



Natural Diet for Cats

Please read the attached information. As a quick guide we have formulated the following general suggestions:

ADULT CATS

Morning Meal

Small amount of cooked grains – may contain some or all of the following grains:

Brown rice, rye, linseed, barley, oats, etc (preferably organic or biodynamic)

Add to the above grains:

- Freshly minced meat (kangaroo, lamb, chicken or beef)
- Natural goat yoghurt or homemade yoghurt (with live cultures)
- Olive oil, flaxseed oil or cod liver oil
- Small amount of steamed or grated raw vegetables (NOT potatoes, eggplant or onions)
- Small amount of finely chopped raw herbs (e.g. parsley, mint, dandelion or cress, etc)
- Some raw egg (just 1 to 2 times per week)

Afternoon & Night Meal

Fresh raw meaty off cuts with bone and add some chopped heart / kidney:

For example:

- Chicken wings (no chicken necks)
- Lamb grillers & necks
- Beef or chicken offal (no liver)
- Beef off-cuts, etc (no pork)
- Whole small fish (remove scales)

NB: Cats are best on small, frequent meals, one of which should be given late at night. It is also helpful to leave some food out on the cat's dish, provided it is safe from rodents, flies, etc. Meat should always be human grade – not animal grade (see attached article "*Correct Nutrition for Cats*" by veterinarian, Dr Ian Billingham BVSc (Hons))

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KITTENS

Kittens should remain on milk foods until at least four weeks old. As you gradually wean them off milk, they can be introduced to the following type diet:

At 5 weeks:

- Add two meals, mid-morning and mid-afternoon, of scraped or very finely cut raw meat (no pork). Avoid minced meat as it often contains too much fat and makes their digestion lazy.

At 6 Weeks:

Morning

- Milk thickened with soaked, uncooked oats or other whole-meal cereal

Noon

- Several teaspoons of raw, finely chopped meat, or lightly steamed, cut fish.
- Add a small amount (half to one teaspoon) of finely cut green herbs (e.g. parsley, mint, dandelion or cress, etc). Normally cats obtain such foods from the intestines of their prey.

6pm

- Repeat the Noon menu

Before Bed

- Repeat the Morning menu

Five days a week give meat (no pork), or fish, one day on milk cereals only, and one day on very little food such as watered milk with a little soaked wholemeal bread.

Also add homeopathic **Mag Phos/Calc Phos/Silica** mixture (available from our clinic) to all meals and to drinking water until fully grown (12 to 18 months)

Keep fresh water available and remember that cat's like to chew on small raw bones.

As kittens get older, give the same type of food but gradually reduce to three meals per day – two protein and one cereal. They can also be given a drink of milk (with a tiny little bit of honey to keep mucous forming to a minimum) as an extra.

Correct Nutrition



for Cats

Dr Ian Billingham, Veterinarian, BVSc (Hons)



**WHAT
DO I
FEED
MY
CAT?
A**

WILL ANY OTHER DIET PRODUCE POSITIVE GOOD HEALTH?

IT IS NOT POSSIBLE. A cat's metabolism is totally geared to the diet outlined above. The further one strays from that ideal, the greater will be the resulting degree of poor health.

balanced diet. One that promotes positive good health.

WHAT DIET DID CATS EVOLVE ON?

Cats evolved on a diet of fresh killed whole raw prey, together with some plant material and a small amount of the soil it grew in. On that basis we may conclude the following:

Raw animal protein **MUST** form the bulk of a cat's diet

Raw animal fat **MUST** be present

Raw organ meat such as heart, liver, and kidney **MUST** be included.

Raw bones are an **ESSENTIAL** component.

The above components should be included in roughly the same proportions as they are in the prey, or in the same proportions that are consumed by the wild cat, which are probably but not always the same (That is a good rule of thumb, however.)

HOW CLOSE IS PROCESSED CAT FOOD TO THE IDEAL?

NOT VERY! It contains no raw food, and is therefore biochemically quite different. All the enzymes which are essential in producing optimal health have been destroyed. Heating makes both subtle and drastic changes to many of the nutrients, which over many years will cause a cat to age more quickly, and early from one of the degenerative diseases. There are usually harmful additives present which do not occur under natural circumstances. All these changes are subtle, and slow acting.

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It may be many years before all the effects are fully seen.

IS IT POSSIBLE TO FEED THIS NATURAL DIET IN THE SUBURBS?

PROBABLY NOT COMPLETELY. However, the following, which are only suggestions, will help. Try to devise your own ideas, based on the principle outlined above.

MEAL #1

Take a whole raw chicken, or part thereof e.g. chicken wings, thigh, etc (so long as it includes bone, skin and flesh), preferably allow it to come to room temperature at least (blood heat is best – more natural) and rub in some brewer's yeast. To get a cat used to this type of food it may be necessary to use a cleaver to break the bones into small pieces., exposing some of the flesh, but essentially leaving skin and flesh intact. The piece for each cat should be approximately 2 x 3 inches (approx. 5cm x 7.5cm).

MEAL #2

Use any fresh meaty off cuts – with bone – in much the same way as above. e.g. lamb, beef, always best from young animals. For both meals #1 and #2, you can add raw liver (chicken) paté plus finely chopped garden herbs, particularly garlic, and perhaps a little bit of raw egg occasionally.

MEAL #3

Use FRESHLY minced meat (lamb/chicken/ beef) and add finely chopped chicken liver (10%) and/or heart/ kidney etc, plus a

sprinkling of brewer's yeast and finely chopped herbs, as above, including sprouted legumes, etc, if you like. Add a little bit of natural yoghurt.

MEAL #4

Small amount of rolled oats or cooked rice,



raw egg, a teaspoon of olive oil, brewer's yeast, any finely chopped herbs etc, as above, yoghurt, liver, raw minced meat, etc.

MEAL #5

A fresh whole fish or several small ones. You may remove the scales. That is all. LEAVE THE HEAD AN INTESTINES.

All of the above meals have been trialled and tested with many cats. As you will appreciate, they can all be added to and varied so long as you follow the principles outlined above. That is, the components must be presented in much the same proportions as live prey.

ADDITIONAL NOTES

When trying to change established eating behaviour in older cats, hunger (the cat's) and patience (yours), are great allies. Either change the diet slowly, or radically AFTER a period of fasting. Cats love their food fresh. Adding raw egg or finely minced meat makes food more appealing to a cat because you are increasing the protein content. Some cats like to eat alone.

HOW MUCH DO I FEED MY CAT?

Cats should only be fed when they are hungry. Some cats require feeding several times daily. Feed cats more food if they are thin and hungry – feed cats less food when they are fat. If they are not hungry, take the food away. If in any doubt about their health, seek professional help.

