



**FELINE
FLUTD
DIET GUIDE**

JULIE MASSONI N.D



The information provided herein is based on my experience working with animals using natural methods to enhance their overall health and well-being through diet, detoxification, herbal medicine, and nutritional supplements.

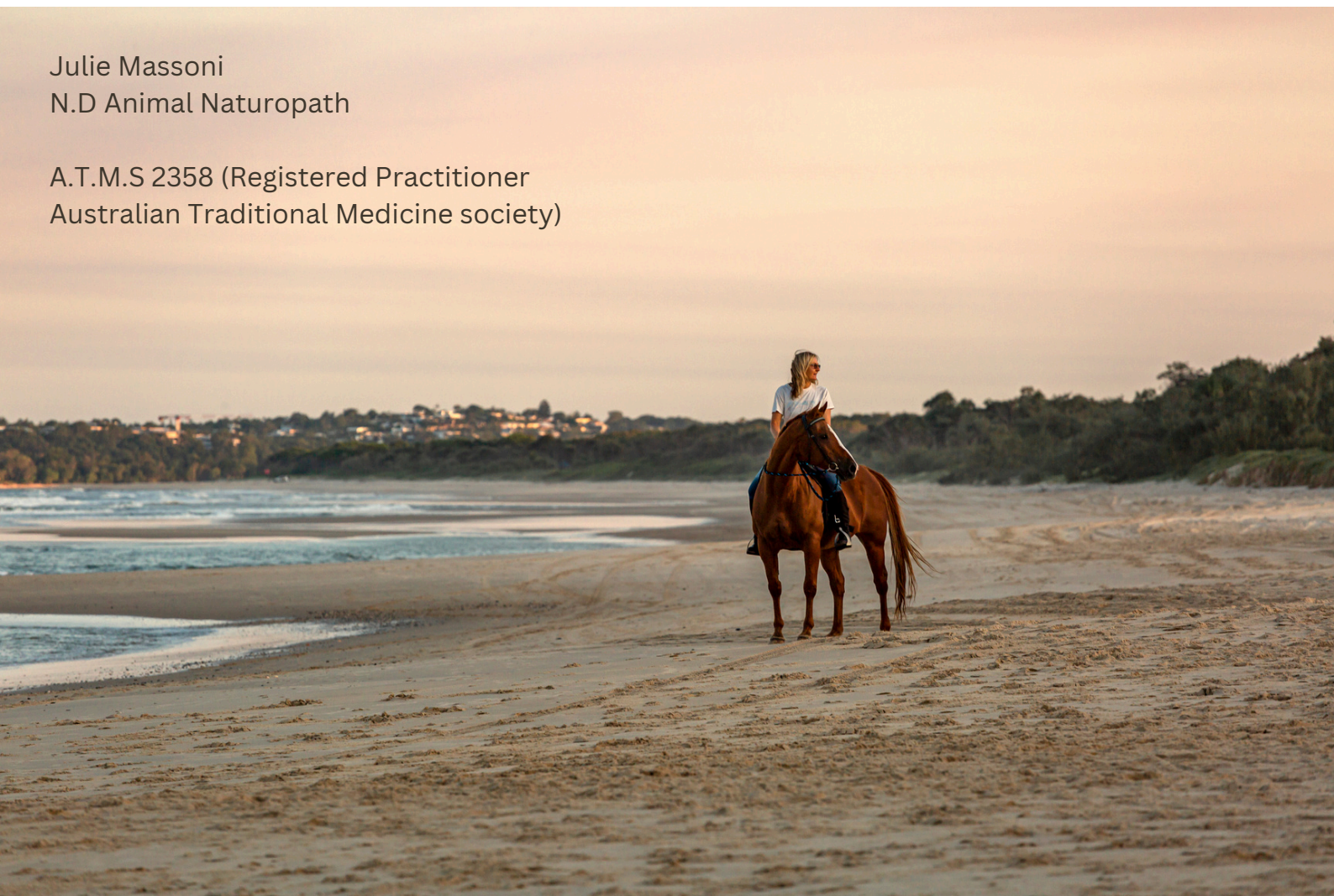
It is not intended as a substitute for professional veterinary advice, diagnosis, or treatment. The information is aimed at supporting your animal's overall health and wellbeing. Diet information is not intended to treat, cure or prevent any disease but complement and enhance overall wellness and support. Please do not stop using any medication your vet has prescribed suddenly as some medications may need to be reduced gradually only as improvement is seen. Always consult with a veterinarian for any serious health concerns for your animals.

