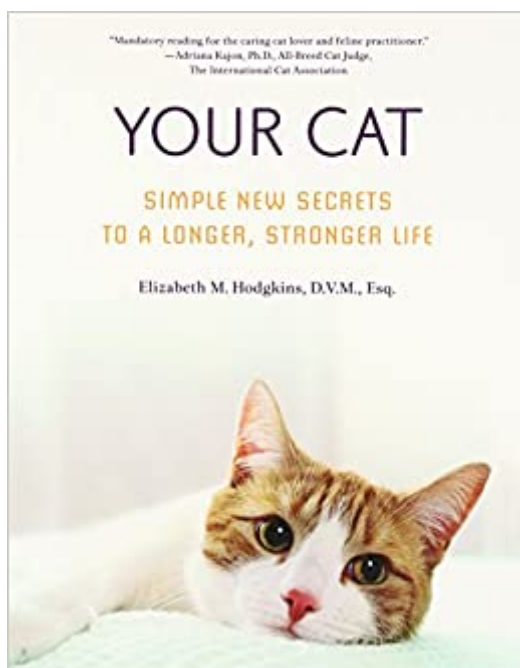


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# Your Cat: Simple New Secrets To A Longer, Stronger Life



## Synopsis

In this controversial new book, dedicated veterinarian Elizabeth M. Hodgkins, D.V.M., Esq. raises the alarm regarding the dry food we feed our cats and the nutritional diseases that result. *Your Cat: Simple New Secrets to a Longer, Stronger Life* turns today's conventional wisdom of cat care on its head with completely new, yet remarkably easy-to-follow guidelines for every cat owner. From kitten-rearing to the adult cat's middle years to caring for the geriatric cat, Dr. Hodgkins explores the full spectrum of proper cat care, as well as the many deadly feline diseases that are rampant. This indispensable manual belongs on every modern cat owner's shelf.

## Book Information

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## Customer Reviews

“Mandatory reading for the caring cat lover and feline practitioner.”  
—Adriana Kajon, Ph.D., All-Breed Cat Judge, The International Cat Association  
“Dr. Hodgkins' discussions are provocative, and disturbing, and the problems they identify will not be easy to rectify quickly. Nonetheless, they are long overdue.”  
—Alice Villalobos, President, American Association of Human Animal Bond Veterinarians  
“A great resource for all cat enthusiasts.”  
—Laurie Schiff, Esq., All-Breed Cat Judge and General Counsel for the International Cat Association  
“A highly respected expert in feline health, Dr. Hodgkins has given us invaluable knowledge that can help us keep our felines healthy.”  
—Kay DeVilbiss, All-Breed Cat Judge and president of the International Cat Association

A successful veterinarian of 28 years, Elizabeth M. Hodgkins, D.V.M., Esq. provides consulting

services for veterinary companies. She formerly served as Director of Technical Affairs at Hills Pet Nutrition, the largest proprietary pet food manufacturer in the world.

I found Dr. Elizabeth Hodgkins website and book when my cat was diagnosed with diabetes while at the veterinarian for a minor surgery to remove a benign cyst. My cat didn't have any of the typical physical symptoms so we discovered it from a lab result. I began researching feline diabetes online and found Dr. Hodgkins' website. She writes about her proven success in what she calls, "tight regulation protocol" for insulin therapy. Dr. Hodgkins is also an expert in feline food and nutrition. This book is a comprehensive, interesting and easy read that provides fundamental needs and behaviors in cats that we many times don't understand. In fact, I've gifted this book to friends that love their cats as much as I love mine and they too have found the information in this book to be enlightening. Changing the food that my diabetic cat was eating, thinking it was the best food available, helped my cat achieve huge progress in his blood sugar levels. His fructosamine lab result initially was "poor" (lab measuring blood glucose levels over a 2-3 week period). Changing his food achieved not only significant weight loss but also his fructosamine measured about a month later resulted in a "good" level, points away from remission. Please don't wait until your cat is sick to understand some simple things that will make a huge difference in your cat's quality of life. This book provided me all the information I needed for a happy and healthy cat!

