Free Introductory Guide

THINKING OF GETTING A TORTOISE OR WANT TO GO THE EXTRA STEP IN THE CARE OF YOURS?





BY DR. NOÉMIE HOFMAN



🐢 WELCOME

If you're thinking about bringing a tortoise into your home, or already have one, you're in the right place.

As a veterinarian with nearly a decade of experience working with exotic pets and wildlife, I've seen firsthand how even well-meaning owners struggle. Most of the issues I treat could have been prevented with the right husbandry, diet, and early education. That's why I created this free guide: to help you start on the right foot, without confusion, guilt, or avoidable vet bills.

This short introduction is here to support:

- 🧍‍♀️ First-time reptile owners who want to understand the reality of care
- 👧 Families who want to keep their kids safe while keeping their tortoise healthy
- 🐢 Owners who already have a tortoise but want to do better

7 COMMON MISTAKES TORTOISE OWNERS MAKE
(THAT YOU CAN AVOID)



1. **Assuming tortoises are low-maintenance**
They're not. They need space, light, heat, UVB, and consistent care.

2. **Feeding an unbalanced diet**
Many tortoises suffer from soft shell, overgrowth, or organ disease simply due to poor diet.

3. **Buying the wrong species**
Some species don't hibernate. Some grow massive. Some need dry heat. Do you know the difference?

4. **Relying on Google or forums**
The internet is full of contradictory or outdated care advice.

5. **Not providing proper lighting**
Without real UVB light, tortoises cannot absorb calcium. Even if you're feeding it.

6. **Keeping them indoors 24/7**
Tortoises are outdoor animals by nature. Indoor setups must replicate nature, not a box.

7. **Ignoring early warning signs**
Lethargy, lack of appetite, or overgrown beaks often go unnoticed until it's urgent... and expensive.



WHY YOU'RE HERE

(AND WHY THIS MATTERS)



You're not here because you're a bad owner. You're here because you care. And because deep down, you know there's more to it than a glass tank and lettuce.

You want to:

- Do it right. From the start
- Avoid preventable problems
- Keep your tortoise healthy, active, and happy for life
- Be part of the minority of owners who truly understand their animal's needs

And I want that for you too.

WHO AM I

(AND WHY THIS MATTERS)



About Me



I'm Dr. Noémie Hofman, an experienced vet working with domestic and exotic animals, from tortoises and birds to wildlife and zoo species. I've seen hundreds of cases where animals suffer simply because the owner was misinformed — or misled.

I've created this course as a clear, calm, and expert-led solution to the confusion. Not based on opinions, but on years of clinical experience, species-specific research, and the daily realities of animal care.

This free guide is just the beginning.





WHAT YOU'LL LEARN RIGHT NOW

The most important things to know before getting a tortoise:

- Tortoises need year-round access to heat, UVB lighting, fresh food, and outdoor time.
- They can live for 50+ years — choosing to care for one is a long-term responsibility.
- Their care differs significantly from lizards or snakes. They don't thrive in glass tanks.

Which species are beginner-friendly, and which to avoid:

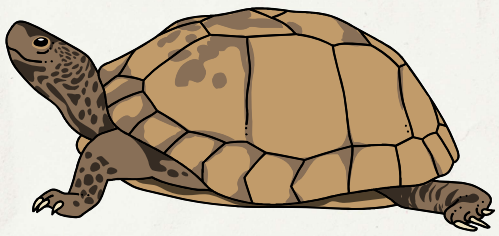
- Great for beginners: Hermann's, Russian, Greek, Marginated tortoises
- Better for experienced keepers: Sulcata, Leopard, Indian Star, Egyptian
- Why? Size, temperature needs, humidity sensitivity, and hibernation all vary dramatically

What makes tortoise care different from other pets:

- Tortoises are outdoor-focused animals. Most need natural light and grazing
- They hide signs of illness. You need to learn subtle warning signs early
- Poor care takes years off their lifespan. And many issues aren't reversible

The basic checklist for housing, diet, lighting, and hygiene:

- **Housing**: Enclosure must be escape-proof, diggable, and large (indoor AND outdoor)
- **Diet**: Greens, weeds, flowers: not fruit or high-protein vegetables
- **Lighting**: Full-spectrum UVB light for 10–12 hours/day indoors
- **Hygiene**: Daily spot cleaning, clean water, and safe substrate (no sand-only setups)



A GLIMPSE INTO THE FULL COURSE

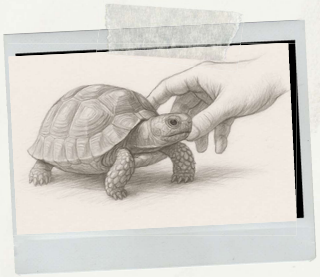
(WHAT YOU'LL DISCOVER IF YOU GO FURTHER)



- **Housing:** Learn how to design enclosures that change with the seasons, and how deep substrate or shade actually prevents stress and shell damage.

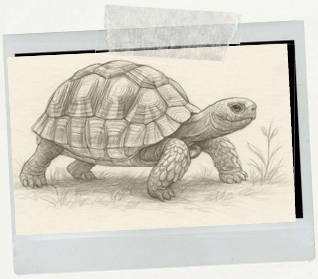
- **Nutrition:** Understand which weeds and plants promote shell strength and why feeding too much fruit can cause long-term harm.





- **Health & Prevention:** Spot subtle signs of illness before they become emergencies, and why overgrown beaks or pyramiding aren't just cosmetic issues.

- **Behavior:** Learn what your tortoise is trying to tell you through movement, hiding, or basking, and how to reduce stress through design.





- **Printable tools:** Species-specific plans, feeding planners, and care checklists tailored to your tortoise.

What's Next

If you're ready to go further, my full course includes:

- In-depth species-specific care sheets
- Nutrition planners and feeding guides
- Housing plans with diagrams
- Printable charts and vet tips
- A complete 5-module video series

> But for now, I just want you to start well. You already care. And that's more than most.
>
> Your tortoise is depending on you. And I'm here to help you avoid becoming part of the 95% of owners who end up with a sick tortoise from preventable health issues.

