



Nutrition for
True Carnivores

4th. edition for 1999

by Natascha and Scott Baker

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Vision Statement

The foundation of love for any life is to respect its natural heritage, differences, and needs.

It is our duty to cater to the needs of the animals, with which we surround ourselves, in the manner that nature intended. This is the very least we can give in return for their devotion and sacrifices.

If this most basic principle of animal wardship is impossible to fulfill, then the animal has no place in our society and should be left in its natural environment.



Avena - 6 days old

Who is Feline Future?

"Nutrition for True Carnivores" is the motto @ **feline future**, founded and run by Natascha and Scott Baker.

In the search to better care for their feline companions, which merely numbered 4 back then in 1995, Natascha and Scott turned to analysing the lives and needs of cats in the wild, leaving conventional cat care methods behind.

Over the years their research evolved into a unique way of caring for cats in accordance with the feline biotype. The emphasis was put into how to properly feed a carnivore such as the domestic cat and the development of a dietary formulation based on fresh, raw meats, comparable to a cat's diet in the wild.

Natascha's and Scott's ideas drew a lot of attention and gained increasing popularity amongst friends, some veterinarians, and others in the companion animal care business. So it was decided to found the company **feline future** in order to turn their ideas into products available to everyone. The main feature of **feline future** - the food - was appropriately named "*Instincts*".



How to feed a Carnivore?

Cats are carnivores. They are who they are because 40 million years of evolution has taught them to hunt and eat other animals.

Cats, including our domestic companion cats, are so successful as predators, that in the course of their evolution, they never needed to develop the ability to metabolize and synthesize nutrients from plant matter - making them into *obligate* carnivores who can not survive without the ingestion of meat.

When the environment of a creature changes it either evolves to fit the new circumstances, or it becomes extinct if the change is too sudden or drastic.

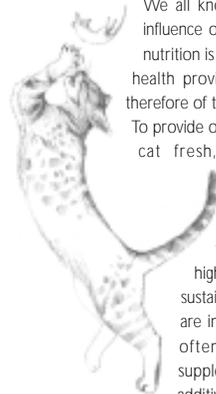
The domestic cat is a beautiful example how a creature can adjust, considering that her ancestors lived as aloof dwellers of the North African plains just some 3000 years ago.

Sadly, however, she is the perfect example of impending extinction as well if not permitted to live the life of a hunter.

One factor in the extinction of *felis catus*, with the exception of a few, is the human creation of so called "pure bred" cats, driven by an unnatural image of beauty and a fancy for oddities, achieved by unnaturally enhancing recessive genes through inbreeding.

The undeniable indicator of their species' decline is born witness by the full appointment schedules of veterinarians, books filled with modern feline diseases, the statistics of cats living shorter life-span (a cat's life-span should reach 25-30 years), reproduction complications, smaller litters, congenital defects, organ failure, and low resistance and immunity giving rise to innumerable varieties of infections, allergies, and cancer, all clearly indicate that our domestic cat is on the road to extinction.

One of the most significant and primary changes in the cat's environment has been the source of her nourishment. Both a move from the fields and woods of rural areas into the city, as well as a desire for convenience by the care giver, condemned the cat to be dependant on pre-prepared foods as sustenance - which in no respect compares to her natural diet.



We all know that what we eat has a significant influence on who we are and how we feel. Good nutrition is the foundation of good health, and good health provides for survival of the individual and therefore of the species.

To provide optimal health one should never deny any cat fresh, raw meat as a staple diet. Although widely accepted and recommended, an artificial recreation of a cat's nutritional requirements, in the form of typical commercially prepared, cooked, high carbohydrate foods can not properly sustain a cat. In addition, commercial pet foods are in most cases of questionable quality and often scandalous origin, commonly supplemented with salt, sugars, and artificial additives to enhance colour, taste, and prolong "freshness" over several years.





Adolescent Rubus and prey a piece of fur



Naturally Raw Meat

Because of some concerns of today's society it is necessary to address the question why we so strongly believe that cats should be fed on *raw* meat.

Naturally, flesh is only available in its raw state. Carnivores of land, air, and sea kill other creatures for food and consume their bodies as they are. The cycle of eating and being eaten has existed on earth ever since life evolved. Carnivores are a most important element in every ecosystem anywhere on this planet, as they help to maintain the all essential balance of things.

Eating another creature's body provides the most complete nutrition available, and the most concentrated source of nutritional energy. This is, however, only the case when the tissue is in its unaltered, raw state. Exposure to heat, i.e. cooking, destroys vitamins and enzymes, renders minerals less absorbable, and alters the structure of amino acids (protein), and fatty acids (fats) - the major building blocks of nutrition.

