



Thriving Pets



THRIVING PETS

Holistic Pet Care for Cats & Dogs

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INTRODUCTION

A Holistic Guide to Supporting Your Animal's Health and Happiness

Our pets give us so much—companionship, loyalty, and love. In return, they deserve a life of vitality, comfort, and nourishment. This guide offers simple, natural ways to help your cat or dog thrive, from raw feeding basics to holistic health tools, enrichment tips, and more.

Whether you're just starting your journey or refining what you already do, we hope this resource inspires a deeper connection with your animal companion—and a life of mutual wellbeing.

THE POWER OF RAW FOOD

There's a famous cat study by Dr. Francis M. Pottinger that tracked 6 generations of cats, with one group being fed a whole prey raw diet (including organs and bones and raw milk) and the other group being fed cooked meat. (Note: this cooked meat group was not a canned food or kibble situation--which is even less nutritionally sound!)



Raw-fed cats had:

- No chronic disease
- Healthy skin and coats
- Long life spans
- Healthy birth outcomes
- Wide jaw/facial structure

Cooked-fed cats developed:

- Heart problems
- Thyroid inflammation
- Organ infections (kidneys, liver, bladder)
- Joint inflammation and arthritis
- Nervous system degeneration

You can review the study in greater detail through Dr. Pottinger's book:

<https://amzn.to/4j5xeuh>

HOLISTIC CAT CARE GUIDE

WHAT TO FEED

Go with raw—ideally antibiotic-free meat and raw milk if it's available. It's easier than you might think, and often cheaper than the processed canned stuff.

Best choices:

- Mice, rabbit, duck, quail, turkey, chicken, fish – mimic your cat's natural prey. (If your cat is particularly fond of beef, use it from time to time.)
- Raw grinds (with organs and bones) make this easier than DIY mixing.

If mixing yourself:

- 80% muscle meat
- 10% bone (ground fine, especially if it's from a large animal)
- 10% organ meats (rotate: heart, liver, tripe, kidney)



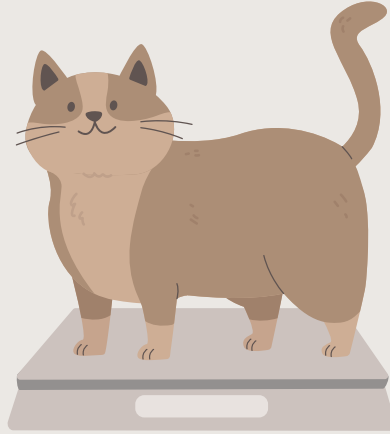
Add taurine::

- Cats need taurine. Add a taurine supplement unless feeding heart daily.

HOW MUCH TO FEED

General rule:

- Feed **2%-3%** of your adult cat's body weight per day.



For example, a 10 lb cat needs 3.2-4.8 oz per day (split into 2-3 meals).

SAMPLE RECIPE (2.5 LB BATCH)

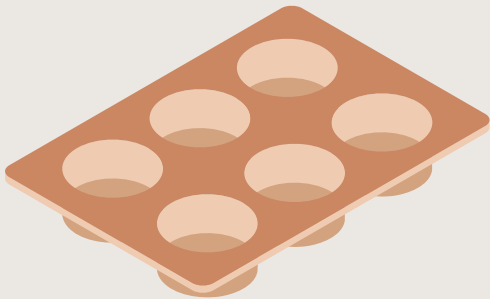
- 2.5 lb ground bird
- 10 g taurine powder (approx. 2-3 tsp)
- Filtered water (added at serving)

Optional Add-ons:

- Salmon oil (omega-3s)
- 2 tbsp psyllium husk (fiber)
- 2 egg yolks (nutrient-rich)
- 1 tsp spirulina or moringa (anti-oxidant, anti-inflammatory, detoxifying, vitamins & minerals, digestive support)

FOOD PREP & STORAGE

Mix any powders (taurine + supplements of choice) with the meat grinds. If you choose to add egg yolks mix those in as well. Salmon oil you could add before serving the food or at this stage. Up to you. Do NOT add water at this stage. Water should always be added right before serving the food (just enough to help your cat's hydration, you're not trying to create a soup!).