This is a wonderful book for cat owners with almost everything you would want to know carefully arranged and explained in these pages. Written by Elizabeth M. Hodgkins, DVM, Esq. Although it's comparatively older book (2007), the explanations of the connection between what we feed our cats and how healthy they will be throughout their lives are excellent. This knowledge was ahead of its time, and it is still working its way into the general consciousness. The best thing is that this book is very affordable (about \$4.00 INCLUDING shipping) and should be required reading for all cat owners. Yes, all of this information can be found on the internet, but not put together in such a perfect package of information. You can avoid a laundry list of common cat ailments simply by following these principles.

I first bought this book for myself when I decided to adopt my cat from the shelter, and I have since given it as a gift to any new cat owners that I know. Dr. Hodgkins' writing is engaging and informative. She helps the reader understand the evolutionary history of cats, their relationship with human beings, and how to understand a cat for what it is. Her dietary recommendations are

scientifically based and explain how to avoid the inappropriate diet marketed to cat owners by big pet food companies. After following her advice and feeding my cat a grain-free diet I have a happy, healthy cat. Visitors comment that he has the softest coat they've ever felt and every year my veterinarian gives him an excellent bill of health. Dr. Hodgkins also provides a comprehensive description of common feline ailments, although I have rarely had to consult this section since following her other advice about feeding and housing keeps my cat very healthy.

It's informative without being too wordy. I especially like the explanation of feline biology, and why cats are healthier when fed wet food. Contains anecdotes to illustrate what's being communicated. Well thought out, and easy to read as well. If you've never read a book on cats and want (or need) a great first step, this is it. I'd also recommend it to those who are seeking answers to problems their cat has that no one seems to be able to answer. The last part, "Ten Myths of Cat Care" alone is worth the price of the book.

The most useful thing in this book is that it teaches you how to read a cat food label. That way you are not wedded to blogs or web pages listing the best cat foods. The author explains that once you know how to read a cat food label and determine what percentage of the cat food is composed of carbohydrates, you can look at ALL cat foods, not just the expensive ones or the ones that claim to be "healthy" and "natural." The percentage of carbohydrate should be 3% or less. And, the author says, no cat should eat dry food. Her position is that the worst canned food is better than the best dry cat food as a lifelong diet for your cat. From personal experience with my first cats, I gotta say, I believe her. Once I learned how to read the cat food labels, I was able to look at cat foods all over -- in grocery stores, pet food stores, big box hardware stores that sell pet supplies -- and find out which ones met the criteria of 3% or less carbs. Turned out, my local cheap (Aldi's) store canned cat food more than meets the criteria (1.5-2% carbs). So now I pay 35 cents a can for a healthy food, and I buy it buy the 24 pack case. I've learned a lot in the years since I got my first cat. He ended up with hyperthyroidism the last few years of his life. I had to give him a pill (methimazole) every day the last 2.5 years of his life. (Fortunately he was really good about taking pills. He was really good about everything, very tolerant and dog like, which is unusual for an alley cat rescued off the streets of Chicago!). I also had another cat who ate only dry food -- he refused every canned food I ever gave him, though he loved my canned tuna that \*I\* ate! -- and he wound up with kidney failure requiring subcutaneous fluids every other day via IV bag. He also lived a long time, but his last couple years were not great. So even if I didn't believe the author's premise initially, I think her

arguments have merit, just extrapolating from my own experience. The author argues hyperthyroidism and other growing chronic cat health problems are a consequence of grain products being included in standard dry cat foods. (If you look at the labels, you can't deny this is true; it continually amazes me how much corn and corn products -- corn meal, corn flour) -- are in the foods made for an obligate carnivore! If you don't know what that means, this book will tell you. I did feed him dry cat food all his life, which I feel bad about now, but I didn't know any better, then. Then again, he lived 19 years with me, and the vet thought he was 1.5-2 years old when I got him off the street... so he did live a pretty long life, and with no other major health problems. Anyway, I do believe that preventing a problem is better than waiting for the problem to develop and then treating it. It's also less costly, in the long run. And if you can increase or maintain the health of your furry friends -- and their lifespans -- by feeding them the right foods, and avoiding the wrong ones, why not do it? So I found this a useful book. As a registered nurse, I had to take a lot of anatomy and physiology and other science courses (and nutrition). While all that information was for/about humans, humans and our domestic pets and animals are all mammals. The grounding in science, physiology and nutrition I got in my nursing prerequisites tells me that the information this author presents checks out with what we know about normal mammal physiology. (It also makes me question the need for grain in the human diet, but that's another story.) The author says you can make your own cat food, but I am not up for that.

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