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ABOUT

Feline Lower Urinary Tract Disease (FLUTD) is a term used to describe a range of issues affecting a cat's lower urinary tract, including:

- Inflammation of the bladder (cystitis)
- Formation of crystals or stones in the urine (urolithiasis)
- Partial or total urethral obstruction

Common Terms:

- **Cystitis:** Inflammation of the bladder, often due to bacterial infection or irritation from crystals.
- **Urolithiasis:** Formation of stones in the bladder, primarily:
 - **Struvite Crystals:** Form in alkaline urine.
 - **Calcium Oxalate Crystals:** Form in acidic urine.
- **Urethral Obstruction:** Blockage of urine flow, often requiring emergency veterinary care.

CAUSES

DIETARY



Processed dry food diets predispose cats to neutral or alkaline urine.
Imbalanced diets (e.g., muscle-meat-only diets without bone or offal) increase risks.

LIFESTYLE



Sedentary indoor lifestyles.
Stress or environmental changes.
Holding urine due to dislike of litter trays.

IDIOPATHIC CYSTITIS



Inflammation of the bladder without a definitive cause, often triggered by stress and dietary imbalances.

OTHER

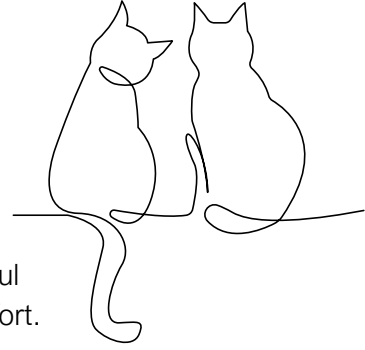


Emotional or environmental stress.
Overweight or neutered cats.
Dehydration.

SYMPTOMS

- **Blood in Urine:** Indicates urinary tract infection (UTI) or bladder inflammation.
- **Painful Urination:** Straining, crying, or frequent licking of genitals.
- **Frequent Urination:** Increased trips to the litter tray.
- **Inappropriate Urination:** Urinating outside the litter tray.
- **Inability to Urinate:** Emergency situation; seek immediate veterinary care.

URINARY TRACT INFECTIONS (CYSTITIS)



Cystitis in cats, often linked to Feline Lower Urinary Tract Disease (FLUTD), is a painful inflammation of the bladder that can lead to frequent urination, straining, and discomfort.

Cystitis is commonly triggered by stress, dehydration, poor diet, and imbalances in the urinary tract.

Processed foods, dry kibble, and inadequate water intake can contribute to concentrated urine and inflammation.

Stress—whether from environmental changes, anxiety, or lack of enrichment—can further exacerbate the condition.

A natural approach focuses on hydration through fresh, filtered water and moisture-rich diets with fresh raw food, as well as stress management techniques such as a calm, enriched environment and herbal remedies to support urinary system.

IDIOPATHIC CYSTITIS

Idiopathic cystitis, also known as Feline Idiopathic Cystitis (FIC), is a common and recurring form of bladder inflammation in cats, with no identifiable infection or underlying medical cause.

It is considered a major component of Feline Lower Urinary Tract Disease (FLUTD) and is strongly linked to stress and environmental factors.

Cats with FIC often exhibit symptoms such as frequent urination, straining, blood in the urine, and inappropriate urination outside the litter box.

Since there is no bacterial infection involved, antibiotics are usually ineffective. Instead, a holistic approach focuses on reducing stress, increasing hydration, and supporting bladder health through diet and lifestyle changes.

Stress management is key, as FIC is often triggered by changes in routine, conflict with other pets, or lack of environmental enrichment.

Providing a calm, predictable home environment, engaging toys, and safe hiding spaces can help. A moisture-rich diet of raw food—promotes diluted urine, reducing irritation in the bladder.

Natural supplements like glucosamine, omega-3s, and cranberry extract may also support bladder lining health.

By addressing both physical and emotional well-being, a holistic approach can help prevent FIC and cystitis flare-ups and improve a cat's quality of life.

URINARY CRYSTALS

Feline urinary crystals are microscopic mineral formations that can develop in a cat's urine, potentially leading to irritation, discomfort, and more serious urinary tract issues like blockages or bladder stones.

The most common types are struvite and calcium oxalate crystals, which form due to factors such as improper diet, dehydration, and imbalanced urine pH.

Struvite crystals are more likely to develop when the urine pH rises above 7.0, often occurring in cats that consume processed dry food or diets high in vegetables. In contrast, cats on a high-protein diet, particularly a raw meat diet tend to have naturally acidic urine, which helps prevent struvite formation.

