

HOW TO:

**NOT GET FUR
IN YOUR
LUNGS!**

**HOW TO:
NOT GET FUR IN YOUR LUNGS!
THE SECRET TO HEALTHY CO-
EXISTENCE WITH PETS**

BY SPIFFY KITTY

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Helpful advice from a successful New York house call cat groomer with 10 years of grooming experience.

I used to suffer from sneezing, coughing and sinus headaches. Now I can live with my pets in a healthier way. My mission in writing this book is to help you live a happy life with pets. They are a connection to nature and to compassion. We need them to teach us to be human in the best way.

HEALTHY LUNGS, HEALTHY LIFE

Breathing easy is a sign of vitality and freedom. Many spiritual practices like the thousand-year old yoga of India and the ancient Zen of Japan incorporate breathing exercises.

Breathing is truly the essence of life.

And yet . . . We do not all breathe easily. We cough, feel congested, sneeze, and we wonder how to feel better?

How do we gain the full benefit of breathing.

This is especially true of pet owners, caught in a conundrum. We love our pets. In a very real sense, they give us life too, the life of the heart and of laughter.

The same pets who bring joy can bring a decrease in physical comfort. Allergies are a real illness. Congestion is a real malady.

As a pet professional, an animal lover, and a friend to pet owners, I can help.

1.

HOW DOES FUR MAKE US SICK?

Not everyone gets congestion from fur. Many lucky people can thrive while surrounded by all types of animals. Their lungs seem resistant to “visitors”.

What of the rest of us?

First let me tell you a secret.

Ready?

It is not the fur that is the problem.

What!.

True fact. Just as with viruses and liquid droplets expelled by coughing, fur is the vehicle carrying the microscopic particles that can lead to coughing, sneezing and congestion. So do not blame fur entirely. Blame the real villain, dander.

DANDER IS THE VILLAIN, NOT FUR.

To avoid dander is our goal. But you can not see dander, so we are fighting an invisible enemy. Yet . . . We can win!

You have now reached the “meat” of this book. This is the reason you are reading a groomer’s words instead of doing something more fun.

Dander hates water. Dander loves dryness. Water destroys dander. That is the solution.

My gift to you is this advice. Please take it seriously.

Wipe your pet with a soft moist cloth once a day.

Wipe their bed once a day.

If you can, bathe your pet at the least once a month.

Isn't it interesting that water, a source of life, restores breathing, the essence of life?

We prosper and grow as long as we respect life forces. Even the simple house cat or pet dog reinforces this lesson.

ABOUT THE AUTHOR

Linda Schmoldt has been around animals for years, volunteering and then working at shelters, zoos and clinics. Now she runs one of the most popular cat grooming services in the United States. Over the years, she has helped thousands of animals and their partner humans. She studied science at several excellent colleges. This gives her work a scientific grounding.