Carnivores have been defined through evolution by eating meat raw - feeding them cooked meat will lead to deficiencies resulting in poor health and ultimately in premature death.

This poor health is in turn inherited by future generations manifesting as congenital defects - a fact that has been

succinctly demonstrated in a long term study conducted by Francis M. Pottenger, Jr., M.D. between 1932 to 1942.

Initially Dr. Pottenger kept cats as laboratory animals for experiments in human health. As his research and cat population grew, he resorted to feeding them raw meat scraps from a packing plant instead of cooked kitchen leftovers. Within a few months he noticed distinct improvements in the cats fed the raw meat, which prompted Dr. Pottenger to undertake a whole new experiment: he segregated cats into different groups - some of which were fed a cooked meat diet and others who received a raw meat diet. All observations were noted in great detail over many generations of cats. At the end of the study Dr. Pottenger concluded that cats fed on a heat processed diet were deficient and suffered from innumerable ailments ranging from low immunity, irritability, and allergies; to skeletal deformation, organ malfunction, poor development during kittenhood, low birth rate, birth defects, infertility, and shortened life-span. By the third generation of being fed cooked meat the cats were often so "physiologically bankrupt" that none survived beyond the sixth month of life. On the other hand the cats fed the raw meat diet, and their offspring, thrived in near perfect health throughout the study.

If you wish to learn more about the Pottenger study, you can purchase a summary of the study as book or video from the Price-Pottenger Nutrition Foundation (see bibliography).

Without fail, the most typical first reaction, from people presented with the idea of feeding raw meat to their cats, is a fear of parasites: worms, salmonella, and/or E-coli.

We have been feeding our, now 19, on raw meat and mice, every single day since 1995. We have raised kittens and nurtured sick and old cats back to health with our diet. Not once have we experienced any incident of a cat falling ill due to an infection with salmonella, E-coli, or contracting worms from raw meat. Nor have anyone of our friends, clients, or supporters, who either purchase or home prepare our formulation, informed us about any of the over one hundred cats they cumulatively care for falling ill.

Salmonella and E. coli are bacteria that originate in faecal material. Animals and humans fall sick when contracting the organism through contact with faeces, or by ingestion of food stuffs which have become thusly contaminated. The later commonly happens when raising livestock in conventional factory settings: where animals are kept in small stalls or cages and are typically soiled with faeces. When butchered, the meat can easily come in contact with faecal material, and modern conveyerbelt work environments do not typically allow sufficient time to ensure that all soiled portions of meat are discarded.

feline future supports the efforts of farmers who keep their livestock in large open enclosures or allow them to free-range. These animals are far less likely to come in contact with faecal material during their life. When brought to market they are typically dressed locally by independent butchers that can allow sufficient time for proper hygiene.

According to Veterinary literature such as *'The Cornell Book of Cats'* or *'Feline and Canine Infectious Diseases'* cats are "...extremely resistant to experimental infection with *salmonella spp.* and clinical *salmonellosis* is uncommon in cats." "...few references [to salmonellosis in cats] exist in the scientific literature"

"Contamination can arise from rodent and bird faeces, raw or under-cooked contaminated meat and table scraps, or commercially prepared foods that are contaminated during processing." The likelihood of cats contracting salmonella through their environment or commercially prepared foods is equivalent to contraction through raw meat.

E. coli (Escherichia coli) is not mentioned when referencing feline clinical pathology in either the *'Merck Veterinary Manual'* or the *'Cornell Book of Cats'* and *'Feline and Canine Infectious Diseases'* briefly notes that "Little is known about the role of *Escherichia coli* in canine and feline enteric disease. *E. coli* is part of the normal flora of the gut..." Although some studies suggest that it may be implicated in certain cases of acute diarrhoea, it is not recognised as a feline disease.



Of the possible parasites cats may encounter when consuming raw meat, the only one of potential concern is *Trichinella spiralis* - a small nematode approx. 1mm long. The disease state, if infected with this nematode, is caused by the larvae encysting in muscle tissue causing possible loss of muscular function. *'The Cornell Book of Cats'* notes that "Cats probably become infected during predation, because rodents harbour a background level of infection" this is expanded upon by *'The Merck Veterinary Manual'* which notes that "...infections are established by consumption of insufficiently cooked infected meat, usually pork or bear..." and that "...the most common species [of *Trichinella spiralis*] infecting man and domestic animals in most temperate regions...has...low resistance to freezing. *'The Well Cat Book'* notes: "Prevent *Trichinosis* by not feeding raw or under-cooked pork and by restricting hunting"

In our opinion the risk of infection to cats consuming raw, previously frozen, meat other than pork is minimal and that the risk of disease due to not feeding a raw meat diet is far greater than the risk of infection from *Trichinella spiralis*.





