

DENES CAT A-Z OF COMMON AILMENTS AND THEIR NATURAL TREATMENTS

ABSCESS

Cat abscesses are common and are usually the result of a fight, when dirty wounds heal over too quickly, leaving infected material trapped inside. Painful swelling and skin discolouration can occur at the site as the abscess forms.

Licensed Herbal Medicines:

Dose with Denes:

- **Garlic Tablets** to help fight infection
- **Greenleaf Tablets** to help remove toxins

Homeopathic remedies:

Administer:

- Denes **Hepar sulph 30c** if painful
- Denes **Silica 30c** with little pain

Aromatherapy:

Externally use Denes:

- **Liquid Garlic** to help clean the wound

Bathe the area with diluted Denes Liquid Garlic to encourage the abscess to burst and release the pus trapped inside. Keep the area clean but do not allow healing to take place until you are sure that all the infected material has been released.

Once the infection has been released and the area is clean apply Denes:

- **Skin Balm** to assist the bodies natural healing process

ALLERGIES

- **SKIN**
- **FOOD**

Problems of this type are becoming increasingly common due to the stress placed on the immune system. This can be weakened by environmental pollution, toxins, chemical additives, certain drugs, poor diet, stress and lack of exercise or fresh air.

Skin allergies are very common, particularly to fleas, leading to itching, scratching, hair loss scabs and sores. Food allergies or food sensitivity reactions are also being seen more frequently, resulting in diarrhoea or colitis.

Feeding:

Avoid foods that contain chemical additives and ingredients known to be linked to allergy related problems. The following Denes recipes may be suitable:

- **Older With Turkey & Lamb plus added herbs** which is fish free

- **Adult With Salmon & Tuna plus added herbs** which is lamb, rabbit and turkey free
- **OPTIONS Healthy Skin Rich in Chicken & Turkey With Rice** which is free from beef, lamb, rabbit, dairy products and wheat gluten
- **OPTIONS Dental Care With Fresh Salmon & Rice** which is free from beef, lamb, rabbit, turkey and wheat gluten

Licensed Herbal Medicines:

Dose with Denes:

- **Greenleaf Tablets** to help detoxify the body
- **Garlic Tablets** to deter fleas

Homeopathic remedies:

Administer:

- Denes **Sulphur 30c** where the skin is poor looking or where it is greasy or has a bad odour
- Denes **Arsenicum album 30c** where the skin is red, itchy and flaky
- Denes **Rhus tox 30c** where there is an itchy rash
- Denes **Cantharis 30c** where the skin is bright red or weepy and sore

Recommended food supplements:

- Denes **Digestion Plus Tablets** if the bowel is affected to soothe the lining
- Denes **Evening Primrose Oil** capsules to help maintain the health of the coat and skin

Aromatherapy:

Externally use Denes:

- Liquid Garlic **to repel fleas**

For further information see the section on **PARASITES** and **Fact sheet No 13, Allergies.**

ANAEMIA

Anaemia is a symptom and not an illness in its own right. You must always see your vet to determine the cause. Signs include pale mucous membranes, lethargy, weight loss and poor appetite. Underlying causes include nutritional problems, viral or parasitic infections, haemorrhage and kidney failure.

Licensed Herbal Medicines:

Dose with Denes:

- **Greenleaf Tablets** which contain a rich source of iron

Homeopathic remedies:

Administer:

- Denes **Phosphorus 30c** and **Silica 30c**

Recommended food supplements

- Denes **All-in-One Tablets** which contain Elderberry

APPETITE, LACK OF

Some cats are just fussy feeders, but normally a change in appetite in an otherwise healthy cat can be a sign of illness or a mouth problem. Often cats that have been sick can be difficult to tempt back into normal feeding. Always check with your vet if in doubt about your cat's health.

Feeding:

Avoid foods that contain chemical additives. Some cats are able to detect these and will refuse to eat. Any Denes recipe is suitable especially the:

- **Gourmet Range** which is ideal for fussy feeders

Homeopathic remedies:

Administer:

- Denes **Arsenicum album 30c** as a general tonic
- Denes **Nux vomica 30c** if after a tummy upset

Recommended food supplements:

- Denes **Digestion Plus Tablets** to help stimulate appetite
- Denes **Milk Thistle Plus Tablets** to stimulate the liver, which helps with digestion
- Denes **All-in-One Tablets** to provide extra vitamins minerals and trace elements.

ARTHRITIS & BACK PROBLEMS

Ageing, wear and tear, injury, infection and poor feeding can cause degeneration of the joints leading to arthritis or can lead to back problems. Stiffness and pain are the main symptoms. This leads to problems moving around, jumping up and turning around to groom properly.

