

Tit: Natural Cat Care
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was before I knew about the dangers of conventional vaccines). It would take two weeks of antibiotics before the symptoms seemed to disappear. The second to last time Romeo was vaccinated, he ran 105° fever and was almost comatose four hours after receiving the shot. I helped him by giving him fluids, syringe feeding him broth for days. The next year the veterinarian insisted on vaccinating him again, giving him a dose of the antihistamine Benedryl first, thinking he was simply allergic to the adjuvant. Four hours later he was running a fever of 105.5° and staring into space. Once again I rushed him to the emergency hospital, where he was given 10 mg of prednisone and fluids, with instructions from the emergency veterinarian never to vaccinate him again!

Allopathic veterinarians will tell you that Romeo's reaction was rare, but I'm hopeful that eventually they'll recognize, just as holistic veterinarians have, that the possible long-term effects (such as chronic disease) are just as dangerous as Romeo's immediate and acute reaction. Vaccinations, in my opinion, actually gave him the disease against which they were supposed to be protecting him.

My first Tonkinese litter contained four of the healthiest, most beautiful kittens I'd ever seen. The evening of their first kitten series of three-way modified live vaccine, they all ran a 105° temperature. One kitten's eyes crossed from the acute conjunctivitis and high fever. Another's eyes were damaged as a result of the infection, and a third's eyes still run to this day. Coincidence? Genetics? I don't think so. My veterinarian didn't make the connection to the vaccine, and inoculated them three more times, completing the kitten series. The last two vaccinations were four way, including immunization for chlamydia. I thought this was

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extraordinarily risky because it was my understanding that cats were never supposed to be vaccinated when sick.

The terrible and costly ordeal continued: Consultations with eye specialists mounted into thousands of dollars. Extensive blood work was performed. Steroids and antibiotics were administered. All these procedures only made matters worse. It took me over a year to restore health to these precious kittens through the use of homeopathic remedies.

To make matters even worse, after this episode Chloe developed a cyst at the site of her last vaccination. Celina's hair fell out in a big round patch at her vaccination site, and several other cats suffered from a general malaise. Conventional veterinarians consider a symptom or condition to be a side effect only if it occurs within seventy-two hours of the vaccination. But holistic veterinarians tell me that vaccinosis can occur any time during the life of our cats.

To understand the concept of vaccination, imagine if I handed you a glass of bovine urine to drink and told you it was good for you, and would keep you from getting sick. This is, in effect, what we're doing when we subject our cats to these suspicious substances. The vaccines we so readily inject into our animals' bodies and our own may contain any of the following noxious ingredients: decayed animal or animal embryo proteins, pus, blood, diseased mucus, urine, feces, formaldehyde, acetone, mercury derivatives, aluminum, carbolic acid, glycerine, and even antibiotics (in order to protect the virus particles from bacterial contamination). And to think this is what we've been convinced produces resistance to disease!

The bottom line is that unhealthy animals should not be vaccinated, and healthy ones don't need to be because they can

First, as always, I recommend you become the client of a holistic veterinarian. Interview several to find out their philosophy regarding treatment and vaccinations. Let them know you want to do the absolute best for your cat and ask what they recommend. After this process, if you still wish to vaccinate your cat, the choice is yours. If you do have your cat vaccinated, please make sure she's as healthy as possible at the time, and that she does not receive any other treatment, such as surgery or even a bath, during the same visit.

If you must vaccinate, I recommend (as Dr. Schultz does) only the single (not the three- or four-in-one) killed distemper (feline panleukopenia) vaccine for kittens nine weeks of age, followed by a booster three to four weeks later. Use homeopathic remedies for any side effects that may occur, and remember that a vaccine is supposed to provide lifetime protection. Further boosters, as previously mentioned, are of little or no benefit. I've found most veterinary clinics want automatically to update vaccinations when animals are brought in for their annual visits, so you must tell your veterinarian why you wish to stop this practice, and make sure he puts a note to this effect in your cat's records.

If you must bring a sick cat to a veterinarian you don't know and that veterinarian wants to vaccinate, I urge you to refuse, reminding him of the manufacturer's instructions accompanying the product—that it is to be administered to healthy cats only.

