

HOW HERBS CAN HELP TO HEAL YOUR CAT

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We all know that some cats are affected by catnip, but did you know that you can offer other herbs and flowers to your feline friend to help them maintain wellness and balance?

When I studied for my diploma in feline zoopharmacognosy (cat self-selection) I was truly blown away by how cats could select exactly what they needed to heal themselves.

Cats and essential oils can be a controversial topic, but in my 10+ years of experience of working with cats and botanical remedies they have the innate capacity to know precisely what they need. I wanted to share with you about how offering dried herbs and flowers is a really safe and natural way to support your cat's needs.

Regardless of being an indoor or outdoor cat all cats need enrichment. Be that toys to play with, high levels to sit on, or spaces to hide away. My mission is to change the worlds perception of cats and to educate their guardians in using dried herbs and flowers to offer even more support to our furry friends.



I am a holistic cat therapist and I advocate the use of dried and herbs and flowers with all of my clients. I recommend using a technique called a herb garden. You put down a towel or blanket in the quiet area of the home. On each corner of the blanket, you place a good sized pinch of a herb or flower.

Then you sit back and let the cat choose. It's quite a magical experience to be in the present moment with your cat. To see them using their instincts and choosing what they need to work with.

Not all cats will react in the same way to a herb garden. Just like humans, each cat is different. Some cats will rub and roll around on the remedies. Others will simply near, next to or on them. It depends on many factors really.

The temperament of the cat, the noise and current activity in the home and the imbalance or health of the cat.

What I love about herb gardens is that they can be used to support mental, emotional, physical and spiritual issues with cats. Cats are such energetic beings, they work really well with the energies of the dried remedies.

People often ask me if it is safe for cats to ingest the remedies and my answer is always the same...the cat will do exactly what they to, to heal. When a cat is given access to the outdoors they may rub past a rose bush or chew on grass or roots. They are self-selecting in nature. Yet because we have brought a lot of our cats indoors, they



are missing out on this vital tool they use to maintain their health and wellbeing.

There is an epidemic of cats suffering with aggression and anxiety in the world today. We have a lot more cats living in residential areas, so their territory is compromised and as our human lives get more stressful and hectic our cats pick up on our dense energy.



A herb garden gives your cat a tool to deal with our stress! Sounds a little strange I know but I believe that cats are like sponges, they can soak up our emotions and energy. It's only fair that we give them a tool to deal with that. That's why we always have a herb garden down for our rescue cat Leo. I'll share with you below some of my favourite herbs:

- * Valerian Root – Reduces stress and relieves physical pain
- * Angelica Root – Opens the cat up to healing
- * Rose Buds – Nurturing and emotionally supportive
- * Calendula – Boosts self-confidence and reduces inflammation in the body
- * Chamomile – Calming and soothing
- * Ginger Root - Immune boost, reduces anxiety and inflammation

I find it fascinating that herbs and flowers can help with more than one issue. They truly are nature's pharmacy.

We top up the remedies on Leo's herb garden once a week. Sometimes more often if he has had a good roll around on the mat and the floor is looking more covered with herbs than the mat!

We have taken away a lot of the control that our cats had over their environment. We feed them at certain times, have their litter trays in the same place. When cats are truly feral, they have much more control over their environment and territory. Putting down a herb garden is so simple yet the healing effects it can have on a cat can be profound.

I have seen so many multi-cat homes reduce the tension, aggression and anxiety between the cats when herb gardens are used. And the golden rule for herb gardens is the same as litter trays...one per cat. We don't want cats fighting over access to the herbs now do we?!

We really hope you have enjoyed our article on herbs for cats and if you have any questions or would like to see the range of gardens that we offer in our shop head to our website: www.naturallycats.co.uk

Thank you for reading and we'd love to see any pictures of your cat enjoying their herb garden. Come and connect with us on social media, tag us or use the hashtag #givingcatsavoic



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