Chiepps



Instincts - a Nutriment for Cats

Instincts is formulated unlike any other cat food. We not only disregarded the idea that our companion animals can sustain themselves on our leftovers, but base our food's nutritional composition on the one reason cats exist in the first place: to hunt mice.

The ideal scenario would be for all cats to possess the luxury of hunting for their own food, but, as it is for their human companions, life is hardly ever perfect.

The truly natural diet of *felis catus* would be composed of 85% rodents of which the majority are mice, 20% small birds, and 5% of other fauna such as reptiles, amphibians, and insects.

The main component of *Instincts* is meat, and a variety of foods prepared from different single meat sources are available.

What we don't offer are foods for different life stages. Mother nature does not supply cats with specially formulated mice for kittens or geriatric cats, and neither do we. Experience has taught us that no matter what the age - a food that mimics their natural diet is best.

The composition of our formulation came about by blending the nutritional requirements of domestic cats, as published by AAFCO, Cornell, and Merk, with nutritional recommendations for captive small wild felids as applied in zoos. The hunting and eating behavior of feral domestic cats and wild small felidae, and a nutritional analysis of their prey was then incorporated. Although we recommend the feeding of whole prey as staple, it is extremely inconvenient, as it requires the breeding and raising of the quarry. We therefore selected a list of suitable human grade (for quality) foods to make a dietary formulation that reflects a cat's natural diet and meets the established nutritional requirements for small felids, including the domestic cat. The suitability of this dietary formulation for the maintenance, reproduction, and growth of cats was then tested in an ongoing experiment, now in its fourth year, on an isolated, monitored colony of cats. Furthermore, our formulation is based on the common, veterinary approved, practice in Germany of feeding a home prepared, raw meat based diet to domestic cats as a staple.

Cats were not meant to metabolize large quantities of carbohydrates, and their natural diet is nearly devoid of them. An excess of carbohydrates can lead to obesity, diabetes and other ailments of the pancreas, and can lead to problems such as urinary crystals, since carbohydrate sources - like grains - create an alkaline environment in the body. Reflecting the cats' natural source of nourishment, *Instincts* is low in carbohydrates and high in protein. In fact, cats possess the ability to metabolize protein as a source of energy since it is so abundantly available. Contrary to common belief, a high protein diet does **not** cause kidney problems or lead to renal failure.

The meat portion and main ingredient in *Instincts* is comprised of muscle meats from organically raised, or non-medicated animals, complemented by a variety of organ meats from the same animal. The meats are never denatured, rendering plant origin, but only of the freshest, human grade cuts.

Meat is the main staple for cats; the source of most essential nutrients, some of which the cat can not synthesize from other foods, such as the amino acids *Taurine* and *Arginine*, and the fatty acid *Arachidonic Acid*.

...but the natural food of cats is not only muscle meat and organs. Cats will eat their prey whole, including skin and hair, as well as the stomach, intestines, and their contents. A mix of plant derived ingredients in our food attempts to simulate this portion of the natural feline diet. We use organic vegetables, cooked and pureed, as a replacement for the prey's stomach and intestine, to provide the dietary fibre needed for a healthy intestine and regularity, normally supplied by the skin and hair of the prey. The vegetable matter acts purely as a filler in the diet. Cats do not produce the enzymes necessary for



Robus and little brother Iberis

the breakdown of plant cellulose, nor do they possess the ability to synthesize nutrients from plant matter like omnivores and herbivores are able to do. Therefore, nutrients in plant matter are not bioavailable to cats.

The bone meal in *Instincts* replaces the skeletal structure of the prey. Bones are the primary source of calcium essential for innumerable functions in the body, such as the maintenance of bones and proper function of the muscles. In proportion to our needs, cats require a lot of calcium, in order to keep the balance with the naturally high content of dietary phosphorus in meat.

To assure the nutritional completeness of *Instincts*, a few extra ingredients round up the recipe, such as: raw egg yolks from free ranging chickens; a blend of sea weeds; gelatin; salmon oil; a multiglandular concentrate; Vitamins E and Bs; and colloidal trace minerals. Reverse osmosis water is added to achieve the perfect consistency of the food, and moisture content needed by the cat.

Felis catus is adapted to survive in a desert climate and therefore is very efficient in conserving water. Beyond the moisture content in fresh food cats require little or no additional intake of water, and healthy cats on a fresh food diet will rarely seek out their water dish. Fresh, clean water should be available to companion cats at all times, however. **feline future** uses only the finest and freshest ingredients





for *Instincts* and never cuts corners during any step of its manufacturing process. Thereby creating a food so superior in quality that it truly nurtures naturally good health.