Keeping urine pH below 6.6 helps dissolve struvite, while levels above 7.1 increase the risk of crystallization. On the other hand, cats prone to developing oxalate stones often have overly acidic urine (pH below 6.0).

A holistic approach to prevention focuses on providing a moisture-rich, species-appropriate diet, as dry kibble can lead to concentrated urine that encourages crystal formation.

Feeding fresh, raw food, along with offering fresh, filtered water and using cat fountains, helps promote hydration and dilute the urine.

Maintaining a balanced diet with appropriate levels of magnesium, phosphorus, and calcium is also essential, as excess minerals can contribute to crystal formation.

Additionally, stress reduction plays a key role, as anxiety can affect urinary health.



AVOID THE FOLLOWING FOODS

It is important to avoid ingestion and exposure to as many toxins as possible to support healing.

AVOID



- **Processed Pet Food:** Especially dry kibble (including “grain-free” varieties). Always read labels and avoid packaged foods that contain meat by-products or poultry by-products, which may be listed as “meat meal” or “poultry meal.”



- **Tuna:** While occasional tuna may be okay, it can become addictive and isn't nutritionally balanced. It can also be high in mercury, which is harmful in large amounts.



- **Cooked or Heated Fats:** Raw animal fat is fine, but cooked or heated fats can be harmful and difficult for cats to digest.



- **Cured Meats:** Avoid bacon, sausages, ham, and other smoked, pickled, or processed meats, as these can be high in sodium and preservatives.



- **Commercial Chicken:** Commercially farmed chicken may contain antibiotics and growth hormones, which can be harmful to cats with health issues.



- **Commercial Pet Treats:** Many pet treats contain preservatives and artificial ingredients that aren't ideal for a cat's health. Choose 100% natural options only.



- **Minced Meats with Preservatives:** Avoid minced meats that contain preservatives, as these can be harmful to your cat's health over time.



- **Sugar:** Cats don't need sugar in their diet. Avoid any foods or treats that contain sugar or artificial sweeteners, as they can lead to health problems and inflammation.



- **Grains or high starch foods:** These can alter your cats urine pH and are difficult for cats to digest.



- **Foods rich in oxalates** such as spinach and beet tops.

REDUCE INFLAMMATION

This is one of the most important recommendations for optimum health and disease prevention.

While acute inflammation is essential for healing, chronic inflammation can become harmful, leading to tissue damage and contributing to a variety of health issues. Inflammation can be triggered by infections, injury, poor diet or stress, and when it persists over time, it can disrupt normal bodily functions and negatively impact overall health.

Anything that causes inflammation in the body increases the risk for disease. The inflammatory process creates an environment in which abnormal cells proliferate.

Certain foods, especially those that are highly processed, high in trans fats, or have added chemicals, can contribute to inflammation. These foods include:

PROCESSED FOODS



Processed cat foods that include meat by-products, artificial preservatives, and fillers can contribute to inflammation due to the low nutritional quality and additives.

GRAINS AND GLUTEN



Cats are obligate carnivores, and their bodies are not designed to digest grains efficiently. Diets high in carbs can lead to obesity and chronic inflammation, as cats naturally thrive on protein- and fat-rich diets.

DAIRY



Dairy products may cause inflammation, leading to digestive discomfort and an inflammatory response.

UNHEALTHY FATS

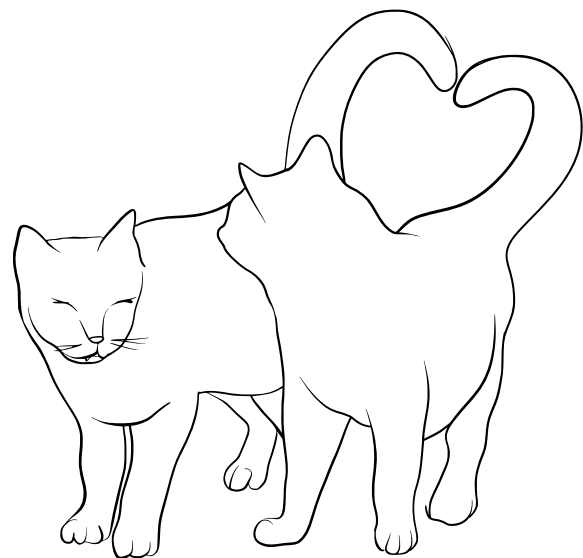


While omega-6 fatty acids are essential in small amounts, an imbalance between omega-6 and omega-3 fatty acids (found in many vegetable oils and most processed pet food) can promote inflammation.