Once all your ingredients are mixed together we recommend scooping them into silicone muffin trays in daily portion sizes appropriate for your cat's weight. Stick the muffin trays in the freezer and voila! Pop out the daily serving the night before and allow it to defrost in the fridge. Split it 2 or 3 ways, mix in a bit of water and serve it to your kitty.

It sounds like a lot of work but we promise it's actually super easy once you get the system going.



SOURCING RAW FOOD & SUPPLEMENTS

Ideally, you'd source your raw meat grinds locally—working with regenerative farms in your area or connecting with local pet food suppliers who do the mixing for you. But we know that's not always available. That's why we're including one of our trusted sources that **ships nationwide** and offers **free local pickup** if you're nearby.

☀️ Our Preferred Source for Raw Meats & Treats

Raw Feeding Miami [🔗 rawfeedingmiami.com](https://rawfeedingmiami.com)

In addition to quality raw grinds that include bone and organ meats, they also carry some excellent treats and supplements. Here are a few of our favorites:

- **Raw Organic Goat Milk**
 - Green Juju Raw Goat's Milk - a probiotic-rich, immune-boosting superfood
- **Freeze-Dried Beef Liver Treats**
 - Beef Liver Treats - great for training or as a high-value snack
- **Fermented Turmeric & Coconut Oil Paste**
 - Lua's Golden Paste - fantastic for inflammation support, especially for senior pets

💛 Taurine Source (Essential for cats)

Know What You Feed [🔗 https://knowwhatyoufeed.com/](https://knowwhatyoufeed.com/)

We love this supplier for their food-grade taurine powder—a critical supplement if you're not feeding raw heart meat daily.

Food-Grade Diatomaceous Earth (DE)

If you have a kitty with a **pre-existing health issue, flea or parasite issue** as might be the case with various adoption scenarios, this compound is a great holistic supplement to consider. It can be **sprinkled on food for internal use** or **applied to fur for bug infestation problems**.

Chemical-free DE is deadly to insects and arachnids, yet it is safe for you and your cat. When bugs/fleas walk through it, it sticks to them and sucks away their moisture, eventually killing them by dehydration.

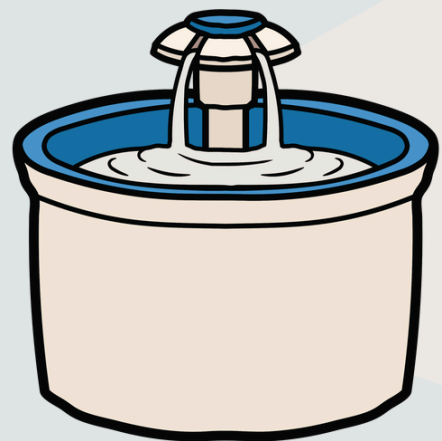


A NOTE ON HYDRATION

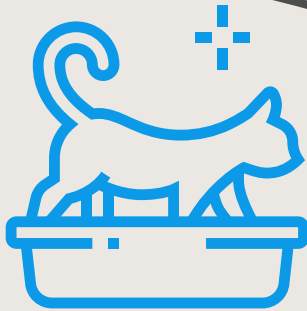
Cats are notoriously not great at consuming still water in a bowl. In the high EMF world that we live in, dehydration is a chronic issue that's difficult to address. It's not just about adequate consumption of water but also about the body's ability to absorb and use the water that we consume AND generate its own water.



✓ **Solution:** Get a running water fountain for your cats unless they have access to spring water outside. Provide your animals with filtered and structured drinking water. Interestingly given the option between standard filtered water and structured filtered water, pets naturally gravitate toward the latter! Mitigate the electromagnetic fields in your home.



Litter Talk: What We Use & Why



Avoid litters with:

- Chemical fragrance
- Silica dust
- Bentonite clay



We've tested a wide range of cat litters—some were decent, many were downright toxic to both humans and cats. After much trial and error, we've found a favorite: Catalyst Pet Litter

Why We Like Catalyst:

- No respiratory issues (for us or our cats)
- Minimal odor without perfumes
- A little goes a long way thanks to good clumping
- Cats like it

PLEASE NOTE

Catalyst is not flushable. Dispose of it in the garbage to keep your plumbing flowing!

What About Toilet Training?

- Believe it or not, we've had cats who—after observing human behavior—were interested in using the toilet. If your cat shows curiosity and you're open to trying this method, go for it!
- We've also known indoor/outdoor cats who preferred pooping outside but used a bathroom sink for urinating while inside. If it works for you and your cat, it can be a natural way to bypass litter altogether.

