transitioning Your Cat to Wellness Grain-Free Food

Introduce a new food gradually to avoid digestive upset. Mix a small amount of the new food with your cat's current food, gradually increasing the proportion over 7-10 days. Monitor your cat closely for any adverse reactions.

Conclusion

Wellness grain-free cat food offers a potentially healthier alternative for cats who experience issues with traditional grain-based diets. However, responsible pet ownership demands careful consideration of ingredients, your cat's individual needs, and ongoing consultation with your veterinarian. By understanding the benefits, drawbacks, and nuances of grain-free feeding, you can make an informed decision that supports your cat's long-term health and well-being. Remember to always prioritize quality over price and choose a food that aligns perfectly with your cat's specific requirements.

FAQs

1. Can I switch my cat to Wellness grain-free food suddenly? No, always transition gradually over 7-10 days to avoid digestive upset.
1. Is all Wellness grain-free cat food the same? No, Wellness offers various lines for different life stages and sensitivities, with varying ingredient profiles.
1. My cat has allergies; which Wellness grain-free food should I choose? Wellness CORE Grain-Free often uses limited ingredients, making it suitable for cats with sensitivities. However, always consult your vet.
1. Is Wellness grain-free food expensive? Compared to some budget brands, Wellness is on the higher end of the price spectrum. However, the higher quality ingredients often justify the cost.
1. My cat is overweight; will Wellness grain-free food help? While the higher protein and fat content can support muscle mass, portion control is crucial for weight

management. Consult your vet for guidance.

wellness grain free cat food: 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 grain free cat food: 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 grain free cat food: 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 grain free cat food: 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 grain free cat food: Homemade Meals for Cats and Dogs Cathy Alinovi, Susan Thixton, 2020-03-03 75 Veterinarian-Approved Meals for Healthy Pets—Now Grain Free! There's a reason why pets beg at the table—they want real food! Not the kibble manufactured by pet food companies, transformed beyond recognition, drained of natural nutrients, and a far cry from fresh meat, vegetables, and grain. If we as human beings are so dedicated to preparing healthy, homemade meals for ourselves in the comfort and safety of our own kitchens, shouldn't we be doing the same for our beloved pets? *Homemade Meals for Cats and Dogs* 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. 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 grain free cat food: 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 grain free cat food: 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 grain free cat food: 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 grain free cat food: 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 grain free cat food: *Kittens Love* Lisa McCue, 2010 Depicts kittens doing what they love most, including playing with yarn, sitting on the windowsill, climbing trees, napping, and drinking milk. On board pages.

wellness grain free cat food: *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 grain free cat food: *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.

wellness grain free cat food: *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 grain free cat food: *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.

wellness grain free cat food: *Small Changes, Big Results* Ellie Krieger, Kelly James-Enger, 2008-06-03 An easy-to-start, simple-to-maintain, scientifically sound, and eminently usable twelve-week program of small steps on the road to better health *Small Changes, Big Results* is not about cutting all the carbohydrates out of your diet. Or replacing every single gram of sugar with omega-3 fatty acids. It's not about doing one hundred sit-ups a day, or getting on the treadmill whenever you have a free second. In fact, it's not about any of the total lifestyle-replacement gimmicks—whether diet, exercise, or pop psychology—that have swept our culture in recent years, putting untold millions of Americans on the risky roller coaster of success and failure that defines fad diets and programs. Not here. *Small Changes, Big Results* is about reality—the reality of what you can do, the reality of what you want to do, and the reality of what works. It's about introducing a series of small changes each week for three months in the three core areas of diet and nutrition; exercise and fitness; and emotional wellness. For each of the twelve weeks, nutritionist Ellie Krieger introduces a very finite, completely practical action plan for the week—and not only are these tasks incredibly doable, they're in fact so accessible that it's tough not to be inspired. For example, in Week 1 the nutrition task is merely to go shopping, buy some healthful pantry items, and start keeping track of what you eat; the exercise consists of taking three twenty-minute walks; and the wellness aspect is to do a five-minute breathing exercise. That's it. And it doesn't really get any harder. But these small changes do in fact lead to big results. At the end of twelve weeks, a totally unhealthy diet has been overhauled: armed with easy, delicious recipes and tips, you've removed unhelpful munchies and replaced them with healthful snacking, you've cut down on lethal trans fats while adding beneficial fat choices, you've replaced refined grains with whole grains, you're eating more fish and less red meat, and so forth. Yet you've never been forbidden to eat a single thing: instead of prohibiting entire food groups, Ellie categorizes foods as Usually, Sometimes, and Rarely—and now you should be eating more from the Usually choices, less from the Rarely category. Furthermore, you've integrated physical activity into your life, and you've developed a set of tools to help you deal with stress—you're not only eating better, but you're also exercising better and feeling better. The beauty of this program is that none of these action steps is remotely intimidating, because they're not a full immersion into a totally new lifestyle. Instead, it's a series of incremental changes—removing bad habits one by one, while at the same time adding good ones. There's nothing to scare you off—on the contrary, here's a whole book full of small changes that produce big results.