Licensed Herbal Medicines:

Dose daily with Denes:

- **Greenleaf Tablets** to ease stiffness and discomfort

Homeopathic remedies:

Administer:

- Denes **Rhus tox 30c** if the symptoms are worse for rest and in damp weather
- Denes **Bryonia 30c** where the symptoms ease with rest
- Denes **Pulsatilla 30c** if the knee joint is affected
- Denes **Pulsatilla 30c** if the pain moves from joint to joint
- Denes **Ruta grav 30c** and **Symphytum 30c** as general remedies

- Denes **Arnica 30c** should be added if problems are severe

Recommended food supplements:

- Denes **Green Lipped Mussel Extract with Glucosamine** capsules to support the health of the joints and surrounding structures
- Denes **All-in-One Tablets** as a general supplement
- Denes **Evening Primrose Oil Capsules** to help maintain mobility

For further information see **Fact sheet No 14, Arthritis and other joint problems.**

BAD BREATH

A common problem caused by poor diet or, more frequently, by gum disease (gingivitis) or bad teeth. Gingivitis leads to spongy, bleeding gums, a foul smell and increased salivation. Some mouth problems can be linked with kidney disease and certain viral infections. Always ensure that your vet checks your cat's teeth regularly.

Feeding:

- Ideally feed a diet based on quality natural ingredients, avoiding foods that contain unnecessary chemical additives. Any Denes recipe is suitable

For severe cases or where there are kidney problems, the following recipe, (which is lower in protein) may be suitable:

- **Older With Turkey & Lamb plus added herbs**

Licensed Herbal Medicines:

Dose daily with Denes:

- **Garlic Tablets** which can act like a natural antibiotic
- **Greenleaf Tablets** to help remove toxins

Where there are kidney problems also give Denes:

- **Kidney Tablets** to provide support for the kidneys

Homeopathic remedies:

Administer:

- Denes **Nux vomica 30c** to help remove toxins
- Denes **Arsenicum album 30c** or **Phosphorus 30c** if there are kidney problems
- Denes **Hepar sulph 30c** if there is a problem with severe gingivitis

For further information see the section on **DENTAL DISEASE & GINGIVITIS.**

BEHAVIOURAL/PSYCHOLOGICAL PROBLEMS

- **AGGRESSION**
- **ANXIETY**
- **NERVOUSNESS**

- **SPRAYING**

Problems such as these are becoming increasingly common due to stress and the growing number of multi-cat households. It is always wise to seek behavioural advice sooner rather than later. Natural remedies have a major part to play in dealing with many of these problems.

Feeding:

Any Denes cat recipe. All Denes recipes are free from additives, which can contribute to some types of behavioural problems.

Flower Essences:

- **Animal Emergency Essence** for accidents and distress in general
- **Highly Strung Essence** or **Over Dominant Essence** for aggressive cats
- **Timid Essence** for nervousness or cats which spray cats
- **Separation Essence** for cats which spray when grieving

Homeopathic remedies:

Administer:

- Denes **Phosphorus 30c** where there is a sensitivity to noises

Recommended food supplements:

- Denes **Tranquil Plus Tablets** to reduce anxiety, aggression, tension and to calm your cat

For further information see **Fact sheet No 22, Helping with behavioural problems.**

BITES & OTHER WOUNDS

These can be difficult to find because the fur often mats over the injury. See your vet if the wound is large or deep, or if it continues to bleed, as stitching may be required.

Aromatherapy:

Externally use Denes:

- **Liquid Garlic** to help clean the wound

Licensed Herbal Medicines:

To help with healing and to avoid infection, dose with Denes:

- **Garlic Tablets** which help fight infection
- **Greenleaf Tablets** to remove toxins

Homeopathic remedies:

Administer:

- Initially dose with Denes **Arnica 30c**

- Denes **Hepar sulph 30c** if very painful
- Denes **Silica 30c** where there is little or no pain

Aromatherapy:

Externally apply Denes:

- **Skin Balm** to encourage the bodies natural healing processes

BLADDER STONES & GRAVEL (FLUTD)

This is a complex condition which is becoming increasingly common. Small crystals develop inside the bladder, combining to form gravel-like material that irritates the bladder lining, leading to symptoms of recurrent cystitis. In male cats the gravel can lead to a potentially serious problem by plugging the urethra and preventing the passage of urine. If you suspect that your cat is affected, see your vet immediately.

Feeding:

Foods containing a low level of magnesium or ash are sometimes recommended. Many of our recipes are suitable, but check with your vet first. Always ensure that drinking water is readily available. Avoid over feeding as this is a contributory factor to the development of FLUTD and try to feed your cat at definite times rather than leaving food down all day.

Licensed Herbal Medicines:

For treatment and prevention, dose daily with Denes:

- **Greenleaf Tablets** to help remove excess minerals.
- **Kidney Tablets** to reduce inflammation and help prevent gravel from forming

Recommended food supplements:

In severe cases also give:

- Denes **Milk Thistle Plus Tablets**

Homeopathic remedies:

Administer:

- Denes **Cantharis 30c** where are signs of cystitis

For further information see **Fact sheet No 20, Bladder stones and Gravel.**

BRONCHITIS

Affects the larger air passages and can lead to breathing difficulties. Thick mucus can collect in the airways causing your cat to cough or wheeze. Always check with your vet to rule out more serious conditions such as heart problems.

