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5 Tips for Natural Pet Care

How to Choose Natural Pet Food, Make Homemade Treats and Toys, and More

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You love your pet like it's a member of the family. Why not treat him or her as

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such by providing natural pet care that's healthier for your pet and beneficial for the planet, too? When thinking about natural pet care, there's a lot to consider—from foods to toys and beyond. This quick guide on how to find natural pet care products or make your own will set you on the right path.

Photo credit: Flickr / Yukari

1. Adopt, don't buy









Of course, a natural pet experience starts with adoption from an animal shelter rather than purchasing a cat or dog from a pet store. This helps to minimize the pet population and ensures healthy, happy animals find loving homes.

2. Buy natural pet food

Today's conventional pet foods are full of fillers and add-ins that do little to improve your pet's health and may actually harm it as well. Feeding your cats and dogs natural pet food is a great way to keep them healthy for longer, which will inevitably save you money in vet bills, too. Choose high quality ingredients such as certified organic whole foods and free range and organic proteins. Also look for ingredient lists where grains are low on the list and synthetic preservatives like BHT, BHA, and sodium nitrate are absent. Natural preservatives that are okay include vitamins E and C.

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3. Make homemade treats

One of the easiest ways to control what goes into your pet's diet is to make your own homemade treats and foods. Look for recipes that are light on grains and heavy on whole foods like animal proteins, healthy fats, and other youth-infusing ingredients.



Photo credit: Flickr / Mundoo

4. Choose eco-friendly pet bedding

Rather than choosing unsustainable, synthetic fabrics and fills that may be uncomfortable for your cat or dog, look for pet bedding made of natural components such as organic cotton and organic wool.

5. Create homemade dog toys and homemade cat toys

Keep your pet entertained without toxins and a heavy impact on the planet. Construct your own homemade cat toys and homemade dog toys from natural components rather than plastics that could be infused with unhealthy chemicals. Upcycling old clothes and other spare materials you have at home will also help to minimize your contribution to trash!



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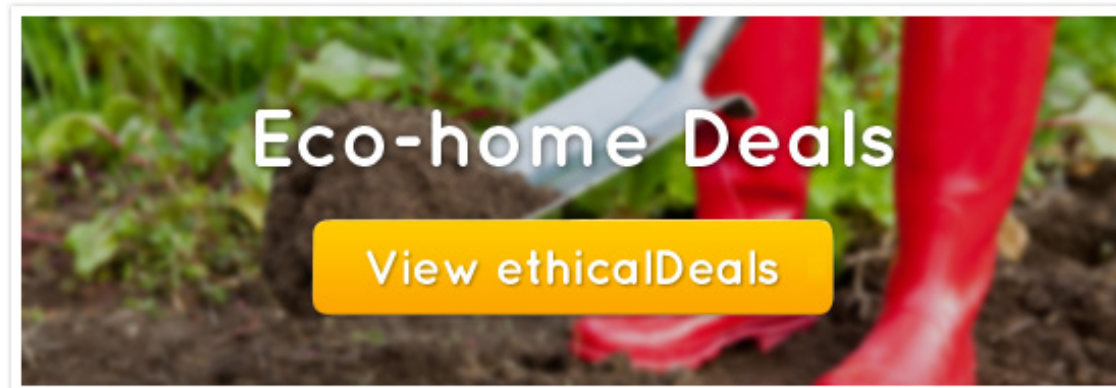
Maryruth has been seeking the keys to environmental justice—both at home and at work—for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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