Instincts is packaged in convenient transparent plastic containers in a 100g sample size and 200g staple size, and is SOLD FROZEN.

For bulk packs we freeze *Instincts* as ice cubes.

The Varieties of Instincts

Chicken

sample 100g \$ 1.30
 staple 200g \$ 2.40

Duck

sample 100g \$ 1.30
 staple 200g \$ 2.40

Rabbit

sample 100g \$ 1.30
 staple 200g \$ 2.40

Lamb

sample 100g \$ 1.30
 staple 200g \$ 2.40

Venison

sample 100g \$ 1.30
 staple 200g \$ 2.40



Instincts is meant to create a sound nutritional foundation for your cat(s), but we strongly recommend supplementing with some "speciality foods" such as raw chicken necks or wings, whole raw Cornish hens or quails, spring chicks, bugs like crickets, and even real mice - which can all be obtained through us. These foods are a necessity as a natural tooth brush and to exercise teeth and jaws, but in addition they have a very therapeutic affect on your cat(s)' mental well being. These speciality foods are meant as an addition to the staple diet and not as a meal replacement - except for mice.

Speciality Foods

"the real thing"-whole minced mouse
 available as 100g only \$ 2.30

Chicken Necks /per 2 necks \$ 0.40

whole Mouse /per 1 mouse \$ 2.00

Ingredient Variety

for home preparing Feline Future's formulation

Chicken

1kg meats blend \$ 10.50

Rabbit

1kg meats blend \$ 10.50

Venison

1kg meats blend \$ 10.50

Lamb

1kg meats blend \$ 10.50

Duck

1kg meats blend \$ 14.50

Serving Recommendations for Instincts

Serve approximately 100g (1/2 cup) daily to your cat (each of your cats).

For kittens and young cats, large cats (not fat), and pregnant or lactating queens you will need to increase the amount to meet their individual caloric requirements.

We recommended to feed healthy, adult cats once a day. Cats with ailments of the liver or pancreas (incl. diabetes), the elderly, as well as kittens, and pregnant or lactating queens should be served several smaller meals throughout the day.

The food will defrost within a few hours at room temperature, or 24 hours in the refrigerator. Do not leave to defrost at room temperature for more than 6-8 hours. Transfer to a serving dish and warm to room temperature or to luke warm by placing it into a warm water bath. **DO NOT MICROWAVE.**

Serve immediately. Do not let sit out for more than 30-40 min. Store leftovers in refrigerator, where it will keep fresh for up to 48 hours.

We recommend the use of ceramic or glass dishes for serving your cat(s)' dinner. Plastic bowls, sold for pets, retain odours and are not easily sanitized. If you choose to use glassware serve your cat(s) on the floor, where the dish can not be pushed off a table or counter, to prevent injury from broken glass. Ensure proper hygiene by washing all dishes with hot water and soap between uses.



Typical mainstream cat care manuals usually recommend a staple diet of dry commercial food which is to be available to the cat at all time - free fed. According to such literature cats will only consume as much as they need - something we have seldom found to be the case. Cats are opportunists by nature who will eat whenever the opportunity arises, regardless of hunger. This behaviour stems from the unreliable availability of the cat's naturally prey.

Physiologically, the cat is adapted to gorge food, followed by periods of fasting. This eating habit is necessary to provide sufficient time between meals for the body to de-tox.

Meal feeding a cat is not only more natural, it also provides a bonding opportunity between cat and care giver. It enhances the parental figure role of the care giver towards the cat. Such a relationship proves to be especially helpful when cat and care giver must relocate to a new residence.

All cats hold ownership over a certain territory. This territory embodies the land off which the cat lives. The prey within its boundaries support the life of the cat, and she is quite willing to defend this security with her life.

A cat used to having food available at all times may never make the connection that it is truly the human care giver who provides for her, and may experience anxiety when moved away from her familiar territory and reliable food source. Such cats will often go to great lengths in an attempt to return "home". On the other hand, a cat who associates her human care giver with her nourishment will have an easier time relocating, because the most important thing - the source of her food which guarantees survival and provides a sense of security - is available to her regardless of location.

We highly recommend meal feeding cats - no matter which type of food is being served. When feeding a fresh food diet with raw meat, the care giver doesn't really have a choice. The choice of either feeding one meal per day or splitting the daily portion depends on the care giver's preference.





