

## Nothing signifies bliss better than a happy purr.

In their own dignified way, cats enhance our lives. Listed here are ways to celebrate your partnership with your feline pal, to enhance your life and theirs.



Nugget

## Crazy for Catnip .....

One out of two cats crave catnip, the fragrant herb from the mint family. The plant's buds contain an essential oil called nepetalactone that evokes such feline antics as chin and cheek rubbing, rolling and kicking, and even leaping into the air. Opt for organic, it's the most potent.

## Embrace the Power of Petting .....

Scientists report that people who pet their cats experience an increase in Theta waves, a brain wave pattern that shows a reduction in feelings of anxiety. Petting your cat for just a few minutes releases a healthy amount of positive biochemicals, those "feel-good" hormones such as dopamine, oxytocin, prolactin, and serotonin. Research shows that the good

feelings work both ways, meaning that your cat benefits as well.

## Cats Value Solitude .....

Most cats don't stick to you like Velcro every minute of the day. For many people, spending time alone is highly underrated, yet it is vital to recharge. Treat yourself to five minutes of solitude each day. If your cat wants to join you, that's fine, but no phones or other human distractions.

## A Cat's Tail – Mood Barometer! .....

When it's held loosely upright while the cat is walking, it signals confidence. A tail that flicks toward you means, "Hello, my friend." Whipping the tail from side to side or thumping it on the floor signifies agitation. A lightly twitching tail conveys relaxed alertness. A puffed-up tail indicates total fright.

## Scheduled Play Sessions .....

Kittens – and cats young at heart – are most active at dawn and dusk. That's because they are crepuscular, wired genetically to do their best hunting and play stalking during those times of day. Let the fun fly!



Primrose & Her Babies

## Buy a Handful of Peacock Feathers

and attach them to the end of a flexible pole. Then flag your cat's attention. Feathers are usually too much of a temptation to resist. In no time, your cat will be running, jumping, and performing amazing body twists and turns to snag those moving feathers.

## Head-to-tail Checkup .....

Devote a hands-on petting session weekly to scrutinize your cat's entire body, looking for lumps, bumps, sore spots, or changes in fur and skin. Don't forget to check her eyes, ears, and mouth. Your observations may help to catch a medical problem in its early stages.

## Treat your Cat Like a CEO:

### Cat Extra-Ordinaire .....

Your cat has been loyal to you since kittenhood, now is the time to increase her daily dose of pampering. One easy way is to warm a small blanket in the clothes dryer for 5 to 10 minutes, then drape it on your cat during chilly nights to help her fall asleep. You can do the same for an arthritic cat to help improve blood flow and ease muscle aches.

## Litter Box Success .....

Fill the box to a depth of three inches, and don't use perfumed litters (most cats hate flowery scents). Clean out deposits every day, and wash the litter box once a month with warm, soapy water, letting it dry completely. Never place the litter box near your cat's food or water bowls; cats don't like to eat near their bathroom spot.