

### Human Grade & Organic Ingredients

- Dried Egg Yolk
- Purified Bone Meal
- Gelatin (from Pig)
- Kelp (Organic)
- Psyllium Husks Powder
- Taurine
- Vitamin E (D-alpha tocopheryl succinate)
- Complex B Vitamin
- Adrenal Glands (New Zealand range fed)
- Enzyme & Probiotics Blends

All of our ingredients are approved by the USDA. The formulation of our ingredients is based on the recommendations of our holistic veterinarians expressly for our feline diets and you can rest assured that our **Feline Instincts'** diet represent the best knowledge of professionals. All our diets have been approved and recommended by holistic veterinarians across the country .

### **Feline Instincts** ® is available in two sizes:

Our Large 25 oz (700 g) jar makes about 4 1/2 months supply of food for one cat.

Our Small 5 oz (140 g) jar makes about one month supply of food for one cat.

### Customer Service and Support

We all know that our felines will benefit the most with a knowledgeable caregiver. Therefore, I am available to help with the preparation of **Feline Instincts** if you need it. Call 817-496-4087 or visit [www.felineinstincts.com](http://www.felineinstincts.com)

*Felice*

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## *Feline Instincts' Family*



**Caesar**



**Lady Natascha**



**King Tut**



**King Ramses**

## *Feline Instincts* LLC®

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*"It does take time and energy to prepare a fresh raw meat for your cat, but that dedication is a rich reflection of the love you share."*



**Made in the USA**

# *Feline Instincts* ®

*Where Caring For The True Carnivore  
Is Our Specialty* ©

Recommended by Holistic Veterinarians

## **My Natural Cat**™

A Nutritional Feline Supplement For  
Making An Adult Cat and Kittens' Raw Meat Diet



**Caesar**

**Nature Created Felines As Carnivores  
Their constitution is meant for  
enzyme rich raw meat.**



## Feline Nutritional Needs

### Raw Meat Is Real Cat Food!

Cats (and larger exotic cats too) are designed with short and acidic digestive systems so they can process raw meat. They need the undamaged enzymes and amino acids that a raw meat diet contains; these are their protein building blocks. These enzymes are essential biological catalysts for decent nutrient absorption that allows your carnivorous pet to conserve its own enzyme energy for more important life health benefits such as longevity & good health. Many of the important amino acids and all digestive enzymes are destroyed when raw meats are cooked. All processed pet foods are cooked.

Animals that eat processed foods often become nutritionally compromised and manifest dry and itchy skin, dull coats, weight problems, lethargy, and many illnesses. Feeding an alkaline diet of processed/cooked foods can easily create an imbalance in your pets' natural acidic pH, and it's this imbalance which substantially contributes to urinary and kidney problems. Raw meat diets will naturally keep their systems acidic, healthy and strong, while helping to prevent illnesses.

### Feeding Tips

It is my experience that most kitties will want to eat more of the raw diet than the suggested serving. There are three reasons: (1) They are more active and need the extra calories, (2) Processed pet foods of ALL kinds are filled with carbohydrate; when you remove your feline from this type of diet their bodies continue to crave it. (3) most of all their bodies are crying out for truly nutritious food, therefore they need more raw in their meals.

### Finicky Kitty?

If you have a finicky cat on your hands, feed your kitty at least 8 hours after their last meal. Remember, unfamiliar foods don't smell the same as they have been eating. Take a small amount and put it in the kitty's mouth. This should help them accept the new food. Our liver powders are also very good for transitioning your kitty to the new raw meals.



*King Ramses enjoying the recipe bowl after we made the chicken recipe.*

If that fails, stir in a small amount of spring water tuna juice in their meal just to flavor it. If they eat the meal, then gradually reduce the tuna juice each day until you are serving the meals without tuna juice. I used this for King Ramses and Lady Natascha and they were eating the raw diet in five days without any enticements. Our chicken liver powder and Halo's 100% Chicken treats work well also!