The below table outlines our *ideal* weekly feeding routine for adult companion cats.
(not suitable for pregnant or lactating queens)

day 1	Two smaller servings of Instinct - Venison <i>Daily portion is divided into two smaller meals to ease the transition for the stomach from fasting the previous day.</i>
day 2	One serving of Instincts - Rabbit
day 3	One serving of Instincts - Chicken One whole, raw Chicken neck. <i>Avoid feeding the neck with or right after the main meal.*</i>
day 4	One serving of Instinct - Lamb
day 5	One serving of Instincts - Rabbit Offer an additional serving of a "speciality food" throughout the day, like a mouse, chick, our quail
day 6	One serving of Instincts - Duck
day 7	Day of fast. Serve no foods to the cat Make sure water is available

*The quantity of the neck in addition to the meal may otherwise exceed the stomach's capacity resulting in regurgitation of the food

Transition from Fast Food to Real Food

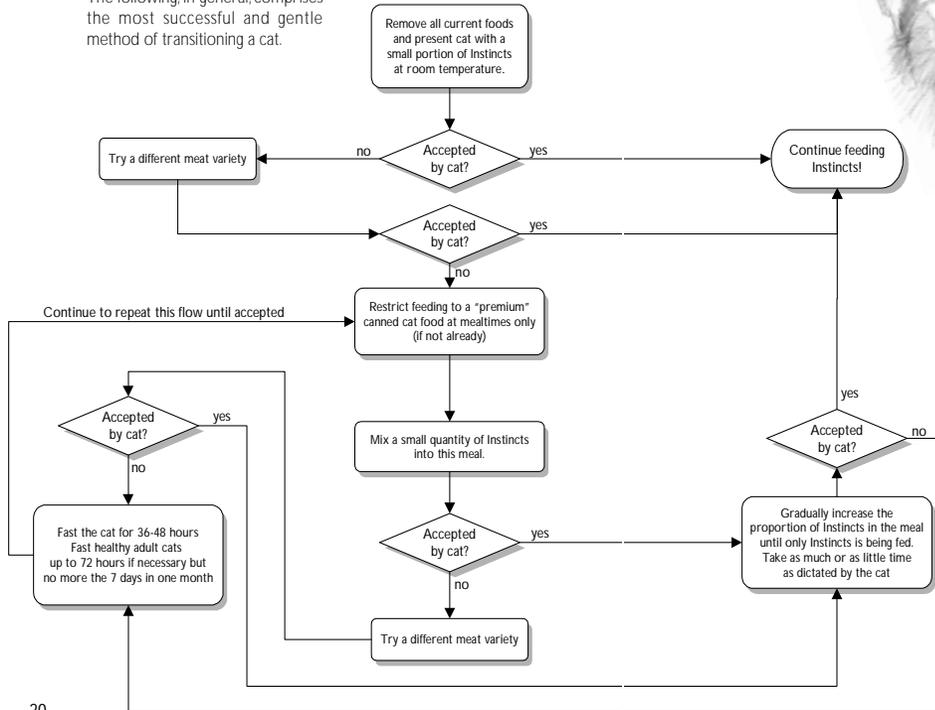
Through the experience of raising our own kittens we have learned that cats are born with a taste preference for mice. Regardless of their mother's diet during pregnancy and nursing, if given the choice, kittens will go wild over mice. If this instinctive taste preference is suppressed, the kittens will easily adapt to an alternate food source. If the kittens' diet is kept too monotone, such as only dry kitten kibble, the young cats will become fixated upon this nourishment within about one year. Once fixated, cats often do not recognize natural foods, like raw meat, as viable nourishment, because the scent, taste, and texture sensations, the cats have learned to accept as food, do not match.

When transitioning a cat who is used to eating commercial food one must be prepared for some reluctance to accept raw foods. Reviving a cat's natural taste preference can represent a real challenge for both the care giver and their cat(s). It is important that the care giver be comfortable and confident with the new diet and must enforce the change despite any protest. All the cats that we have encountered, both in our own family and those of our customers, have been successfully transitioned to a raw diet when the change is approached with this attitude.



The Path to Better Health

The following, in general, comprises the most successful and gentle method of transitioning a cat.



Not unlike children, cats are very prejudice towards unfamiliar foods, and are hesitant to taste something new. Remember, cats naturally like meat, and in many cases it is helpful to jumpstart a cat on a raw meat diet by forcing a bit of *Instincts* or meat into her mouth, or finger-feeding her.

It is important to cats that they eat in quiet and private surroundings. An out of the way spot, where a meal can be eaten without interruptions, encourages a healthy appetite - even if it means placing a cat in a separate room and closing the door.





Feeding a variety of foods to captive animals is essential, as we will never be able to truly replicate their natural diet. Variety provides stimulation and prevents fixation, but most of all guarantees a well balanced meal plan with little room for deficiencies.

Initially a cat in the transition phase from commercial foods to a raw meat meal plan may only settle for a certain meat. That's o.k. Try introducing other meats later as your cat(s) become(s) accustomed to the raw food regiment. Also encourage eating raw bones, such as chicken necks, and other natural cat foods like insects, captive bred chicks and mice.