wellness grain free cat food: *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 grain free cat food: *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 grain free cat food: The Toilet Trained Cat Aston Lau, 2008-08-13 Love cats, but hate scooping litter? Cats are exceptionally intelligent creatures -- so you'd think they'd have learned how to use the toilet by now! It's a wonder that we still allow them to go in litter boxes and stink up our homes. This book is your step-by-step guide on how to properly and safely train your cat to use the human toilet -- and live completely litter-free. - Stop scooping and discarding your cat's waste every day- Save at least \$175 per year per cat on litter- Eliminate the awful litter box odors in your home- Stop your cat from tracking her dirty, litter-contaminated paws all over the house- Help the environment by keeping used cat litter out of our landfills

wellness grain free cat food: Compassion for Pets R. Geoffrey Broderick, 2016-07-06 In this groundbreaking book on pet nutrition, Dr. R. Geoffrey Broderick, DVM, reveals the secret to keeping your pets disease-free and healthy for their whole lives. His feeding Paradigm is a step-by-step program for pet owners to give their companion animals optimal health, using food as medicine.

wellness grain free cat food: Applied Veterinary Clinical Nutrition Andrea J. Fascetti, Sean J. Delaney, 2011-11-08 Applied Veterinary Clinical Nutrition provides current, clinically relevant nutritional advice intended for use in daily canine and feline practice. Highly practical, the book emphasizes solutions for integrating nutrition into clinical practice, with introductory chapters covering the foundation and science behind the recommendations and extensive references for further reading. Written by a group of leading veterinary nutritionists, Applied Veterinary Clinical Nutrition is a valuable resource on the principles of animal nutrition and feeding practices in healthy or diseased dogs and cats. The book begins with an overview of basic nutrition, energy requirements, and the basics of product guides, pet foods, home-prepared diets and dietary supplements. Subsequent chapters delve into feeding the healthy dog and cat, nutrition for weight management, and nutritional principles for a variety of diseases, with the final chapters covering enteral and parenteral nutrition. Applied Veterinary Clinical Nutrition is a daily reference for veterinary practitioners, students, and residents seeking authoritative information on feeding animals.

wellness grain free cat food: The Forever Dog Rodney Habib, Karen Shaw Becker, 2024-09-10 #1 New York Times Bestseller In this pathbreaking guide, two of the world's most popular and trusted pet care advocates reveal new science to teach us how to delay aging and provide a long, happy, healthy life for our canine companions. Like their human counterparts, dogs have been getting sicker and dying prematurely over the past few decades. Why? Scientists are beginning to understand that the chronic diseases afflicting humans--cancer, obesity, diabetes, organ degeneration, and autoimmune disorders--also beset canines. As a result, our beloved companions are vexed with preventable health problems throughout much of their lives and suffer shorter life spans. Because our pets can't make health and lifestyle decisions for themselves, it's up to pet parents to make smart, science-backed choices for lasting vitality and health. The Forever Dog gives us the practical, proven tools to protect our loyal four-legged companions. Rodney Habib and Karen Becker, DVM, globetrotted (pre-pandemic) to galvanize the best wisdom from top geneticists, microbiologists, and longevity researchers; they also interviewed people whose dogs have lived into their 20s and even 30s. The result is this unprecedented and comprehensive guide, filled with surprising information, invaluable advice, and inspiring stories about dogs and the people who love them. The Forever Dog prescriptive plan focuses on diet and nutrition, movement, environmental exposures, and stress reduction, and can be tailored to the genetic predisposition of particular breeds or mixes. The authors discuss various types of food--including what the commercial

manufacturers don't want us to know--and offer recipes, easy solutions, and tips for making sure our dogs obtain the nutrients they need. Habib and Dr. Becker also explore how external factors we often don't think about can greatly affect a dog's overall health and wellbeing, from everyday insults to the body and its physiology, to the role our own lifestyles and our vets' choices play. Indeed, the health equation works both ways and can travel up the leash. Medical breakthroughs have expanded our choices for canine health--if you know what they are. This definitive dog-care guide empowers us with the knowledge we need to make wise choices, and to keep our dogs healthy and happy for years to come.

