

If You're Cat Crazy

Think about installing a catwalk on brackets along a wall of your family room or bedroom. It should be 6 to 12 inches wide, and hang about 2 feet below the ceiling. Provide access with a couple of perches from which to scale the heights. Most cats adore the opportunity to explore the upper strata.

Chowtime!

Sprinkle a teaspoon of kelp powder on your cat's food. Or try one standardized capsule of lecithin mixed with her food. Both help to speed your cat's metabolism and break down fats.

Warm and Cozy

Position your cat's bed near a source of warmth – near a sunny window or by the fireplace or next to a heat vent. Grab your comforter and a good book, and spend some time with your snoozing friend with you pamper yourself with quiet time as well. It's good for the soul!

As a Carnivore, your cat fares best when real meat tops the list of ingredients in his food bowl. Select premium brands of cat food that list a real protein such as turkey, chicken, or lamb as the first ingredient and avoid brands that list cornmeal, or other grains first.

Take the Ho-Hum out of your cat's commercial dry food by adding a splash of tuna juice or salt-free chicken broth to the bowl. After this saucy feast, your feline may spend extra time savoring these special extras during her meal grooming sessions because of the lingering delightful aromas from these feline "au jus" toppings.

Healthy Treat

A tablespoon of plain low-fat yogurt once a day provides calcium, a dose of "good" bacteria, and some extra liquid (yogurt is mostly water).



Bart

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Happy Cat



Happy You

**Quick Tips for
Building a Bond with
Your Feline Friend**