Licensed Herbal Medicines:

Dose daily with Denes:

- **Garlic Tablets** to prevent infection and to loosen the mucus
- **Greenleaf Tablets** to help detoxify the body

Homeopathic remedies:

Administer:

- Denes **Bryonia 30c** for a harsh dry cough
- Denes **Phosphorus 30c** for a tickling dry cough
- Denes **Arsenicum ablum 30c** where there is wheezing
- Denes **Pulsatilla 30c** where there is mucus or catarrh present

BURNS & SCALDS

Cool the affected area immediately with cold water to minimise the damage caused by the burn.

During healing give Denes:

- **Garlic Tablets** to help prevent infection
- **Greenleaf Tablets** to reduce inflammation

Homeopathic remedies:

Administer:

- Denes **Cantharis 30c**

Externally apply Denes:

- **Hot Itch Lotion** three times daily to soothe the area

CANCER

There is no simple answer to dealing with this serious problem. However, natural remedies and diet can provide supportive treatment in addition to any therapy your vet may give.

Feeding:

Avoid foods that contain chemical additives such as colourings, flavourings and preservatives. Any Denes recipe will be suitable.

Supportive remedies:

Licensed Herbal Medicines:

To boost the immune system try Denes:

- **Garlic Tablets** which can help fight infection

To detoxify the body add Denes:

- **Greenleaf Tablets** to remove toxins

Homeopathic remedies:

Administer:

- Denes **Arsenicum album 30c** for general homeopathic support

Recommended food supplements:

- Denes **All-in-One Tablets** to provide extra vitamins and minerals
- Denes **Milk Thistle Plus Tablets** if the liver is affected

COLITIS

Colitis is inflammation of the last part of the bowel - the colon. Symptoms to look out for include diarrhoea with mucus and blood, sometimes accompanied by straining. Fast your cat for 24 hours, then feed a bland diet of chicken or fish with boiled rice or pasta until the symptoms have cleared. Chronic cases sometimes involve food allergies or dietary sensitivity.

Feeding:

For chronic cases try adding extra fibre to your cat's food. Half a teaspoon of oat or wheat bran added to each meal can help. If the underlying cause is an allergy try feeding Denes

- **OPTIONS Healthy Skin Rich in Chicken & Turkey With Rice** which is free from beef, lamb, rabbit, dairy products and wheat gluten
- **OPTIONS Dental Care With Fresh Salmon & Rice** which is free from beef, lamb, rabbit, turkey and wheat gluten

Licensed Herbal Medicines:

Dose with Denes:

- **Garlic Tablets** to support the growth of healthy gut bacteria

Homeopathic remedies:

Administer:

- Denes **Nux vomica 30c** if after rich food
- Denes **Pulsatilla 30c** if after fatty food

Recommended food supplements:

- Denes **Digestion Plus Tablets** to help with the diarrhoea and to soothe the colon
- Denes **Probiotic+ Powder** to help maintain the normal balance of bacteria in the bowel

For further information see **Fact sheet No 17, Colitis and Diarrhoea.**

CONSTIPATION

Poor digestion and weak muscle tone can lead to constipation in older cats, although poor diet and damage to the pelvis can also be a factor. Check for large, hard or dry stools. Straining is also a common sign, but remember that this can also be a symptom linked to cystitis or diarrhoea.

Feeding:

Add half a teaspoon of oat or wheat bran to each meal to provide extra fibre. Half a teaspoon of liquid paraffin or olive oil added to each meal for a few days can also help.

Recommended food supplements:

- Denes **Milk Thistle Plus Tablets** to stimulate the liver and digestive system

Homeopathic remedies:

Administer:

- Denes **Nux vomica 30c** if the stools are dry and passed only after straining
- Denes **Bryonia 30c** if stools are very dry and the cat seems irritable

COUGHING

Coughing can be due to a variety of causes, including viral infections (such as cat flu), bacterial infections, foreign bodies, allergies, irritants (such as smoke), heart disease and parasites. It is important to find the cause, so always see your vet to be sure. Herbal remedies can provide additional help.

Licensed Herbal Medicines:

Dose with Denes:

- **Garlic Tablets** which have natural antibiotic properties and can help to loosen any mucus
- **Greenleaf Tablets** to help detoxify the body

Homeopathic remedies:

Administer:

- Denes **Bryonia 30c** with a harsh dry cough
- Denes **Phosphorus 30c** with a tickling dry cough
- Denes **Arsenicum album 30c** where there is wheezing
- Denes **Pulsatilla 30c** where there is mucus or catarrh present

Recommended food supplements:

- Denes **All-in-One Tablets** to help maintain general health

CYSTITIS

This is a common problem. Symptoms include frequent straining to pass small amounts of urine, which may contain jelly-like mucus or clots of blood. Recurrent bouts of cystitis will need investigation to find the exact cause. Fasting your cat for 24 hours will often help resolve the symptoms.

Feeding:

Any Denes recipe is suitable but avoid over feeding dried food in recurrent cases.

Licensed Herbal Medicines:

Dose with Denes:

- **Kidney Tablets** to help fight the infection and reduce inflammation
- **Greenleaf Tablets** to remove toxins

Recommended food supplements:

In severe cases add:

- Denes **Milk Thistle Plus Tablets**

Homeopathic remedies:

Administer:

- Denes **Cantharis 30c**

For further information see **BLADDER STONES & GRAVEL**

DENTAL DISEASE & GINGIVITIS

Plaque build-up on your cat's teeth can lead to inflammation of the gums or gingivitis. Check for difficulty eating, red inflamed gums, bad breath and drooling of saliva. Gingivitis can be a condition associated with some viral diseases such as FIV or FeLV.