wellness grain free cat food: *The Way of Cats* Pamela Merritt, 2018-05-31 *The Way of Cats* is a way of playing games with our cat. These communication, training, and affection games are fun and easy to learn. Then we have well-behaved and happy cats.

wellness grain free cat food: *The Royal Treatment* Barbara Royal, Anastasia Royal, 2013-06-25 A natural health, holistic medicine guide for your pet written by an innovative veterinarian with a background in zoo and wildlife medicine.

wellness grain free cat food: *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 grain free cat food: *Dr. Becker's Real Food for Healthy Dogs & Cats* Beth Taylor, Karen Shaw Becker, 2013

wellness grain free cat food: *Healthy and Free* Beni Johnson, 2015-11-17 Begin Your Journey to Spirit-Soul-Body Health Today... Beni Johnson received a life-changing revelation about how anyone can start walking in holistic health including you! Jesus died for your spirit, soul, and body. This means you can experience His resurrection life in all three areas! Christians should be the healthiest people on Earth because they understand God has made their bodies His temple. Unfortunately, many people focus on one area of health while neglecting another. This can lead to spiritual disconnection, bad eating habits, depression, poor rest, and lack of exercise. In *Healthy and Free*, Beni shows you how to: Find your why: Learn the motivating secret to pursuing a healthy lifestyle as your new normal. Unlock the connection: Discover the many ways your spirit, soul and body are interconnected and how health in one areas directly effects another. Start simple: Receive practical and easy-to-implement steps to begin walking in health right now. The Great Physician desires you to walk in Heavens health. Get aligned with Gods divine design today and experience freedombody, soul and spirit!

wellness grain free cat food: *The Ultimate Pet Food Guide* Liz Palika, 2009-04-29 The 2007 pet food recalls followed a multitude of pets getting sick and dying from contaminated food; now pet owners must take charge of what they feed their dogs and cats. With *The Ultimate Pet Food Guide*, veteran dog trainer, behaviorist, and author Liz Palika focuses on nutritional needs and covers every type of feeding, including controversial raw diets, homemade cooked food, and commercial foods. Palika also addresses introducing new foods; what "human foods" pets shouldn't eat; free-feeding; responsibility for food safety; where ingredients come from; and red flags in ingredients. Included are over fifty veterinarian- and pet-nutritionist-approved recipes and diets tailored to special-needs pets, such as puppies/kittens and pregnant, older, overweight and/or more sedentary animals.

wellness grain free cat food: *Dog Food Logic* Linda P. Case, M.S., 2014-02-12 Choosing the right dog food in a world with too many choices
 Walking down the dog food aisle in a pet supply superstore can present you with an overwhelming number of choices. Reading about dog

food on the internet can make your head spin with so many opinions and stories. And judging the content that you find on dog food packaging can be confusing and misleading. How can the average dog owner make an informed choice in accordance with her dog's age, size and condition? In her latest book, author Linda Case describes how to make logical, evidence-based decisions for what to feed your dog amid all the options available.

 You will learn
 • How pet food marketers appeal to your emotions to persuade you to buy a particular type of dog food.
 • To distinguish between scientific, evidence-based information and the anecdotal evidence which is so pervasive—and often misleading—in the dog food arena.
 • Is there a scientific basis for dog foods designed specifically for puppies, senior dogs, canine athletes—even various breeds of dogs?
 • How to read and evaluate all of the material included on a typical package of dog food from the ingredients and label claims (“Natural,” “Anti-Oxidant,” “Low Fat”), to the Nutrient Analysis and Nutritional Adequacy statements.
 • How to avoid choice paralysis and the cognitive traps that can interfere with clear decision making.

 What experts are saying about <I>Dog Food Logic</I>
 Pet food is like a religion for many—but now those strong emotional ties can be backed up with fact. Linda Case separates fact from fiction, explains the complex terms and offers a guide to pet nutrition in simple to comprehend language. Unlike other books on this topic, there is no agenda here—except to present facts and then allow pet owners to make their own logical conclusions, letting the kibble drop where it may.
 Steve Dale, CABC, columnist Tribune Content Agency; radio host Black Dog Radio Productions and WGN Radio (Chicago); contributing editor USA Weekend; special correspondent Cat Fancy; author Good Cat!