TRANS FATS



Trans fats, commonly found in some processed foods or low-quality pet foods, can increase inflammation.



HIGH-SUGAR FOOD



Just like in humans, sugar can promote inflammation and lead to obesity, which in turn can trigger inflammatory processes.

FISH



While some cats do well with fish, others may develop sensitivities, particularly to species high in mercury (like tuna) or those prone to containing allergens.

DIET PLAYS A CRUCIAL ROLE IN MANAGING FLUTD

Diet plays a crucial role in managing Feline Lower Urinary Tract Disease (FLUTD) by supporting urinary health and preventing the formation of crystals, bladder stones, and inflammation.

A holistic approach focuses on providing a moisture-rich, species-appropriate diet with high-quality, natural ingredients. Fresh raw food is preferred over dry kibble, as increased water intake helps dilute urine and reduce the risk of crystal formation.

A balanced diet with appropriate levels of magnesium, phosphorus, and calcium, along with natural anti-inflammatory foods like bone broth and cranberries, can support bladder health.

Encouraging hydration through fresh, filtered water and the use of water fountains can further promote a healthy urinary system.

By prioritising whole foods and proper hydration, you can help prevent FLUTD naturally.



NATURAL DIET SUGGESTIONS

Nutritional therapy plays a vital role in supporting cats with FLUTD naturally. A diet packed with antioxidants, omega-3 fatty acids, immune-boosting nutrients can help nourish the body and promote overall health.

By prioritizing nutrition, you can boost your cat's well-being and potentially enhance the benefits of other natural treatments.

RAW MEAT & BONES

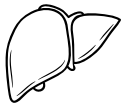
Should make up approximately 90%-95% of the DAILY RATION



- **Raw meats** - Free-range chicken, rabbit, kangaroo, lamb, beef, turkey. It is good to vary the types of meats fed including some fat and always choose preservative free.



- **Raw Bones** - Soft bones such as free-range chicken, rabbit, duck or turkey. Raw bones are an important source of minerals and essential for a balanced diet. You can feed minced chicken carcasses if unable to chew bones. **Avoid cooked bones which can be dangerous.**



- **Organ meats** - Offal includes liver, heart, kidney, brain & other organs which are vital for optimum health of your pets. They don't need much but do need to include some organ meats. Offal can be fed fresh or **dried as a sprinkle** on meals. **Cod liver oil** (source of vitamin A & D) + **Taurine** (if not eating heart) + **Green tripe** which contains amino acids not found in muscle meat.

VEGETABLES

Should make up approximately 5-10% of the DAILY RATION



- **5%-10% Vegetables** finely minced green leafy vegetables, broccoli sprouts, pureed or steamed pumpkin. **AVOID excess calcium or oxalic acid-rich foods like spinach and beet tops.**



NON-ESSENTIAL EXTRAS

The following foods are great meal toppers or treats –

COCONUT



Ideally the fresh coconut meat from the kernel, coconut milk or plain coconut yoghurt in moderation.

SEAWEED



Nori strips, dulse, wakame, and kelp are rich in minerals and can be cut up and added to food occasionally.

MUSHROOMS



Amazing superfoods that are a great addition to your dog's meals. Turkey tail (immune support, digestive support, anti-inflammatory), Shiitake (anti-inflammatory, antioxidant, antiviral), Reishi (anti-inflammatory, immune boosting, liver support), Lion's mane (nerves and cognitive support, antioxidant, immune support).

HOW TO PREPARE A NATURAL DIET

Below is a sample recipe for making your own natural cat food at home.

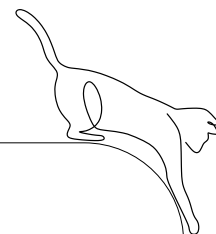
Add any remedies and nutritional supplements just prior to serving.

Be sure you try different varieties of proteins and vegetables as cats have individual tastes, so don't give in too easy - just keep trying different foods!

Offal may be fed once a week if you prefer not to add it to daily meals. We recommend freezing raw offal for 2 weeks to reduce risk of parasites or add **Greenpet Offal Topper** before serving.



RAW FOOD SAMPLE RECIPE



STEP ONE

Makes 1kg of food

Ingredients:

- Raw Meat (700g): Chicken, beef or kangaroo mince or chunks.
- Raw soft bones (150g): Minced chicken carcass
- Organ meats (100g): 70g heart + 20g liver + 10g kidney or other organs or add **Greenpet offal meal topper** before serving.
- Vegetables (50g): Finely minced vegetables (broccoli sprouts, steamed and pureed pumpkin or other green leafy vegetables)

Instructions:

1. Mince vegetables in a food processor or chop vegetables and steam until soft.
2. Combine all ingredients in a large bowl.
3. Divide into daily portions (e.g., 120g for a 5kg cat)
4. Store: Freeze portions. Thaw in fridge for 24 hours before feeding.

