

## Cats Are Good For You

### **5 ways your pet helps your health**

*By Laura Lee Bloor*

Stop and think of all the purchases you've made to keep your cats healthy. Maybe you bought your cats from a breeder, or you might have paid adoption fees. Then there's the spay/neuter surgery and vaccinations. New cats need toys and scratching posts, food and water bowls. They need litterboxes and litter. It adds up to a nice little chunk of change over the years, right?

Well, be glad for the investments you've made in your cats because they boost your own health in some surprising ways.

**\*\*Get the October 2008 issue of CAT FANCY to read the full article.\*\***

Click [here](#) for CatChannel's exclusive quiz on how cats can improve your health.