

Quick Tips: Allergies and Stress

Alternative therapies can help cats with emotionally based skin problems. Learn how to help your "type A" cat cope.

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Calicos, tortoiseshells, Siamese and black cats exhibit emotionally based skin problems more often than do other cats and often have "type A" personalities. Lecithin granules given at one teaspoon daily or the contents of one lecithin capsule squeezed on food is helpful for such cats. Nutritional therapy includes ¼ teaspoon loose chamomile tea leaves once or twice daily in food or one tablet of homeopathic Calms dissolved in a bite of canned food once or twice daily as mild calmatives. Many cats respond well to alternative therapies, so consider trying one of these methods before resorting to using steroids.