### Drinking Water & Stools

Don't be surprised if you don't notice your kitty around the water dish as before the raw diet. Nature designed felines to receive sufficient amount of water from the raw diet that they are designed to eat. Cats will urinate more and have stools less often. Both are normal when on a raw diet. If your kitty has a hard time passing stools, add more water to her meals.

### Recipe Tips

Don't have enough powder? It may be the method you use to portion your ingredients. I use a scale and weigh everything now, powder, liver, meat, everything. And measure the water with a measuring cup. Before, I used the "that's close" method of weighing and measuring I would end up with powder remaining or not enough to make a complete recipe. Weigh and measure, that's the KEY.

### Liver Can Be Messy

If I am not using the USDA chicken liver powder we sell, I use my food processor to puree raw liver. The result is an easy no mess way to evenly blend the liver and distribute it throughout the recipe. Plus, cats that do not like liver may never know it's in the recipe when it is prepared this way. The liver represents the "A" vitamin. Therefore, never over do liver in their diets, too much A is just as bad as not enough. No liver treats.

If you want too, when using ground meats in your recipe you can add 1/2 to 3/4 of a cup additional water per recipe

### Don't use meat with bones in the recipe

I use a food processor to chop the beef meat and chicken thighs. But I slice and dice the white chicken meat because my cats love to chew chunks of meat. (Helps keep their teeth clean) Use only skinless and boneless chicken and dark turkey meats. Use chicken livers when making the recipe with Turkey.

### Meats to use

Poultry— ground or boneless skinless chicken or turkey breast, thighs.

Rabbit- boneless skinless stewing meat, back or hind legs.

Beef- semi lean ground, stewing meat, heart, steak or roast. Some cats throw up beef meats.

Lamb or Venison — ground boneless stewing meats, shank leg or butt. Do not use raw pork or fish.

### Recipe Instructions

#### Shake the Supplement First

Mix the following ingredients in a large bowl and stir well as you add each item. Makes 14, 1/2 cup portions.

- Add 1 + 1/2 (337ml) cups filtered water
- Use 70 grams or 7 level Tablespoons *My Natural Cat™*
- Add 2 Salmon Oil Capsules (2000 mg) or 1 stroke of the salmon oil pump.
- Add 2 pounds of raw meat (900grams)
- Add 1/2 cup (100g) of raw liver or 3 level Tbsp of chicken liver powder. Use chicken liver with poultry and beef liver for beef and lamb. See Beef Liver powder label for amounts.
- Stir completely.

### My way of making the recipe

I begin by adding the water to a bowl, puree the liver using a food processor then add to the water, pierce the salmon caps and squeeze the oil into the mixture, stir, add the *My Natural Cat* powder and stir. Add small chunks of meat or the meat you have chopped in the food processor and stir again. I use 50% skinless boneless chicken breast and 50% skinless boneless chicken thighs. I also use the darker ground turkey for the turkey recipes. You need to have between 10% - 15% fat from the meat, not totally lean.

Weigh daily meals in freezer baggies and freeze. Freeze prepared meal portions in pint size Zip Lock freezer bags. Then freeze in flat Tupperware boxes, separating each layer with paper towels. Or, freeze portions in ice cube trays and then pop them in freezer bags when frozen.

Keep meals frozen for up to 6 months and keep thawed only 48 hours. Warm bags of food in warm tap water only. Don't leave food out for feeding more than 1/2 hour, then put back in fridge.

My way of doing this recipe is not the only way. Some of my customers freeze the finished recipe in ice cube trays, others use small plastic containers. Do what is comfortable for you.

### Daily feeding amounts

**These are approximate serving sizes. Make adjustments as necessary for your cat.**

Age	Servings
4-8 weeks	1-2 tbsp — 4-6 times a day
2 months	3 tbsp/50g — 4 times a day
3 months	3-5 tbsp/50-80g — 4 times a day
4-5 months	1/2 cup/100g — 3 times a day
6-12 months	1/2 cup /100g — 2 times a day
Adult 1 year plus	1 1/2-3/4 cup /100g-150g — 2 x a day