Animal nutritionist and author Pat McKay warns not to vaccinate cats during pregnancy.²³ For that matter, it's not a good idea during any time of stress on the immune system, such as when you have to board your animal at a kennel. Even the simple act of bathing a cat lowers the body temperature and thus

creates stress. So if you choose to vaccinate, please follow the advice of the pharmaceutical companies and of your holistic veterinary practitioner regarding administration.

To me, there is no safe time. How do we know whether our cats are incubating a disease or are immunosuppressed? I can only suggest you consult with a practitioner well versed in veterinary homeopathy and then weigh the risks. I hope this information will help you make your own decision, rather than having one forced upon you—out of fear, habit, or ignorance—by your breeder or veterinarian.

If a rabies vaccine is required for cats by law, either in general or for travel, please use only a killed virus vaccine. Most states only require this vaccine every three years, but several insist on annual vaccinations. Many states still don't legally mandate rabies vaccines for cats, so check with your local holistic veterinarian. Drs. Chambreau and Pitcairn highly recommend giving the homeopathic nosode Lyssin 30C two hours after the rabies vaccine has been administered, but only if the animal isn't under deep homeopathic treatment. Again, be sure the cat is as healthy as possible at the time of vaccination. If she isn't well, try obtaining a letter from your holistic veterinarian saying that a health risk would be incurred if the animal were to be vaccinated in its present condition. This letter may allow you time to build up the animal's constitution before risking another vaccination.

What about animals that have already been vaccinated? Some may have not been negatively affected at all. Most will be showing subtle signs of energy imbalance. And many will be obviously ill with any or several of numerous ailments. It's best to contact a holistic practitioner as soon as you observe any problem, and begin treating the observable signs. Of course, at this

diameter, with the hind legs being longer than the front. The internal structure of their bones became coarser, and they showed evidence of calcium loss.

By the third generation, their bones had become as soft as rubber, and bone infections were common, as were heart problems; nearsightedness and farsightedness; marked irritability; parasites, skin lesions, and allergies; underactive or inflamed thyroids; infections of the respiratory system, kidneys, liver, genital organs, and bladder; arthritis and inflammation of the joints, inflammation of the nervous system, paralysis, and meningitis. By this time the cats were so physiologically bankrupt that none survived beyond their sixth month, thereby terminating the strain.

Some of the cooked-meat-eating females were dangerous to handle, including a trio nicknamed Tiger, Cobra, and Rattlesnake for their proclivity toward biting and scratching. The males, on the other hand, became more docile, often to the point of being unaggressive, and their sex drive was "slack or perverted." This diet seemed to have caused a role reversal, with the females becoming the aggressors and the males becoming passive; there was also evidence of "increasingly abnormal activities between the sexes." Such sexual deviations were never observed among the raw-meat-eating cats.

The average weight of kittens born to cooked-meat-eating mothers was nineteen grams less than the raw-meat-nurtured kittens. Diarrhea and pneumonia took a heavy toll on the cooked-meat group of kittens, and they developed all kinds of allergies. They sneezed, wheezed, scratched, and were irritable. In autopsies the intestinal tract of cooked-meat-eating cats measured seventy-two to eighty inches long (six feet or more),

whereas the normal length for an average cat is forty-eight to forty-nine inches (approximately four feet).

Dr. Pottenger summed up his study by saying that the elements in raw food, which activate and support growth and development in the young, appear easily altered and destroyed by heat processing and oxidation. Just one year of a diet considered adequate for human consumption could so reduce the vitality of cats that it could take them as much as three years to recover, if they could recover at all. It took three to four generations on the raw meat diet to reverse these problems genetically.³⁷

So you can see how vital this information is to us breeders and to those of you who share your homes with cats. We can't blame genetic deficiencies and chronic diseases simply on luck. We have a responsibility to provide each new generation with what it needs to be better than the last, or we won't have our animal companions around much longer.

At the time of Pottenger's research, the nature and composition of the vital elements in raw food was unknown, but it was known that ordinary cooking denatures proteins, making them less digestible for carnivores. The modern pet food industry would argue that all of the essential amino acids destroyed by cooking are added back in the form of supplements. It is true that if that study were repeated today, all kinds of vitamin and mineral supplements would be added to the cooked diet, and we now have antibiotics, which might save or prolong those nutritionally deprived cats' lives.

The fact remains that cats get benefits from raw meat that they can't get from cooked, bagged, or canned foods. For even if a cooked food diet could provide essential nutrients, it doesn't