*Alternatively, you can omit the bone and feed a chicken neck or wing instead.

** Alternatively mince veggies in a food processor and freeze in daily portions, then defrost and add to meat, bones and offal meals.

STEP TWO

Instructions:

1. Take the thawed portion out of the fridge and allow to come to room temperature.
2. Add any **NON-ESSENTIAL EXTRAS** (meal toppers) and any remedies and nutritional supplements just prior to serving. *Be sure to follow the recommended dosage for your cats weight.*

** *It is best to feed two or three small meals daily rather than one larger meal due to reduced appetite with renal failure.*



FEEDING GUIDE

The amounts fed can vary depending on how active your cat is, so this is a rough guide only and you may increase or decrease quantities to ensure ideal weight is maintained.

Kittens: Feed 4-6% of their body weight daily, divided into multiple meals.

Adult cats: Feed approx. 2%-4% of your adult cat's ideal bodyweight daily. This may be split into two or more meals as needed.






As a daily feeding guide for a 5kg Cat, feed approximately:

- 120g meat
- 1 teaspoon veggie pulp
- Raw chicken wing or chicken neck
- Pinch of dried offal if not eating fresh offal

You can adjust these amounts based on your cat's specific activity level and nutritional needs.

TRANSITIONING

Here's a straightforward guide to help you transition your kitty to a raw food diet if they've been eating kibble or cooked food. Following this method will support your pet's adjustment to the new diet and minimize the risk of stomach upset.

-  **Day 1 - 4:** New food 20% / Old food 80%
-  **Day 5 - 7:** New food 40% / Old food 60%
-  **Day 8 - 10:** New food 60% / Old food 40%
-  **Day 11 - 13:** New food 80% / Old food 20%
-  **Day 14:** New food 100%



FOR FUSSY CATS

Make changes gradually if you need to. Add a little of the new food to their usual diet, gradually increasing the new and decreasing the old.

Serve all food at room temperature for best digestion. Do not warm in a microwave oven!

To help tempt fussy eaters try making a tasty gravy with home prepared meat broth (not processed stock) with cooked pumpkin, squash or zucchini to thicken and use to help flavour meals.

If your kitty will not eat fresh raw food, then try cooking it. If they still refuse then try a high protein canned food such as **Ziwi Peak** which is a much better option than feeding dry kibble.

ENCOURAGE HYDRATION

Offer moist foods and salt free broths and provide clean, cool, fresh water or running water sources.

BONE BROTH

Bone broth is a great addition to the diet for animals that have chronic or recurring vomiting, diarrhea, or loss of appetite or to encourage fluid intake.

To make this simply slowly cook chicken bones in water for 3 hours on low heat with a few drops of vinegar (to help dissolve the nutrients into the broth). Strain and store excess in fridge or freezer and offer the broth at room temperature or warmed slightly once or twice daily until healed.

Or we can supply a quality dried bone broth that can be added to drinking water – **Greenpet Chicken, lamb or beef broth** which is free from salt & other additives.



MAINTAIN A URINE PH OF 6.0 - 6.5

TESTING YOUR CATS URINE PH

The pH scale goes from 0 which is extremely acidic to 14 which is extremely alkaline. Neutral is 7.

- Typical healthy range: 6.0 – 6.5 (slightly acidic).
- Raw/fresh diets: often 5.8 – 6.4 due to natural moisture and higher protein.
- Kibble diets: often 6.8 – 8.0, more alkaline and concentrated.

HOW TO TEST YOUR CAT'S URINE

- Place baking paper or non-absorbent litter in the tray to catch a small sample.
- Test immediately for best accuracy.

CHECKING RESULTS

- Test a few times daily at first to find your cat's average range.
- For cats with urinary issues, daily testing during diet changes can be very useful.

At a urine pH below 6.6, struvite remains largely soluble, whereas in a urinary pH above 7.0, crystallization may occur.



EMERGENCY CARE



Signs of obstruction: If your cat cannot urinate, seek immediate veterinary attention.

Blocked Urethra: This condition requires catheterization to restore urine flow. Do not delay seeking help.