Environmental Enrichment and Stress Reduction



An enriched environment is essential for cats to thrive. Providing a home that meets a cat's instinctual needs—such as vertical spaces, hiding spots, and play opportunities—leads to a more content and well-adjusted pet. A content cat is less likely to exhibit stress-related behaviors that might lead to neglect of self-grooming. This is less of an issue for indoor-outdoor cats, as they are perfectly capable of finding their own entertainment outside.



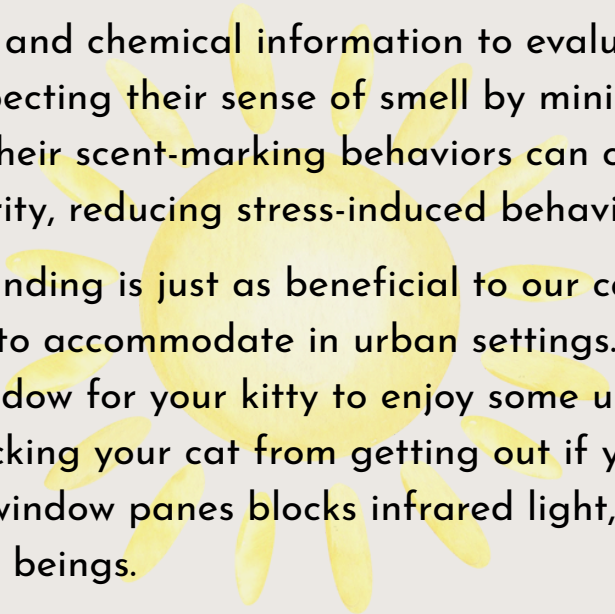
Positive, consistent, and predictable human-cat interactions can reduce stress and enhance the human-cat bond.



Cats use olfactory and chemical information to evaluate their surroundings. Respecting their sense of smell by minimizing interference with their scent-marking behaviors can contribute to a sense of security, reducing stress-induced behaviors.



Sunshine and grounding is just as beneficial to our cats as it is to us, but more difficult to accommodate in urban settings. Do what you can. Maybe open a window for your kitty to enjoy some unfiltered sunlight (with a screen blocking your cat from getting out if you have an indoor cat). Glass in our window panes blocks infrared light, which is highly beneficial to living beings.





RETHINKING MONTHLY MEDICAL PROTOCOLS



Terrain Over Treatment

Our core belief is simple:

When you support the body's terrain, the body knows what to do.



This principle applies just as much to pets as it does to people. Through years of research—and personal experience—we've crossed what we like to call an "epiphany bridge," stepping away from many of the ideas we were once taught about animal care.

Why We Don't Promote Mainstream Preventative Protocols

We do **not** advocate for the conventional model of monthly medications for prevention. While popular in modern veterinary care, we've found that focusing on **nutrition, environment, and overall vitality** often results in more robust, long-term health.

That said, we absolutely recognize that **veterinarians play an important role**—especially in emergency situations requiring surgery or trauma care.

What We've Seen

Pets on a **raw diet**, living in a **clean, low-stress environment**, and supported with natural tools often:

- Require little to no medical intervention
- Experience fewer chronic conditions
- Live longer, happier lives



Holistic Health Support Kit

Here are a few natural tools we keep on hand for general support:

- **Diatomaceous Earth** (mentioned earlier) - internal parasite control & flea management
- **DMSO + Aloe Blend** - for cuts, scrapes, and inflammation
- **Omega-3 Oil** - supports joints, skin, and overall vitality
- **Colloidal Silver** - gentle antimicrobial for eyes, ears, wounds, or internal use in moderation

HOLISTIC DOG CARE GUIDE

WHAT TO FEED

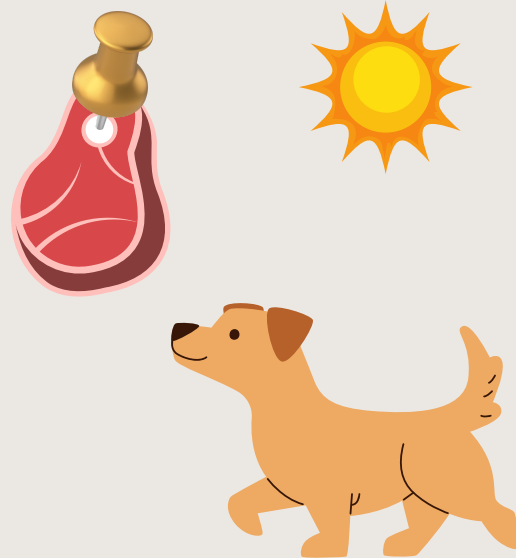
Go with raw—ideally antibiotic-free meat and raw goat milk if available. It's easier than you might think, and often more affordable than processed kibble or canned food.