Provide indoor cats with potted grass. Cats ingest blades of grass to trigger regurgitation of indigestible or hard to digest matter such as their own hair swallowed during grooming, bits of bone, or other things accidentally ingested. A cat craving a "stomach cleanse" with no available grass will start to nibble on all sorts of things. Discourage your cat(s) from eating grass right after meal time however, as otherwise dinner may come right back out.



a Snow leopard

Starting right with Kittens



2 month old Rubus

Since we started **feline future**, and consulting about feline nutrition, we have been primarily presented with situations in which cats have fallen ill, and the care giver is seeking out all options or alternatives to effect a cure, prolong life, or simply make their companion the most comfortable.

Although the cats improve in most cases with a transition to a better diet - which truly is a remarkable and rewarding scenario to witness - we can not help thinking that all of it could have been prevented had a sound diet been available to the cat since early kittenhood.

The feeling of success, when an ill cat bounces back to health through diligent nursing, is dwarfed by the experience of witnessing kittens mature and thrive on a truly natural and healthy diet.

Kittens will easily make the transition to the raw meat diet: in fact they often show a true craving for it and act euphoric when presented with it.

Kittens are fed the same formulation as adult cats, with the distinction that kittens are allowed to eat as much as they wish. Between the 4th and 5th week of life, solid foods can be introduced, and should be offered 4-6 x daily. It is not necessary to puree the food into a smoother consistency. We often introduce our kittens to solid foods by hand feeding them tiny chunks of raw meat.

By no means does the introduction of solid foods mean that a kitten no longer requires nursing. At this age solid foods merely represent an addition while the mother's milk remains the staple diet. At the age of 3 months the kitten becomes mainly reliant on solid foods, but nursing should not be discouraged. Kittens will sometimes nurse until six months of age.



Lina

Kata and little Tilia



The following table provides a rough idea of a feeding schedule for kittens. Increase frequency and/or adjust amounts based on the individual kitten's appetite.

Age	Aprox. amount per meal	Frequency per day
4-8 weeks	1-2 Tbsp.	4-6 meals
2 months	3 Tbsp.	4 meals
3 months	3-5 Tbsp	4 meals
4-5 months	100g	3 meals
6-12 months	100g	2 meals
1 year +	100+g	1 or 2 meals





The Recipe for our Nutriment for Cats

700 g	raw, coarsely ground, or finely chunked fatty muscle meat
200 g	raw, ground heart of the same animal
100 g	raw, ground liver of the same animal
400 ml	filtered spring water (less for poultry)
330 g	blend of steamed, pureed, organic vegetables.
2	raw, organic egg yolks
2 Tbsp	bone meal
1 Tbsp	blend of powdered sea weeds
1 tsp	salmon oil (Do not confuse with Cod-liver oil)
2	human daily doses (usually 2 tablets) multi glandular supplement
300 IU	Vitamin E
50 mg	Vitamin B-complex
2 Tbsp	Gelatine
1 pinch	Salt
optional:	
1-2 Tbsp	Apple cider vinegar

Most meats make good staples for cats except for fish and pork. Which meats to use will depend on availability, availability of organs, personal/ethical preference, and the cat(s)' preference. Whenever possible use non-medicated, organic, or wild meats. Vary between as many meat sources as availability and the cat(s)' pallet allow.

Some examples: beef, buffalo, lamb, mutton, goat, venison, elk, moose, muskox, rabbit, chicken, duck, turkey, pheasant.

Chop vegetables, peel and all, into small chunks, and steam in a vegetable steamer. We do not recommend using a microwave.

Meanwhile, fill a food processor, or blender with 400 ml filtered spring water (if using distilled or reverse osmosis water add a trace mineral supplement to compensate for lost minerals) Add Apple cider vinegar if desired.

Mix the well cooked vegetables with the water and puree thoroughly - set aside.

In a separate bowl whisk the raw egg yolks with the vitamins, glandular supplement, and salmon oil. Add the cooled down vegetable puree, blend thoroughly, and add powdered sea weeds and bone meal, and gelatine if desired.

To the vegetable mix add the muscle meats and organ meats. Stir gently until an even blend is achieved.

To freeze, and later for easy defrosting, portion food into 1-2 servings. Plastic bags or self closing plastic bags have proven to be somewhat inconvenient for this purpose, so we recommend the use of small plastic containers. For smaller portions freeze in ice cube trays.



