

Pet Health Care on a Budget

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Published on 05/6/2009

In tough economic times, one of the first places people look to cut expenses is pet health. The purpose of this article is to help you realize that cutting corners to buy many pre-packaged pet food is the worst thing you can do for your cat's health and well-being, and your budget.

Prevention, Prevention, Prevention

Most disease takes a long time to develop to a point where your pet begins to show signs of illness. When it does, the vet bills can be extraordinarily expensive. It is ONLY through prevention that you will be able to greatly reduce the potential of life threatening illnesses, and subsequently, your vet bills. Sadly, and solely through lack of nutritional knowledge, many pet owners are financially forced to put their companion down.

Can You Afford to Skip the Annual Exam?

A veterinary exam can only assess your pet's health at the time of the exam, plus pets hide their illness as a defense mechanism. Chronic illnesses and disease typically develop out of view, deep within the gastrointestinal and immune systems, making them almost impossible to detect, even with expensive testing. The best approach is to watch your pet for signs like a change in energy, or behavior.

When budgeting for a routine checkup, be aware that the actual cost includes hidden expenses like; time away from work (door to door averages 4 hours), and travel costs. Even if you are fortunate and get a clean bill of health, you are looking at \$50-100 just for the visit, plus all those hidden expenses.

Better Health through Better Nutrition

The old adage "you are what you eat" is five-seven times more applicable to your pets. Why? Because pets age five-seven times faster than we do! Chronic illness and disease seem to come on suddenly, when in fact they develop slowly, below the surface.

During the pet-food recall of 2007, pre-packaged pet foods found themselves at the center of attention. This was actually a good thing. While prepackaged pet foods today are considered safe, many are the equivalent of eating fast foods for every meal.

If you haven't yet seen it, the documentary "Super Size Me" is a must see! For those who haven't; the film maker made a documentary of himself eating nothing but McDonalds food for 30 straight days. Prior to starting, he had a battery of tests by physicians, who also monitored him throughout. A mere two-weeks into the experiment his doctors urged him to stop immediately as his overall health was deteriorating rapidly, and yet, this is exactly what the overwhelming majority of owners feed their pet's daily, weekly, monthly and yearly. The connection between food and health can be ignored, but it cannot be denied!

By far, the best way to safely stretch the time between annual exams, and to minimize the risk of your pet getting a serious disease is to improve their diet!

A most effective diet includes fresh human grade meats, fowl and fish, combined with daily supplements like; soil-based probiotic supplements, and high performance oils, or vital pet lipids, which are essential to maintain every aspect of your pet's health- joint, skin, digestive system, immune system and all internal organs.

When transitioning to a better food source, you can avoid, or minimize GI upset by mixing the old pet food with the new in a 50/50 ratio for a week, then making the full switch.

The Bottom Line

Pet health care on a budget is possible once you realize that you cannot do it by cutting corners on food or supplements! Let's do the math: The actual cost of 3 vet visits a year (including annual check up) is hundreds-of-times more expensive than the difference in cost between low quality pre-packaged food and better food combined with a high performance supplement program.

Spending more upfront, for better pet food and proper supplements, will not just minimize your vet bills; doing so will reward you with a happy and healthy pet that can live 5-7 years longer than if you don't!

About the Author: Robert Hart owns Vitality Science, a company that formulates all-natural remedies, supplements, treatment resistant programs and cancer protocols for Cats and Dogs. For more pet health articles or product information please go to www.vitalityscience.com