 <I>Dog Food Logic</i> is the indispensable guide to the science behind canine nutrition that will help us to make wise, well-informed choices about how and what we feed our dogs. It takes the fear out of trying to understand proper nutrition and will empower us to determine what is best for the health of our dogs.
 Claudia Kawczynska, Founder and Editor-in-chief of The Bark

 Don't read this book if you want someone to tell you what to feed your dog. This is a book for people who want to learn, in a reasoned and thoughtful way, how to figure it out for themselves.<I> Dog Food Logic</I> goes way beyond the usual textbook list of nutritional requirements to cover the pet food industry in all its glory: the history, the business, the marketing, and best of all, the science. Case deftly navigates the most controversial topics in pet food and presents the big picture without interjecting judgment about what approach is best. There's something here for everyone: pet care professionals and dog lovers alike will learn something new from this informative, easy to read, and well researched book.
 Jessica Vogelsang, DVM, CVJ, author, speaker, and CEO of Pawcurious Media

wellness grain free cat food: *The Healthy Hound Cookbook* Paris Permenter, John Bigley, 2014-03-18 Your best friend deserves the best, and the simple, all-natural recipes in this book will make it easy to create healthy treats and meals for your favorite canine. Authors Paris Permenter and John Bigley, of the popular DogTipper.com website, have crafted more than 125 nutritious recipes using healthy, fresh ingredients from your kitchen. From Oatmeal Turkey Dog Biscuits to Peanut Butter and Banana Dog Ice Cream, each of these homemade dishes uses only real, whole ingredients like beef, chicken, potatoes, and carrots, so you'll always know that your furry friend is getting a snack that's flavorful as well as nutritious. You'll also find information on cooking techniques, recipes for pets on grain-free, Paleo, or raw diets, and a portion calculator to adjust serving sizes according to breed. With the whole foods recipes in *The Healthy Hound Cookbook*, your dog will start living a more natural, happier, and more flavorful life.

wellness grain free cat food: *Unlocking the Canine Ancestral Diet* Steve Brown, 2009-12 Ancestors and canine cousins of our dogs didn't eat crunchy kibble or meat 'n gravy in a can. They ate what they found or caught... and it wasn't cooked or enriched either! It was high in protein, with balanced fats, and usually included a few fruits, vegetables and grasses. Steve Brown, an expert on canine nutrition, shows how you can bring the benefits of the canine ancestral diet to your dog by feeding him differently as little as just one day a week. And no, you won't need to lead a pack of dogs on a hunting expedition! Just follow Steve's well-researched and easy to follow ABCs to make

improvements to whatever your dog currently eats. BONUS! Raw food or home prepared feeders will learn how to balance nutrients more precisely, especially fats, for optimum health. A dog diet to get wild about! bull; Learn about the latest research on the importance of protein and healthy fats in your dog's diet. bull; Find out why commercial foods can't include these fragile-but-crucial nutrients, and how you can make sure your dog gets them. bull; Just one day a week, or more frequently if you choose, follow the simple recipes that balance the nutrition in the commercial food you are feeding-wet or dry!

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wellness grain free cat food: Holistic Guide for a Healthy Dog Wendy Volhard, Kerry Brown, 2000-05 A complete revision of a ground-breaking reference. Designed to provide updated information found in the original book, as well as lots of new topics, and a new organization--this second edition is more user-friendly than ever! Readers will get the latest on: Healthful diets for dogs of every age and activity level How to modify your dog's diet to best meet seasonal needs Natural ways to keep your dog healthy throughout all stages of life How to care for a dog in poor health The vaccine controversy--the pros, the cons and how to sort them out * Homeopathic remedies Alternative therapies, such as acupuncture, acupressure, aromatherapy, chiropractics and use of medicinal herbs

wellness grain free cat food: *Minimalist Baker's Everyday Cooking* Dana Shultz, 2016-04-26 The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements *Minimalist Baker's Everyday Cooking* is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

wellness grain free cat food: *Tiny But Mighty* Hannah Shaw, 2019-08-06 *A New York Times Bestseller* #1 National Bestseller Indie Bestseller From Kitten Lady, the professional kitten rescuer, humane educator, animal advocate, and owner of the popular Instagram @kittenxlady comes the definitive book on saving the most vulnerable—and adorable—feline population: newborn kittens. Hannah Shaw, better known as Kitten Lady, has dedicated her life to saving the tiniest felines, but one doesn't have to be a professional kitten rescuer to change—and save—lives. In *Tiny but Mighty*, Hannah not only outlines the dangers newborn kittens face and how she combats them, but how you can help every step of the way, from fighting feline overpopulation on the streets to fostering unweaned kittens, from combating illness to combating compassion fatigue, from finding a vet to finding the purrfect forever home. Filled with information on animal welfare, instructional guides, and personal rescue stories of kittens like Chloe, Tidbit, Hank, and Badger—not to mention hundreds of adorable kitten photos—*Tiny but Mighty* is the must-have kitten book for cat lovers, current-and-future rescuers, foster parents, activists, and advocates.

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