Feeding:

Dry foods will help exercise the teeth and gums and reduce the chances of plaque forming. Try feeding Denes:

- **OPTIONS Dental Care With Fresh Salmon & Rice** which is free from beef, lamb, rabbit, turkey and wheat gluten

Licensed Herbal medicines:

Dose with Denes:

- **Garlic Tablets** to help reduce infection
- **Greenleaf Tablets** to remove toxins

Homeopathic remedies:

Administer:

- Denes **Fragaria 3c** to help limit or reduce plaque formation
- Denes **Hepar sulph 30c** if the gingivitis is severe

DIABETES

Pancreatic disease or damage to the pancreas by drugs can lead to diabetes, a failure of the pancreas to produce enough insulin. Although less common in cats than dogs, the symptoms are very similar and include increased thirst and appetite accompanied by gradual weight loss. Some cats will also develop cataracts.

Feeding:

Avoid obesity as this increases the chances of developing this condition. Add half a teaspoon of oat or wheat bran to each meal to provide extra fibre, which will help regulate absorption of food from the bowel.

Licensed Herbal Medicines:

Dose with Denes:

- **Garlic Tablets** to help regulate glucose levels

Homeopathic remedies:

Administer:

- Denes **Phosphorus 30c** may be of benefit in regulating the condition

Recommended food supplements:

- Denes **All-in-One Tablets** to provide extra vitamins and minerals
- Denes **Milk Thistle Plus Tablets** will help as a general tonic

For further information see **Fact sheet No 21, Diabetes.**

DIARRHOEA

There are a great many causes including bacterial and viral infections, worms, food allergies, liver disease, poisoning and poor or incorrect feeding. Symptoms can vary from soft faeces to liquid watery stools, which may contain blood. See your vet if your cat is affected and seems to be unwell.

Feeding:

Starve your cat for 24 hours and avoid all dairy products. Aim to feed a bland diet in the following few days. For both acute and long term problems the following Denes recipes may be suitable

- **Adult Original With Chicken & Turkey plus added herbs**
- **Denes OPTIONS Dental Care With Fresh Salmon & Rice**
- **Denes OPTIONS Healthy Skin Rich in Chicken & Turkey With Rice**

Licensed Herbal Medicines:

Dose with Denes:

- **Garlic Tablets** to help regulate the bacteria in the bowel

Homeopathic remedies:

Administer:

- Denes **Arsenicum album 30c** if from spoilt food or if there is blood present
- Denes **Nux vomica 30c** if from rich food
- Denes **Pulsatilla 30c** if from fatty food
- Denes **Sulphur 30c** if a long-term problem

Recommended food supplements:

- Denes **Digestion Plus Tablets** to soothe the bowel and to firm the stools
- Denes **Probiotic+ Powder** to help maintain the normal balance of bacteria in the bowel. Contains herbs that have a soothing effect on the digestive system

For further information see **Fact sheets No 17, Colitis and Diarrhoea.**

EAR PROBLEMS

The most common problem is ear mites, often affecting younger cats. These live in the ear canal and cause irritation, which leads to the ear clogging up with crusty, waxy material.

Aromatherapy:

External treatment:

Clean daily using **Denes Ear Cleaner**. Instil a few drops and massage the ears gently, carefully cleaning out any debris with cotton wool swabs. Be careful to avoid inserting the swabs right down into the ear canal. Once the problem has cleared, use **Denes Ear Cleaner** on a regular basis to keep your cat's ears clean and free from wax and debris.

Licensed Herbal Medicines:

Dose with Denes:

- **Garlic Tablets** to help reduce the risk of infection
- **Greenleaf Tablets** to help reduce irritation

Homeopathic remedies:

Administer:

- Denes **Sulphur 30c** if the ear is red with black smelly wax
- Denes **Pulsatilla 30c** if ear is red with yellow wax
- Denes **Hepar sulph 30c** if the infection smells or if the discharge is like pus

EPILEPSY (FITS OR CONVULSIONS)

This condition is not common but can be distressing for both you and your cat. In a large number of cases, the exact cause is not known but fits can be linked with kidney, liver or heart disease, diabetes, injury or infection. If your cat is having a fit, then darken the room and be as quiet as possible. Most fits last only a short time but can vary from mild tremors or muscle spasms, to violent thrashing and loss of consciousness. Always seek veterinary advice.

Homeopathic remedies:

Administer:

- Denes **Nux vomica 30c** for highly strung cats
- Denes **Phosphorus 30c** for affectionate, friendly cats

Recommended food supplements:

- Denes **Tranquil Plus Tablets**, which are based on herbs known to help with problems of this type

Flower Essences:

- **Animal Emergency Essence** to calm the situation

For further information see **Fact sheet No 26, Epilepsy.**

EYE PROBLEMS

Conjunctivitis can be caused by an infection but could also be a sign of more serious eye problem, so always check with your vet. For more straightforward problems, bathe the eyes with cold tea or diluted Euphrasia (Eyebright) lotion, available from health food shops.