Chrepps

Feline Botanicals

Vegetable recommendations for the preparation of cat food

note: Vegetables are added primarily as a source of fibre. For the cat, the vitamins in plant matter are not bioavailable. Neither do they contain any essential amino or fatty acids needed by the cat. Therefore cook vegetable matter well to prevent indigestion or flatulence. "Green" supplements, as sold for humans, often cause gas, burping, or even regurgitation of the food, because the cat has great difficulty digesting them.

good

Vegetable Class	Vegetable Kind	Properties
Gourd	Butternut, Sunburst, Acorn, Spaghetti, Zucchini, Pumpkin, Cucumber	Very well liked by cats and often even consumed by big cats in the wild
Root (mustard & parsley)	Carrot, Parsnip, Turnip, Rutabaga	Frequently consumed by prey animals of the cat
Cabbage	Broccoli, Cauliflower, Brussel Sprouts, Kohlrabi	Frequently consumed by prey animals of the cat
Morning Glory	Sweet potatoe, Yam	Well liked by cats - use sparingly due to high carbohydrate content

bad

Vegetable Class	Vegetable Kind	Properties
Legumes	Yellow/Green Beans, Peas, Lentils, Beans (Kidney, Navy, etc...)	Not digestible
Leafy Greens	Chard, Spinach, Beet Greens	contain <i>Oxalic Acid</i> which interfears with calcium absorbtion
	Corn	Not digestible
Nightshade	Tomatoes, Potatoes, Eggplant, Peppers, Peanuts	Contains the bitter poisonous alkaloid <i>Solanine</i> which aggravates the condition of ill cats or cats with chronic disease.
Lily	Onions, Garlic, Leek, Chives	Causes Anemia <i>Heinz Body Syndrome</i>





Backup Recipes

kajla - domestic camouflaged



Invariably the situation will arise where, for whatever reason, you are unable to provide your cats' staple meal. The following ideas may help in these circumstances. Please keep in mind, that the following recipes are not ideal and are therefore not meant to be fed long term.

" From the Grocery Store" - Recipe

Can be served as a staple for no longer than month.

- 1 kg** raw, *lean** beef or lamb - ground or cut into small pieces
- 6** jars of vegetable baby food like carrot, broccoli, yam, and/or squash. Avoid creamed corn, beans, and peas. Or 600g canned pumpkin. Or make your own vegetables following the instructions on page 24-25.
- 4-6** egg yolk
- 500 mg** Calcium citrate - from the vitamin section

* when not using non-medicated or organic meats avoid fatty cuts, because toxins build up in fatty tissue

Safe and Nutritious Fresh Foods for Cats

for 2-3 days

Serve no more than 1/2cup -2/3cup per serving.

- plain, fresh, raw meat. Never pork!
Serve fresh fish only lightly cooked (boiled, steamed, or baked).
- egg yolk
- cottage cheese
- plain, high fat yoghurt

Serve the above plain, or combine 2 parts with 1 part of the following to add bulk and fibre:

- cooked vegetables, vegetable baby food, or canned pumpkin
- whole grain bread moistened in water
- or a sprinkle of bran or oat flakes

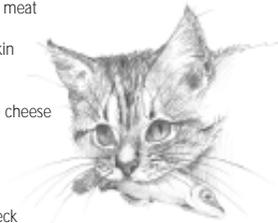
Examples:

2 heapy Tbsp. ground meat
1Tbsp. vegetable baby food

1 heapy Tbsp. ground meat
1 egg yolk
1Tbsp canned pumpkin

1 heapy Tbsp. cottage cheese
1 egg yolk
sprinkle of bran

1 plain, raw chicken neck





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Pottenger's Cats - A study in Nutrition
by Francis M. Pottenger Jr., M.D.
1995 Price Pottenger Nutrition Foundation
PO Box 2614 La Mesa CA 91943-2614 USA
tel: (619)574-7763

Wild Cats - Status Survey and Conservation Action Plan
Compiled and edited by Kristin Nowell and Peter Jackson
1996 IUCN/SSC Cat Specialist Group

The Cornell Book of Cats - 2nd edition
by the Faculty, Staff, and Associates
Cornell Feline Health Centre 1989 Villard Books

Library of Veterinary Practice
Feline and Canine Infectious Diseases
by Rosalind M. Gaskell BVc, PhD, DMRCVS
and Malcolm Bennett BVc, PhD, DMRCVS
1996 Blackwell Science

The Merck Veterinary Manual - 8th edition
Merck & Co

Veterinary Notes for Cat Owners
by Trevor Turner BVet, Med, DMRCVS 1994 Stanley Paul & Co

Food Pets Die For
Shocking Facts about Pet Food
by Ann N. Martin 1997 NewSage Press

The Well Cat Book
The Classic Comprehensive Handbook of Cat Care
by Terri McGinnis D.V.M. 1993 Random House

