

# Pet Tracks

*For The Ultimate Pet Owner*

## Why Exercise is Important to The Health of Your Cat



Cats have overtaken dogs as the pet of choice for American households. Unlike dogs, cats are not usually taken for a walk on a lead, which leaves you with the question: is your cat getting enough exercise, and why should you care?

Like all animals, cats need regular exercise to stay physically and mentally healthy. Dogs are probably easier to exercise, as cats, for example, don't tend to run after a thrown stick, bringing it back with that excited, expectant look that dogs invariably do. However, there are many ways you can exercise your cat - and also have a lot of fun too. [Read More:](#)

## Can Pets Have Allergies?

The short answer to this question is yes, your cat or dog can certainly have allergies and will need to be treated for them. Most other common pets can have allergies too, of course, and most of the time they are harmless, though probably quite irritating for the pet concerned.

Allergies are caused by an over-active immune system.

[Read More](#)



## Is Your Family Ready For a Pet Bird?

Coming home to the enthusiastic greetings of your flock after a long day at work is one of life's greatest pleasures. Before you add companion birds to your family, though, check these tips and make sure you're prepared for the



leap. [Read More>](#)

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## The Difference Between Holistic and Conventional Pet Care

So what is true natural, holistic and naturopathic pet health care all about?

What then is the big difference between conventional veterinary and holistic veterinary care?

We have to understand that our bodies have more control over it's own health than our medications in certain situations. The same is true for our pets, and a holistic approach towards their health. You can see specific similarities and differences in the following chart: [Click Here:](#)



## Does Your Pet Have The Back To School Blues?

School is in session, children are gone all day and your pets are faced with being alone. We all know from the movie "Home Alone" what happens when your child is left at home alone. Same goes for your pets. Does your pet have the Back to School Blues?

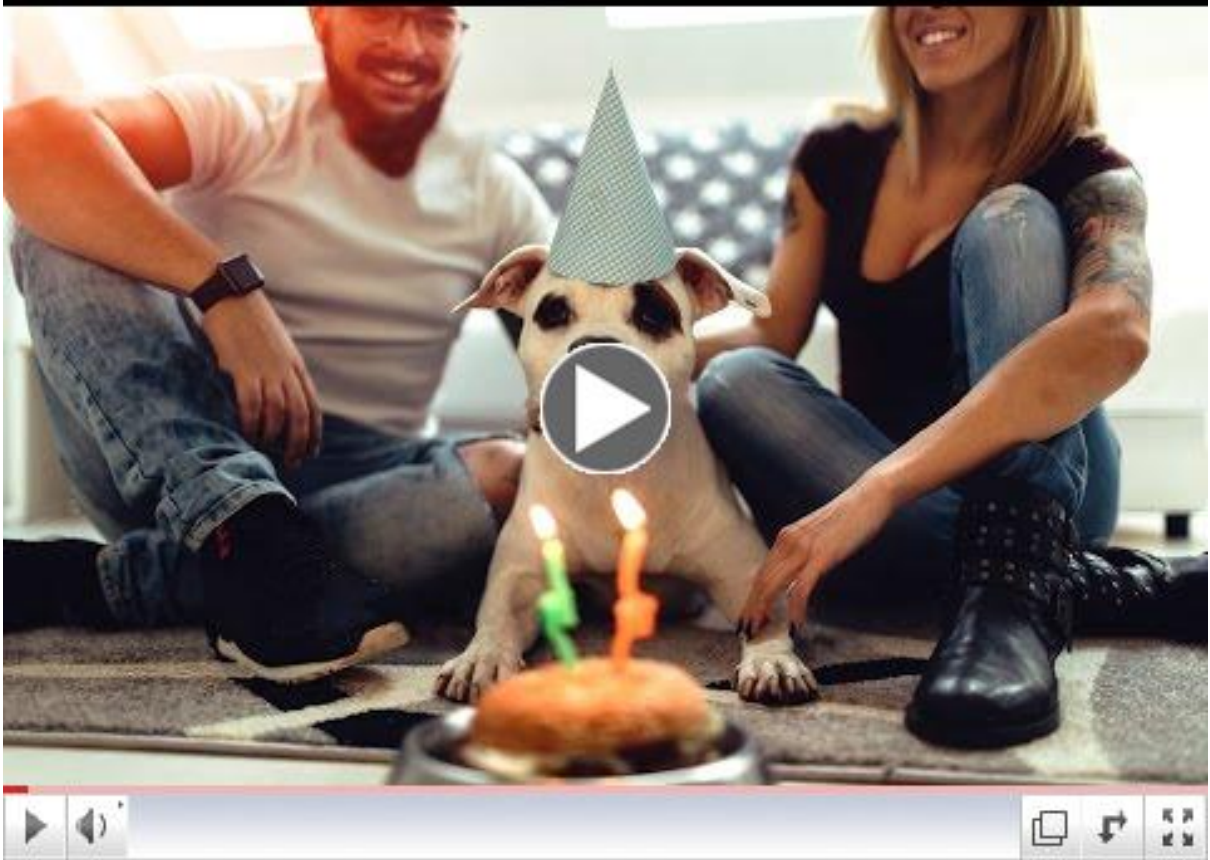
The change in the pet's daily routine can be distressing. Some signs of this distress are:

[Read More>](#)

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**You Are Going to LOVE this Video!  
The Oldest Pets In The World**





## Celebrate Pet Holidays

**September-** Happy Healthy Cat Month  
September 19th - Responsible Dog Ownership Day  
September 28th - World Rabies Day



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