Licensed Herbal Medicines:

Dose with Denes:

- **Garlic Tablets** which have natural antibiotic properties
- **Greenleaf Tablets** to detoxify the body and reduce inflammation

Homeopathic remedies:

Administer:

- Denes **Euphrasia 30c** as a general remedy to ease this problem
- Denes **Hepar sulph 30c** where there is a mucky or foul yellow discharge
- Denes **Rhus tox 30c** where the eyelids are very inflamed, itchy or sore
- Denes **Silica 30c** & **Phosphorus 30c** if there are cataracts
- Denes **Silica 30c** and **Symphytum 30c** for slow healing ulcers

FRACTURES

Always consult your vet if you think that your cat has broken its leg. A cast may be applied or the break may be repaired surgically.

Homeopathic remedies:

Administer:

- Denes **Arnica 30c** initially to limit bruising and after surgery to assist recovery
- Denes **Symphytum 30c** to assist healing of the fracture

FUR BALLS

Most cats have problems with fur balls from time to time. As they groom themselves, hair is swallowed and collects in the stomach, forming fur balls. Most cats will vomit these up (look out for sausage like balls of hair), although some will pass hair in their stools. Large fur balls will irritate the stomach lining, leading to bouts of vomiting or digestive problems. Regular grooming to remove dead hair will help prevent fur balls from building up.

Feeding:

Give half a teaspoon of olive oil with food each day to help the fur ball pass through.

Homeopathic remedies:

Administer:

- Denes **Nux vomica 30c** as a general remedy
- Denes **Phosphorus 30c** as an alternative especially if thirsty

Recommended food supplements:

- Denes **Digestion Plus Tablets** to help soothe the stomach lining
- Denes **Evening Primrose Oil capsules** to help maintain the health of the coat and skin

HEART DISEASE

Cats suffer from heart problems much less frequently than dogs. If you suspect that your cat has a problem, see your vet immediately. Symptoms include reluctance to exercise, coughing due to congestion of the lungs and fluid accumulation in the abdomen.

Feeding:

Avoid foods that are high in salt. All Denes recipes are low in salt and are suitable for cats with minor cardiac problems. Put your cat on a diet if it is overweight, as obesity will contribute to heart problems.

Licensed Herbal Medicines:

Dose with Denes:

- **Garlic Tablets** to help prevent respiratory problems and to improve the circulation

For further information **see Fact sheet No 18, Heart disease.**

HYPERTHYROIDISM

Over-activity of the thyroid gland, or hyperthyroidism, will cause your cat's metabolism to increase, leading to symptoms such as weight loss, increased appetite and thirst, weakness and hyperactivity. See your vet if you think that your cat may be suffering from this condition.

Feeding:

Foods containing extra calories are ideal. The following Denes recipe may be suitable:

- **Kitten With Rabbit & Chicken plus added herbs**

Homeopathic remedies:

Administer:

- Denes **Phosphorus 30c** may be of some benefit

Recommended food supplements:

- Denes **Tranquil Plus Tablets** to calm your cat if it is hyperactive

Note:

Avoid giving Denes All-in-One Tablets as this supplement may aggravate this condition.

IMMUNE SYSTEM

For your cat to be in peak health and condition, the immune system must be working at its best. Where the immune system is weakened, symptoms of ill health can develop, including allergies, recurrent infections, gingivitis, digestive problems, poor skin and coat and lack of vitality. Remember that a great many factors can affect the way in which the immune system works, including diet, pollution, stress and some drugs.

Licensed Herbal Medicines:

To help maintain good health dose daily with Denes:

- **Garlic Tablets** which have natural antibiotic properties.
- **Greenleaf Tablets** to detoxify the body

Recommended food supplements:

- Denes **All-in-One Tablets** to provide extra vitamins and minerals

Where the immune system is under stress, also give Denes:

- Denes **Probiotic+ Powder** to help maintain the normal balance of bacteria in the bowel

KIDNEY FAILURE

This is one of the most common conditions to affect cats. Kidney failure mainly affects older animals as the kidneys start to wear out. Symptoms include increased thirst, gradual weight loss, vomiting, bad breath, mouth problems and loss of condition. Anaemia can also be associated with kidney disease. Always consult your vet and start treatment as early as possible.

Feeding:

Diet is important. Try to feed a recipe that is low in protein, salt and phosphorus. The following Denes recipes may be suitable:

- **Older With Turkey & Lamb plus added herbs**
- **Gourmet Older With Turkey & Lamb plus added herbs**

Licensed Herbal Medicines:

Dose with Denes:

- **Kidney Tablets** to improve kidney function
- **Greenleaf Tablets** to help remove toxins

Homeopathic remedies:

Administer:

- Denes **Phosphorus 30c** where is a marked increase in thirst
- Denes **Arsenicum album 30c** if there is general debility or poor appetite

Recommended food supplements:

- Denes **Milk Thistle Plus Tablets** to help stimulate the liver to remove toxins
- Denes **All-in-One Tablets** to provide extra vitamins and minerals

For further information see **Fact sheet No 19, Kidney problems.**

LIVER DISEASE

- **LIVER FAILURE**
- **JAUNDICE**

The liver is one of the body's most important organs. Problems can arise due to infections, poisoning, growths and old age. Bouts of vomiting, weight loss, increased thirst, odd coloured soft stools, weakness and jaundice are a few of the signs that can occur.

