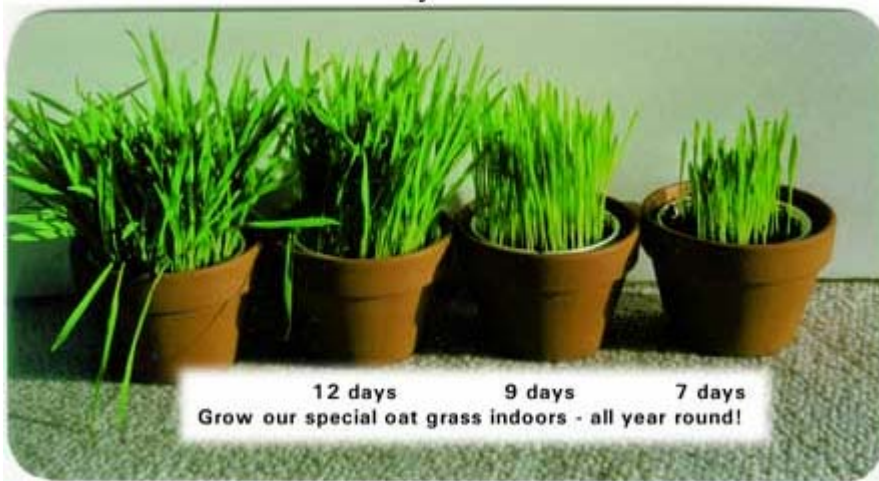


## Oat Grass

from: <http://www.poopsiecat.com/setgrass.html>



Oat grass is cat friendly. It's ideal for indoor cats and is naturally sweet tasting and grows fast to ensure freshness. It provides smooth, edible blades of grassy vegetation that cats like and can safely eat. Vegetation also aids in digestion and hairball control.

If cats can't get to fresh vegetation and there are houseplants around, they'll chew and try to eat your houseplants. This is dangerous because many houseplants are poisonous. Some cats will even chew on artificial houseplants.

from: <http://www.florahealth.com/flora/home/Canada/HealthInformation/Encyclopedias/OatGrass.htm>

### Traditional Usage in humans:

Anti-aging	Detoxifying
Antinflammatory	Fatigue
Antioxidant	Mineral Deficiency
Avitaminosis A, B, C, E	Multiple Sclerosis
Cellular Regeneration	Nervous Conditions
Chlorophyll Source	Nutritive
Cleansing	Vitamin Deficiency
Convalescence	

Note from Kathy: I grow oat grass in three inch pots for my indoor cat. In the past I have bought seeds from the pet store, but Rita said that they are available as "oat groats" at Our Daily Bread on Florida Boulevard near Airline Hwy.

When the sprouts are about two inches long, I put them on the floor by the food bowl. My cat is very fond of the new sprouts and will often pull the grass stems out of the potting soil in his enthusiasm. Some cats enjoy chewing on the grass after it has been misted with water. Other cats will chew on the sprouts for the juice, but not eat them.

After a couple of weeks, the grass will be very long and your cat will have lost interest in it. I've tried cutting it back to about one inch, and that does encourage some new growth. Usually I just start on another pot and toss the old one in the compost bin.

## Catnip



from: <http://www.innvista.com/health/herbs/catnip.htm>

It is best known for inducing euphoria in cats -- housecats, lions, tigers, etc. All display similar symptoms which last about twenty minutes. It has the opposite effect on humans and used mainly to calm the nerves and induce sleep. The plant can be difficult to grow if there are cats in the neighborhood.

Traditional Usage in humans:

antiflatulent	sedative
antispasmodic	stimulates sweating
astringent	settles indigestion and colic
pain reliever	
reduces fever	

Note from Kathy: Catnip is often confused with catmint and vice versa. In Baton Rouge, catnip is an annual that grows well in the cooler months, has white flower spikes in the early summer, grows to 18 – 24 inches, and dies back in the hot summer months. Occasionally it will reseed itself, but it is not invasive. Catmint is a small leafed perennial with light blue flowers. I've never had a neighborhood cat bother my catmint, but I've had to place a wire cage around my catnip.

Some cats prefer fresh, others prefer dry, and some cats love both. If you don't think your cat likes catnip, your cat may be too young (need to be four to six months old), the dried stuff is too old, or there's not enough material to interest them. I usually put out about a 1/2 teaspoon of the dried after crumbling it a bit to release the essential oils.

Different cats respond in different ways. One of my mom and dad's cats doesn't chew on the leaves, she just likes to rub. Whether you put the whole pot or one leaf on the ground, she'll rub her cheeks and back on it. She also likes to drool on it too. My cat likes to attack the plant pausing only to tear chunks of leaves and stems and chomp on it as if it were the freshest salmon.

## **Brewer's Yeast**

from: <http://www.wikipetinfo.com/BrewersYeastandGarlic.html>

Brewer's yeast and garlic are both often presented as a sure fire way to get rid of fleas, as well as a way to increase immune function and nutrition. However, there is very little evidence that supports the idea that either of these elements is very effective when it comes to easing a flea's infestation. While brewer's yeast contains B vitamins, its potential side effects may out weight the benefits.