Recommended Books of Related Interest

Big Cats

Solitary Spirits: Cougars by Dennis L. Olson
1996 NorthWorld Press

Forest Cats of North America: Cougars, Bobcats, Lynx

by Jerry Kobalenko 1997 Firefly Books

Wild Cats: Lynx, Bobcats, Mountain Lions

by Candace Savage 1993 Greystone Books

Big Cats: Kingdom of Mighty by Tom Brakefield

1993 Voyageur Press

Wild Cats of the World by David Alderton

1993 & 1998 Blandford

Tracks of the Tiger Edited by Maurice Hornocker

1997 Sierra Club Book



Cat Behaviour

*The Tiger on Your Couch - What the Big Cats can Teach You
about Living in Harmony with your House Cat*

by Bill Fleming and Judy Petersen Fleming

1992 Quill William Morrow

The Tribe of Tiger - Cats and Their Culture

by Elizabeth Marshall Thomas 1994 Simon & Schuster

Cats - general

The natural cat - understanding your cat's needs and instincts

by Helga Hofman, photographs by Monica Wegler

1994 Mosaik Verlag GmbH Munich Germany

Distributed in Canada by Raincoast Books

Cats by David Alderton

1995 Firefly Pocket Guide DK Publishing

Holistic Cat Care

Natural Health for Dogs and Cats by Richard Pitcairn D.V.M.

1995 Rodale Press

The New Natural Cat - A Complete Guide for Fussy Owners

by Anitra Frazier 1990 PLUM Penguin Books

Cat Care, Naturally - Celeste Yarnall's Complete Guide to

Holistic Health Care for Cats by Celeste Yarnall

Photographic Picture Books

Cats in the Sun by Hans Silvester

1994 Chronical Books

Distributed in Canada by Raincoast Books

In the Lion's Den by Mitsuaki Iwago

1995 Chronical Books

Distributed in Canada by Raincoast Books

Wild Kittens by Peggy Bauer

Photographs by Peggy and Erwin Bauer

1995 Chronical Books

Distributed in Canada by Raincoast Books

Domestic Cat Breeds

Legacy of the Cat by Gloria Stephens

Photographs by Tetsy Yamazaki

1990 Chronical Books

Distributed in Canada by Raincoast Books

The Encyclopedia of the Cat by Bruce Folge D.V.M.

1997 DK Publishing

Videos by the National Geographic Society

Tigers of the Snow

Puma: Lion of the Andes

Related Literature in German

Naturheilkunde für Katzen

Dr.med.vet. Wolfgang Becvar

1996 Franckh Kosmos Verlag GmbH & Co Stuttgart

Katzen - Expert-Rat für Katzenhaltung

Katrin Behrend Fotos: Monika Wegler

1990 Gräfe und Unzer München

Die unverstandene Katze

Dr. Ferdinand Brunner

1994 Naturbuch Verlag

Adopting a Cat

unless a cat adopts you

Animal Advocates Society of B.C.

A non-profit, no-kill rescue organisation for homeless and abused dogs and cats. The animals are fostered by volunteers.

West Vancouver (604) 926-2068

Meow Aid

A non-profit, no-kill shelter for cats.

Trap-spay/neuter-release programs of feral colonies.

Rescue of abandoned cats.

in Kitsilano Vancouver (604) 731-0672

SANS (West Coast Spay and Neuter Society)

non-profit, no-kill shelter for abandoned and abused cats and dogs.

in the Fraser Valley near Mission (604) 826-7101

Vancouver Humane Society

occasionally has cats for adoption. (604) 266-9744

your local S.P.C.A.

check the white pages for
a shelter near you.



feline future strongly supports
the spaying and neutering of
companion cats as a means to
control their population and
prevent the unnecessary killing of
unwanted cats and kittens.





Other helpful resources

Cat Fence-In

Safe, non-electric, almost invisible netting barrier to keep cats within the safe boundaries of a fenced yard. Highly acclaimed.

For a brochure write to:

CAT FENCE-IN

P.O. Box 795, Dep. C

Sparks, Nevada 89432 USA

or call (702) 359-4575

Note: the list of related reading and helpful resources is merely a collection of our current knowledge. Additions will be made as we learn about them.

Appendix

We decided to refer to the cat as 'she' throughout this booklet, simply because we do not believe in referring an animal as 'it'

In the German language the cat is characterised by a female gender pronoun, and it seemed natural to adopt this. Without question, all the information given within this booklet equally applies to 'he cats'. It was simply chosen to avoid the politically correct he/she wordiness.

No offence was intended,

... and hopefully none taken.



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The Hornocker Wildlife Institute
and sponsor of the Siberian Tiger Project



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