Feeding:

Try to provide a diet that is free from chemical additives as these can place an additional strain upon the liver. Ideally the diet should also be based on high quality protein and contain lower levels of phosphorus and salt. The following Denes recipes may be suitable:

- **Older With Turkey & Lamb plus added herbs**
- **Gourmet Older With Turkey & Lamb plus added herbs**

Licensed Herbal Medicines:

Dose with Denes:

- **Greenleaf Tablets** to help eliminate toxins

Homeopathic remedies:

Administer:

- Denes **Phosphorus 30c** as a general remedy especially if jaundiced or very thirsty
- Denes **Nux vomica 30c** as a general supportive remedy especially if constipated

Recommended food supplements:

- Denes **Milk Thistle Plus Tablets** to help stimulate the liver
- Denes **Digestion Plus Tablets** to settle the digestive system

For further information see **Fact sheet No 15, Liver disease.**

NASAL CATARRH and SNEEZING

Respiratory infections such as cat flu can damage the nose and lead to recurrent bouts of sneezing and catarrh. In some cases this can lead on to more severe problems such as sinusitis.

Licensed Herbal Medicines:

Dose with Denes:

- **Garlic Tablets** to help fight the infection and loosen any catarrh

Homeopathic remedies:

Administer:

- Denes **Pulsatilla 30c** if the discharge is creamy yellow in consistency
- Denes **Hepar sulph 30c** if foul looking
- Denes **Euphrasia 30c** if the eyes are also affected or the problem is caused by an underlying allergy

Recommended food supplements:

- Denes **All-in-One Tablets** to help maintain the health of the respiratory tract

OBESITY

Cats tend to regulate their food intake much better than dogs and so obesity is less of a problem. Check with your vet to rule out medical problems that might appear to make your cat seem overweight.

Feeding:

Aim to feed your cat at definite times, ensuring that all food is eaten within a set period of time. This will help to avoid overeating. Adding extra fibre, such as oat or wheat bran (half a teaspoon to each meal), to any of our tinned recipes will add extra bulk to the food and make your cat feel full.

Recommended food supplements:

- Denes **All-in-One Tablets**

For further information see **Fact sheet No 10, Obesity in cats and dogs.**

PARASITES & related problems

- FLEAS

Most cat owners are familiar with fleas. Look for the tell-tale signs of flea dirt in the coat, which appear as small gritty black particles. Remember that regular grooming with a flea comb is essential to remove fleas from your cat. This should be combined with regular vacuuming to reduce the flea egg population in the environment.

For more information look under the section on **ALLERGIES**

- CHEYLETIELLA

This mite is sometimes called 'walking dandruff' and will cause your cat to itch and scratch persistently. They can usually be seen with the naked eye, appearing like flakes of dandruff in the skin.

- TICKS

These small, bean-shaped insects attach themselves firmly to a cat's skin, especially around the head and neck area. Check regularly for ticks during the summer months, removing them carefully by covering in Vaseline and leaving them to drop off.

- HARVEST MITES

These small round orange mites are just visible to the naked eye. They cause problems in late summer leading to scabs and sores around the head, on the ears and between the toes.

- ROUNDWORMS and TAPEWORMS

Ensure that your cat is wormed regularly using tablets from your vet. Kittens usually have roundworms, which they acquire from their mother. These may be vomited up and look like white coiled watch springs. Older cats may have tapeworms as well, which they get from ingesting fleas or small rodents. Check for small, white, rice-like tapeworm segments around your cat's bottom. Sometimes these appear flattened and move independently.

DEALING WITH PARASITIC PROBLEMS

Feed a good balanced healthy diet and use herbal remedies to strengthen the immune system in order to deter fleas and other parasites as much as possible.

Licensed Herbal Medicines:

Dose daily with Denes:

- **Garlic Tablets** to deter parasites and strengthen the immune system
- **Greenleaf Tablets** to remove toxins and support the immune system

Homeopathic remedies:

Administer:

- Denes **Nux vomica 30c** if your cat's tummy has been upset by using worming tablets
- Denes **Sulphur 30c** to help deter parasites

Aromatherapy:

Externally use Denes:

- **Liquid Garlic** spray on a regular basis to deter fleas and other parasites
- **Essential Oil Shampoo** to help clean the coat and deter parasites

Apply Denes:

- **Mite Cream** to soothe areas affected by mites
- **Skin Balm** to assist the bodies natural healing process

For further information see **Fact sheets Nos 11, Fleas and your pet and 12 Parasites and your pet.**

PIGMENTATION

Lack of pigmentation can result in a pale nose or eye rims. Depth of coat colour is also poor. The cause is normally dietary.

