

Fight Fleas and Ticks Naturally

Learn how to prevent and treat these pests without using chemicals.

By Helen Jablonski

There are many effective flea and tick products available on the market, but what should you choose if you want to prevent and treat them naturally?

Holistic veterinarians typically advise that the most important element in keeping your cat healthy is good nutrition. Donn Griffith, holistic veterinarian and director of The Ohio Center for Integrated Veterinary Medicine, suggests that nutrition plays a role in flea and tick prevention.

“The healthier your animals are, the less they are affected by fleas,” Griffith says. “So a good diet is very important.”

[Click here to read CatChannel's exclusive story on 10 signs your cat has fleas.](#)

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