SUPPLEMENTS THAT MAY SUPPORT CATS WITH CYSTITIS

- **Himalaya Pets Nefrotec DS** – Ayurvedic Herbal formula to support the urinary tract
- **Vitamin C – (Ascorbic Acid)** 250 to 500mg twice daily added to food or diluted in water or broth and syringed slowly into side of mouth
- **Cranberry powder** is highly recommended and can be given daily in food. This helps to acidify the urine and prevent further attacks
- **Herbal Tonic – URI** : Cleavers, golden rod, echinacea, dandelion, yarrow, marshmallow & horsetail extracts.
- **Glucosamine** – May help with interstitial cystitis.

SUPPLEMENTS THAT MAY SUPPORT CATS WITH OXALATE CRYSTALS

- **Himalaya Pets Nefrotec DS** – Ayurvedic Herbal formula to support the urinary tract
- **Herbal URI OXALATE** - Barberry, couchgrass, golden rod & hydrangea herbal extracts.
- **PetzPark urinary & kidney.**

SUPPLEMENTS THAT MAY SUPPORT CATS WITH STRUVITE CRYSTALS

- **Himalaya Pets Nefrotec DS** – Ayurvedic Herbal formula to support the urinary tract
- **Herbal UCST tonic** - Marshmallow root, couch grass, golden rod, hydrangea herbal extracts.
- **Cranberry powder** is highly recommended and can be given daily in food. This helps to acidify the urine.
- **Petz Park urinary & Kidney.**
- **Vitamin C Ascorbic Acid** to help acidify the urine.

GENERAL SUPPLEMENTS FOR CATS WITH FLUTD

- **NPS Urinary support**
- **Petzpark Urinary & Kidney.**
- **Homeopet Feline Anxiety.**
- **PetzPark Stress & Anxiety for cats**
- **pH test strips**

ASK ME

NEED HELP CHOOSING THE RIGHT SUPPLEMENT?
OUR NATUROPATH IS HAPPY TO HELP,
EMAIL US HERE FOR FREE ADVICE.



TIPS FOR DOSING REMEDIES

Pill pockets are an easy way to help dose remedies if your kitty won't eat them mixed into meals.

How to make Pill Pockets:

Blend the ingredients together well and roll into small balls. Make a hole in the middle using a straw or chopstick. The size of the balls will depend on the size of your cat and the pill or capsule you are using. Place the tablet, powder, capsule or liquid drops into the pill pocket and squeeze the top over to seal then feed to your kitty.

PILL POCKETS

Almond pill pockets

- 1/3 cup almond butter or organic peanut butter (100% peanuts only)
- 1 Tablespoon almond flour

Chicken & Salmon pill pockets

- 2 Tablespoons chicken mince
 - 1 Tablespoon mashed pink salmon in water
 - 1 teaspoon quick oats or oat flour to bind
- Mix all ingredients together well, roll into balls and make a hole with chopstick and bake in moderate oven over 180C for 20 mins.

Nutty pill pockets

- 1 Tablespoon almond butter or peanut butter (100% peanuts only)
- 2 Tablespoons brown rice flour, almond or coconut flour
- 1 Tablespoon water

Coconut pill pockets

- 1/4 cup coconut flour
- 1 Tablespoon coconut oil (liquid)

Pumpkin/Apple pie pill pockets

- Mashed pumpkin or stewed apple
- 1 teaspoon gelatin powder



USEFUL TIPS

- **Grass-fed Meats:** Grass-fed meat contains less saturated fat and fewer omega-6 "pro-inflammatory fats" compared to grain-fed animals. Excessive saturated fat can negatively impact the gut microbiome. If feeding grain-fed poultry or pork, remove the skin to reduce the omega-6 content.
- **Feeding Veggies:** You can mince vegetables in a food processor and freeze them in daily portions. Simply defrost and add to meat meals if this is more convenient.
- **Bones and Calcium:** If your cat refuses to eat bones, try sourcing ground bone (some butchers will grind carcasses into mince) or supplement with calcium.
- **Serve Food at Room Temperature:** For better digestion, serve food at room temperature rather than chilled.
- **Variety is Key:** Vary the types of meats and offal in your cat's diet to help prevent the development of food sensitivities.
- **Avoid Leaving Food Out:** Don't leave food out all day. It's unhealthy for cats to nibble throughout the day or night.
- **Encourage Chewing:** Encourage your cat to chew on chunks of meat and raw meaty bones. Chewing is essential to activate digestive enzymes and maintain healthy gums and teeth.
- **Monitor Digestion:** If your cat experiences diarrhea or constipation after switching to a natural B.A.R.F (Biologically Appropriate Raw Food) diet, contact the clinic.
- **Routine Detoxification:** Routine detoxification can help clear toxins from everyday exposure. Consider using a natural zeolite supplement for this purpose.
- **Vaccination and Health:** Avoid vaccinating cats with existing health issues, as it could weaken their immune system further.
- **Access to Fresh Air and Exercise:** Allow your cat access to fresh air and sunlight, and encourage regular exercise. Domestic cats often miss out on daily physical activity that they would get from hunting prey outdoors.
- **Provide Clean litter trays** and experiment with different types of litter if needed.