Licensed Herbal Medicines:

Dose with Denes:

- **Greenleaf Tablets** to provide extra iron

Recommended food supplements:

- Denes **All-in-One Tablets** to provide extra vitamins, minerals and trace elements. All-in-One also contains Elderberry, which will help to improve pigmentation

POISONING

Symptoms vary depending on the type of poison and the amount eaten. Look out for lethargy, sudden change in appetite, vomiting, salivation, bleeding or convulsions. Poisoning is always an emergency so seek help from your vet immediately.

Licensed Herbal Medicines:

To aid recovery, dose with Denes:

- **Greenleaf Tablets** to help remove toxins from the body

Homeopathic remedies:

Administer:

- Denes **Phosphorus 30c** and **Nux vomica 30c** to support the liver and to help eliminate any toxins

Recommended food supplements:

- Denes **Milk Thistle Plus Tablets** to stimulate the liver, which helps to breakdown and remove poisons from the body
- Denes **Digestion Plus Tablets** to settle the digestive system and absorb toxins

PREGNANCY

Pregnancy lasts between 63 and 65 days. Normally between three to five kittens are born with each litter. Remember that about one month after the birth, your

cat will come into season again and may become pregnant while she is still feeding her kittens.

Feeding:

Correct feeding is vital, especially in the later stages and during the nursing period. A high energy, high protein diet is essential. The following Denes recipe is suitable for both pregnant and nursing queens and for growing kittens:

- **Kitten With Rabbit & Chicken plus added herbs**

Homeopathic remedies:

Administer:

- Denes **Arnica 30c** during the birth to help limit bruising and bleeding

Flower Essences

- **Animal Emergency Essence** if the cat appears shocked or stressed. Diluted **Emergency Essence** can also be used to help revive weak kittens

Recommended food supplements:

- Denes **All-in-One Tablets** to provide extra vitamins, minerals and trace elements

For further information see **Fact sheets Nos 2, Your new kitten and 4, Breeding your cat.**

RHEUMATISM

This is a problem suffered by older cats which affects the muscles, ligaments and tendons. Signs include stiffness and difficulty moving or jumping, especially in damp or cold weather. You may also notice your cat stretching a lot.

Dose with Denes:

- **Greenleaf Tablets** to detoxify the body and to relieve symptoms

Homeopathic remedies:

Administer:

- Denes **Ruta grav 30c** and Denes **Rhus tox 30c**

Recommended food supplements:

- Denes **All-in-One Tablets** which contain Seaweed.

SKIN CONDITIONS

- **SKIN ALLERGIES**
- **ECZEMA/DERMATITIS**
- **SCRATCHING & ITCHING**
- **FELINE ACNE**

The most common allergy affecting cats is to fleas, although some cats are allergic to certain food ingredients. Affected cats will itch, scratch and over-groom. Scabs, sores and areas of hair loss are common, leading to dermatitis. Eczema and dermatitis cover a multitude of other skin symptoms as well, including raw weepy sores, skin infections and problems caused by parasites other than fleas.

Feline acne is a specific infection that affects the area under the chin, causing the skin to become sore, weepy and dirty looking.

Dose with Denes:

- **Garlic Tablets** which act like a natural antibiotic
- **Greenleaf Tablets** to reduce inflammation and remove toxins

Homeopathic remedies:

Administer:

- Denes **Sulphur 30c** where the skin is poor looking or where it is greasy or has a bad odour
- Denes **Arsenicum album 30c** where the skin is red, itchy and especially where there is also dandruff or scaling
- Denes **Rhus tox 30c** where there is an itchy rash
- Denes **Cantharis 30c** where the skin is bright red or weepy and sore

Recommended food supplements:

- Denes **Evening Primrose Oil capsules** to maintain the health of the cat and skin

Externally apply Denes:

- **Hot Itch Lotion** to soothe sore areas
- **Skin Balm** to support the bodies' natural healing process
- **Mite Cream** to soothe areas affected by mites
- **Liquid Garlic** spray, to ward off fleas
- **Denes Essential Oil Shampoo** to clean the coat and to ward off parasites

For further information see the section on **Allergies** and **Parasites** and **Fact sheet No 13, Allergies**.

- **DANDRUFF**
- **POOR or DRY COAT**
- **HAIR LOSS & EXCESSIVE MOULTING**

Coat and skin condition often reflect general health. If you are worried always ask your vet to check for any underlying causes such as kidney, liver or digestive problems, parasites or allergies

Feeding:

Improve the diet by feeding more natural foods, free from additives. Any Denes recipe will help

Homeopathic remedies:

Administer:

- Denes **Arsenicum album 30c** where dandruff or dry skin is a problem

Recommended food supplements:

- Denes **All-in-One Tablets** to provide extra vitamins, minerals and trace elements. Seaweed is also included
- Denes **Evening Primrose Oil capsules** to help where the coat is dry or where there is excess moulting
- Denes **Milk Thistle Plus Tablets** to stimulate the liver to remove toxins

- **RINGWORM**

This is caused by a fungus and not worms and is a condition more commonly seen in kittens, longhaired and exotic cats. Signs to check for include areas of hair loss and local scaling of the skin. Ringworm is transmissible to people so you should always discuss any possible infection with your vet.