Brewer's yeast can be "gassy," and because of this, it is suggested to be an underlying cause of bloat, which is a serious health condition for dogs. Many experts suggest that if you are going to use this substance that you should do so sparingly, while others suggest that it may be best to simply rub it into your dogs coat instead.

Note from Kathy: Years ago my family had a cat that was getting older and had lost weight because of a decreased appetite. My grandmother recommended that we sprinkle a few pinches of brewer's yeast on his food. His appetite returned with the first serving.

## Toxic Houseplants

from: [http://houseplants.suite101.com/article.cfm/toxic\\_houseplants](http://houseplants.suite101.com/article.cfm/toxic_houseplants)

If you have pets, choosing houseplants becomes a little more complicated than simply picking ones that are visually appealing and appropriate for the conditions you can provide. Many houseplants can make your furry family members sick. If you have a cat, you need to be especially careful as they absolutely love to munch on plants. The best thing to do is to keep all your plants out of your pet's reach, but that's not always possible, so here are some tips:

Know what you're buying! Avoid plants that are unlabeled or have a generic "Tropical Foliage" tag unless you know exactly what the plant is.

Also avoid houseplants that produce berries such as Coral Berry (*Ardisia crenulata*) as they just too tempting to pets!

Avoid obvious dangers like cacti. Pets don't understand that the spines are sharp and that could result in a painful trip to the vet.

Oleander should NEVER be used as a houseplant. While beautiful, they are also so toxic that a single leaf can kill a pet-or a human.

Most other houseplants known to be toxic aren't likely to kill your pets, but they will make them sick. For example:

- The sap of Dumb Cane (*Dieffenbachia*) can cause mouth irritation and swelling
- Ingesting the leaves of Philodendron can cause irritated and itchy skin
- Any of the varieties of Pothos (Golden, Marble, Neon, Satin, or Jade) will cause vomiting if ingested.
- English Ivy can cause a variety of reactions from a blistering rash to vomiting and difficulty breathing.
- The bark of Crotons (*Codiaeum Variegatum*) can cause burning of the mouth.
- While the gel in the leaves of Aloe Vera have long been prized for their skin healing qualities (no kitchen should be without one), ingestion will irritate the intestinal tract and result in vomiting and diarrhea.
- The leaves of the Swiss Cheese Plant (*Monstera Deliciosa*) can cause loss of voice and burning of the mouth.
- Poinsettia (*Euphorbia pulcherrima*), everyone's favorite at Christmas, can cause mouth irritation, vomiting, and nausea.

Keep in mind that if a plant is not pet-friendly, it may not be child-friendly too.

## Toxic Drugs

from: <http://www.petinsurance.com/healthzone/pet-articles/pet-health-toxins/Toxic-Medications-for-Pets.aspx>



As pet owners, we dread seeing our furry friends suffer pain. It's natural to want to ease your pet's pain if he's experiencing illness or discomfort. Before you act, you must be aware that common medications used for adults and even children can be toxic and even fatal to your pet. Animal poisoning by drugs is the most common type of small-animal poison exposure, according to the American Veterinary Medical Association.

It is always recommended that you contact your veterinarian before administering any medications to your pets. It could be the difference between life and death.

While some over-the-counter medications are used to treat cats and dogs, the dose is critical, says Dr. David Reinhard, a consulting veterinarian for VPI Pet Insurance. "There is often a fine line between the effective dose and the toxic dose in cats and dogs," Reinhard says.

Below is a list of some of the most dangerous drugs for cats and dogs.

**Tylenol:** Acetaminophen, the active ingredient in this pain reliever, is very toxic in cats, Reinhard warns. The drug interferes with oxygen uptake in the blood of cats and can result in death if not treated promptly. Acetaminophen (also used in Excedrin and other aspirin-free drugs) can be used in dogs, but the dose is key. Consult with your veterinarian. Acetaminophen overdose in dogs can cause severe liver damage. As few as two regular-strength pills can cause overdose in dogs.

**Aspirin:** This drug is also very toxic to cats except in a very low dose. At times, veterinarians will use aspirin as an anticoagulant for cats with heart disease, Reinhard says. This should only be done under a veterinarian's supervision, as aspirin can be fatal. Dogs can tolerate this drug, and veterinarians will sometimes recommend it for use as a pain reliever. Chronic use of the drug produces side effects.

**Ibuprofen:** This is the active ingredient in over-the-counter medications such as Advil, Motrin, and "cold and flu" medications, and is a non-steroidal anti-inflammatory (NSAID). This drug is never recommended for cats or dogs, as it can result in severe gastric ulcers or acute kidney failure.

**Naproxen:** This is the active ingredient in Aleve or Anaprox, and is a very potent NSAID. Minute doses can result in severe symptoms of gastric ulcers, stomach perforations, or acute kidney failure in animals, and should never be used in animals.