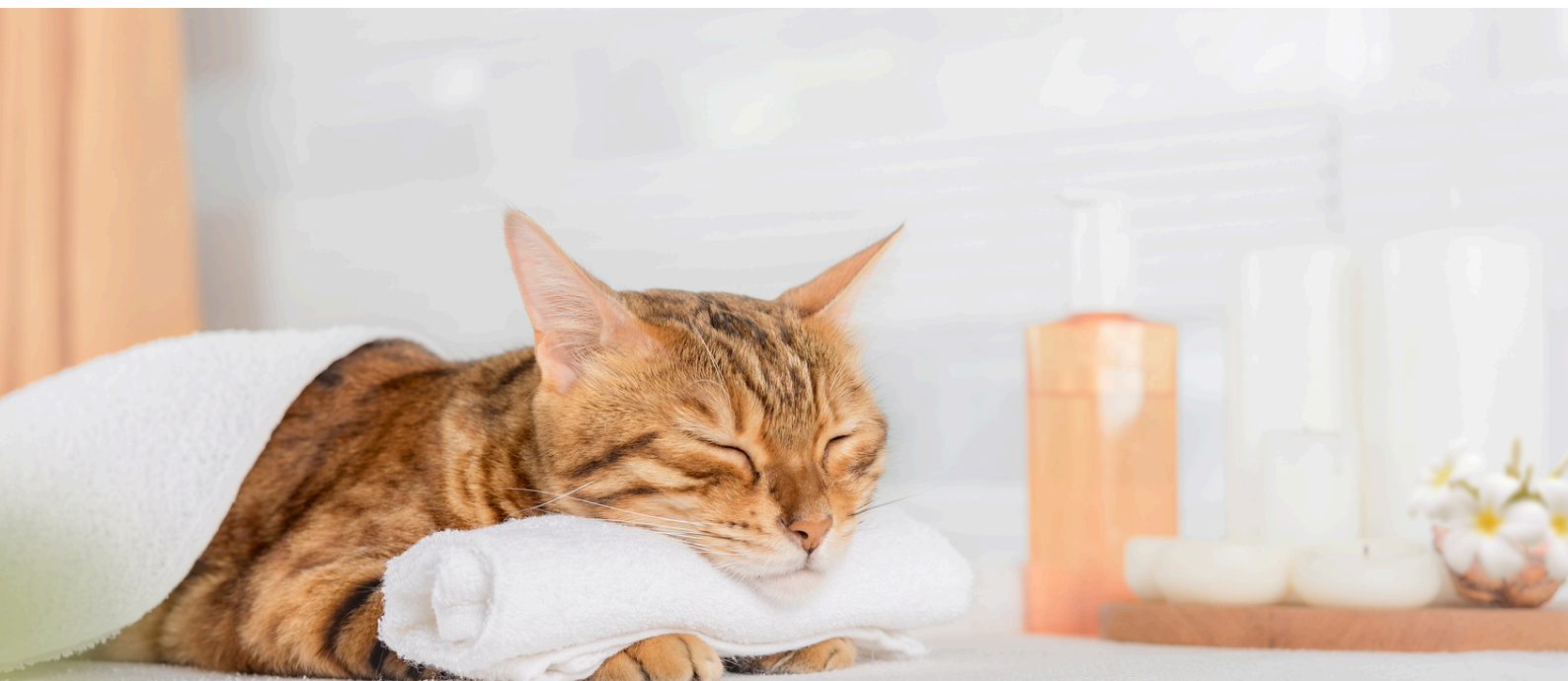


REDUCE STRESS

Stress is a major trigger for a range of health conditions so I have included some tips on reducing stress in your kitties life by creating a balanced, calm environment that meets their physical and emotional needs. Here are some key lifestyle practices to help manage stress naturally:

- **Consistent Routine:** Cats thrive on predictability. Maintaining a regular schedule for feeding, playtime, and rest helps create a sense of security and reduces anxiety.
- **Physical Play:** Daily play sessions with toys like wands, lasers, or balls allow them to release pent-up energy and fulfill their natural hunting instincts, promoting relaxation.
- **Safe Space:** Provide a quiet, cozy area where your cat can retreat when feeling stressed. This could include a comfy bed, a cardboard box, or a spot on a cat tree.
- **Mental Stimulation:** Keep your cat's mind engaged with puzzle feeders, interactive toys, or activities like hiding treats around the house. Watching birds through a window can also be enriching. Cats also like to be able to reach elevated areas
- **Affection and Bonding:** Spend quality time with your cat through gentle petting, brushing, or simply sitting nearby to strengthen your bond and provide emotional comfort.
- **Limit Stressors:** Minimize loud noises, sudden changes, or chaotic situations. Ensure they have a quiet, safe spot to retreat during stressful events like thunderstorms or visitors.
- **Proper Rest:** Cats need plenty of sleep - ensure they have undisturbed, comfortable places to nap throughout the day.
- **Environmental Enrichment:** Provide vertical spaces like cat trees, shelves, or perches to help them feel secure and allow them to observe their surroundings from above.
- **Scratching Opportunities:** Offer scratching posts or pads, which allow cats to naturally relieve stress and mark their territory.
- **Proper Litter Box Management:** Ensure you have enough litter boxes (one per cat, plus one extra) and keep them clean. Stress often arises if the box is dirty or poorly placed.
- **Access to Nature:** If safe, consider a catio (cat patio) or supervised outdoor time with a harness to provide fresh air and natural stimulation.

By incorporating these natural stress-reduction practices into your kitty's daily life, you can help them feel more secure, relaxed, and balanced.



REDUCE EXPOSURE TO TOXINS

AVOID



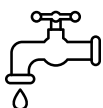
- **Cigarette Smoke:** Smoking indoors can lead to toxicity, especially for indoor cats who are exposed to secondhand smoke.



- **Plastic or Aluminum Bowls:** Avoid feeding or giving water from plastic or aluminum bowls, as they can leach toxins into food and water. Use stainless steel or ceramic bowls instead.



- **Herbicides & Pesticides:** Keep herbicides and pesticides away from your garden, as cats are closer to the ground and have more contact with these toxic chemicals.



- **Chlorine & Fluoride in Water:** Tap water in many areas contains chlorine and fluoride, which may not be ideal for cats. Consider using filtered, spring, or rainwater.



- **Vaccination Boosters:** Over-vaccination can weaken your cat's immune system. You can request a Titre test from your vet to check immunity levels, as many cats don't need yearly booster shots.



- **Toxic Flea & Parasite Products:** Flea and parasite treatments that aren't safe for human skin contact should be avoided. Use these products cautiously, as they can have side effects and long-term health impacts. Try to choose natural alternatives when possible.



- **Toxic House Plants:** Some indoor plants are toxic to cats. Always have cat grass available for indoor cats to prevent them from nibbling on harmful plants. Be sure to research any plants you have in the house to ensure they're safe for cats.



- **Air Fresheners:** Many air fresheners can be toxic to cats. Avoid using plug-in products, scented candles, and fragrant room sprays unless they are explicitly labeled as safe for pets.



- **Cleaning Products:** Common cleaning products, such as bleach, disinfectants, and drain cleaners, can be hazardous. Always keep them out of your cat's reach and ensure proper ventilation when using them.



- **Essential Oils:** Some essential oils are toxic to cats, as they are much more sensitive to these than humans or dogs. Be cautious with their use around cats, particularly if they are undiluted or used in diffusers.

KEY TAKEAWAYS

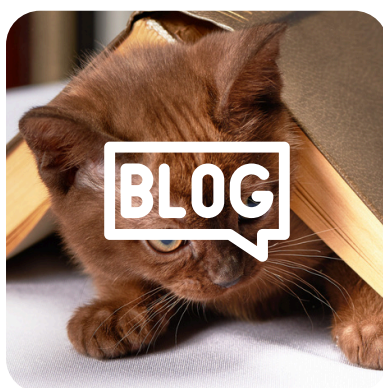
- FLUTD is often preventable with proper diet and care.
- Regular monitoring and quick action can help avoid serious complications.
- A natural, moisture rich diet supports urinary health and reduces risks.

For more personalised guidance, please book an **online consultation** with our animal naturopath.

CHECK OUT THE FOLLOWING BLOG LINKS FOR MORE INFORMATION:



Worm & Parasite Control



Pottenger Cat Study



Tempting Fussy Eaters