Dose with Denes:

- **Garlic Tablets** as garlic has anti-fungal properties

Recommended food supplements:

- Denes **All-in-One Tablets** to support the growth of new hair

Externally apply Denes:

- **Skin Balm** which is based on tea tree oil to support the body's natural healing process

TRAVEL SICKNESS

This can be a problem for some cats, either because they are simply frightened or because they are upset by the motion of the car. Always avoid feeding your cat prior to any trip to reduce the chances of vomiting.

Homeopathic remedies:

Administer:

- Denes **Nux vomica 30c** or **Pulsatilla 30c**

Flower Essences

- **Animal Emergency Essence** if the cat appears stressed or anxious.

Recommended food supplements:

- Denes **Tranquil Plus Tablets** for nervous cats
- Denes **Digestion Plus Tablets** for those cats which are upset by motion

SPECIFIC DISEASES

- CAT FLU & CHLAMYDIA

Two different viruses cause cat flu. The Rhinotracheitis virus, causes mild flu symptoms, sometimes with mouth ulcers. Feline calici virus, causes more severe symptoms with a nasal discharge, sneezing and coughing. Some cats are left with permanent damage leading to snuffling and, in severe cases, chronic catarrh and sinusitis. Chlamydia can sometimes cause flu-like symptoms with sneezing and a nasty nasal discharge, but more often causes severe conjunctivitis.

Dose with Denes:

- **Garlic Tablets** to loosen any nasal discharge and to help limit infection
- **Greenleaf Tablets** to help detoxify the body

Homeopathic remedies:

Administer:

- Denes **Pulsatilla 30c** if the nasal discharge is yellow or creamy
- Denes **Hepar sulph 30c** if the discharge is foul or pus like
- Denes **Silica 30c** if the problem has become chronic

Recommended food supplements:

- Denes **All-in-One Tablets** to provide extra vitamins and minerals.
- FELINE LEUKAEMIA VIRUS, FeLV
- FELINE IMMUNODEFICIENCY VIRUS, FIV

Both of these viruses weaken the immune system, leading to a variety of symptoms and chronic health problems which can ultimately cause your cat's health to fail over a number of years.

Of the two, FeLV carries the poorest outlook. Symptoms of FeLV can include chronic infections (such as chronic cat flu), anaemia, tumours, diarrhoea, liver failure and abortion. Signs of FIV are generally less severe. The most common is gingivitis, but other symptoms include recurrent fevers, chronic snuffling and sneezing, sticky eyes, diarrhoea and kidney failure. Your cat may become very ill as the immune system gradually fails.

Many of the individual symptoms of FeLV and FIV will need to be treated accordingly. Aim to provide as much support for your cat's immune system as you can to delay the onset of more serious health problems.

Feeding:

Avoid foods that contain artificial additives. Any appropriate Denes recipe is suitable.

Dose with Denes:

- **Garlic Tablets** to support the immune system
- **Greenleaf Tablets** to detoxify the body

Homeopathic remedies:

Administer:

- Denes **Silica 30c** as routine support

- Denes **Phosphorus 30c** should be added if anaemic
- Denes **Arsenicum album 30c** if weak

Recommended food supplements:

- Denes **All-in-One Tablets** to provide extra vitamins and minerals
- Denes **Probiotic+ Powder** to help maintain the normal balance of bacteria in the bowel and to support the immune system

STRAINS & SPRAINS

Landing or jumping awkwardly can damage ligaments, tendons or muscles leading to discomfort and stiffness, causing your cat to limp. Try to confine your cat to the house for a few days while the injury heals.

Dose with Denes:

- **Greenleaf Tablets** to relieve the symptoms

Homeopathic remedies:

Administer:

- Denes **Arnica 30c** initially
- Denes **Rhus tox 30c** and **Ruta 30c** during recovery until healed

Recommended food supplements:

- Denes **Green Lipped Mussel Extract with Glucosamine** capsules to support the health of the joints and surrounding structures such as ligaments and tendons
- Denes **All-in-One Tablets** which contain seaweed, a good tonic for muscles

VOMITING & RETCHING

Cats have sensitive throats and retch easily. Always check with your vet in case a blade of grass or a fish bone may be stuck. It is normal for most cats to vomit from time to time as a result of furballs. Other causes include worms, infections and more serious problems such as poisoning, liver disease or kidney failure. See your vet if your cat has stopped eating or vomits repeatedly.

Feeding:

Starve for 24 hours then feed a bland white meat-based diet. The following Denes recipe may be suitable:

- **Adult Original With Chicken & Turkey plus added herbs**

Dose with Denes:

- **Garlic Tablets** which act like a natural antibiotic

Homeopathic remedies:

Administer:

- Denes **Nux vomica 30c** as a general remedy

- Denes **Phosphorus 30c** if very thirsty or if the vomit contains blood
- Denes **Arsenicum album 30c** if accompanied by diarrhoea

Recommended food supplements:

- Denes **Digestion Plus Tablets** to settle to digestion
- Denes **Probiotic+ Powder** to help maintain the normal balance of bacteria in the bowel. Contains herbs that have a soothing effect on the digestive system.