Best choices:

- Chicken, beef, lamb, turkey, duck, rabbit, fish – think in terms of what a dog might scavenge or catch in the wild. Variety is key to getting a full range of nutrients.
- Raw grinds (with organs and bones) make this easier than DIY mixing.

If mixing yourself:

- 70-80% muscle meat
- 10% edible bone (ground fine, especially from larger animals)
- 10% organ meats - at least half of this should be liver
- Optional: 5-10% blended fruits and vegetables (like leafy greens, carrots, or blueberries)



Supplementation:

- Dogs don't require taurine supplementation the way cats do, but it doesn't hurt to include heart meat, egg yolks, or shellfish from time to time to naturally support heart health.

HOW MUCH TO FEED (DOGS)

General rule:

- Feed **2.5%** of your adult dog's body weight per day.



For example, a 10 lb dog needs about 4 oz per day (split into 2 meals).

Puppies and active dogs may need more (3-6%).

SAMPLE RECIPE (3 LB BATCH)

- 3 lbs ground meat (with bone)
- 6 oz liver + 6 oz other organ (heart, kidney, spleen)
- Optional: 1 cup blended spinach, blueberries, carrots
- Add filtered water just before serving

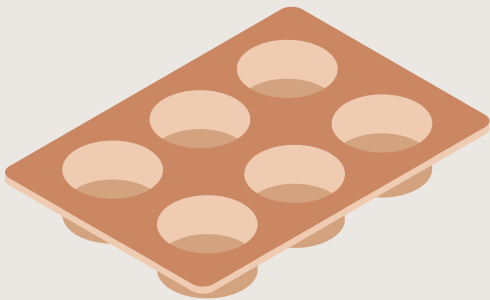
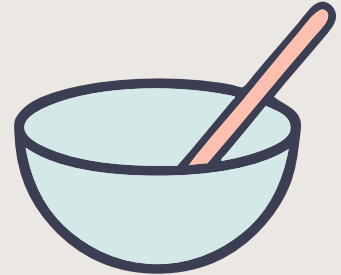
Optional Boosters:

- Egg yolks
- Spirulina or kelp
- Turmeric paste
- Bone broth

FOOD PREP & STORAGE

Mix any powders or supplements you're using (like spirulina, slippery elm, or kelp) directly into the meat grinds. If you're adding egg yolks, mix those in too. Fish oil or other liquid supplements can be added at this stage or drizzled on just before serving—whatever works best for your routine.

Important: Do not add water yet. Just like with cats, it's best to add a little filtered or structured water right before feeding to support hydration, especially if you're not serving raw goat milk alongside the meal.



Once everything is well mixed, we recommend portioning the food into silicone muffin trays based on your dog's daily serving size. Freeze the trays, then pop out a daily portion the night before and let it defrost in the fridge overnight. When it's mealtime, add a splash of water or broth if desired, and serve it up!

It might sound like a lot of steps, but once you get into a rhythm, it's surprisingly easy—and way more rewarding than scooping out kibble from a bag.



SOURCING RAW FOOD & SUPPLEMENTS

Ideally, you'd source your dog's raw meat grinds locally, working with regenerative farms or pet food suppliers who include **bone and organ meats** in their blends. But we know that's not always an option. That's why we're sharing a **trusted, nationwide source** that makes it easy to feed your dog well—no matter where you live.

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 - Lua's Golden Paste - fantastic for inflammation support, especially for senior pets

Food-Grade Diatomaceous Earth (DE)

DE is a natural, non-toxic tool for flea, tick, and internal parasite prevention. It's especially helpful for dogs who spend time outdoors, at daycares, or in multi-pet households.

- Sprinkle a small amount on food (internal parasite control)
- Lightly dust coat for flea management
- Always use **food-grade**, chemical-free DE

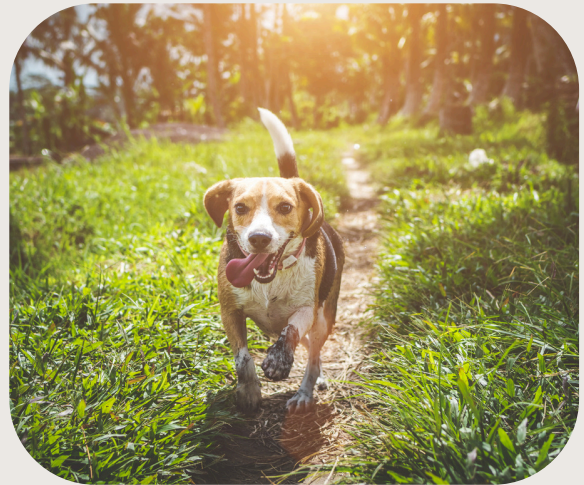
💡 DE works by dehydrating bugs—it's safe for dogs and humans, but deadly to pests.

Environmental Enrichment and Stress Reduction



An enriched environment is just as important for dogs as it is for cats—maybe even more so. Dogs are deeply social, sensory-driven animals who thrive when they have a mix of structure, stimulation, and connection.

A dog's ideal environment meets their core needs: **mental engagement, physical movement, scent exploration, and emotional bonding.** Dogs without enough stimulation can develop stress-related behaviors like destructive chewing, excessive barking, or withdrawal.



Simple daily practices go a long way:

- Allow for **sniff walks**, where your dog sets the pace and follows their nose.
- Offer **play, training games, or puzzles** to keep the mind sharp.
- Create a **safe, low-EMF** resting space where they can fully relax.
- Maintain **calm, predictable routines**—dogs love knowing what to expect.

Just like us, dogs benefit from **natural light and grounding time.** Let them bask in sunshine, roll in the grass, or walk barefoot (paw-foot?) on natural earth when possible. In apartment living or high-EMF homes, even a few minutes a day in sunlight or a window with fresh air can make a difference.

At the heart of it all: **presence and connection.** Dogs flourish when they feel bonded with their humans—seen, understood, and invited to be part of the pack.

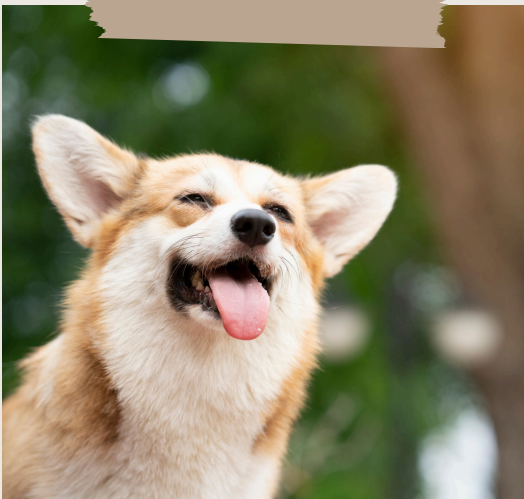


NATURAL SUPPORT FOR BODY & BALANCE

Simple tools to support your dog's body without overmedication.

Grooming & Detox Support

- Regular brushing helps the body detox via the skin
- Bathe occasionally with natural, unscented shampoos
- Use coconut oil for hot spots or dry skin



Parasite & Flea Prevention

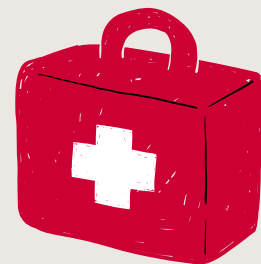
Avoid monthly chemicals unless truly needed. Try:

- **Diatomaceous Earth** (internal + external)
- **Neem or cedarwood sprays**
- **Flea combing** and regular skin checks

Holistic Health Support Kit

These natural tools cover the basics:

- **Colloidal Silver** - for eyes, ears, wounds
- **Omega-3 Fish Oil** - for joints, coat, and inflammation
- **Diatomaceous Earth** - internal/external parasite management, use only food grade
- **Slippery Elm** - for digestive issues
- **Raw Goat Milk** - rich in probiotics and hydration





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