

The Kitten Wellness Companion

QUICKSTART GUIDE



*Birth-to-12-Weeks
Holistic Care Made Simple*



A HEALED CAT



**Re-centering the conversation around
sovereignty of care, rather than
authority of commerce.**

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Raising Chemical Free Kittens- An Exercise in Self Trust

Choosing a chemical-free, energy-conscious path for your kitten is a calling - a return to intuitive, aligned, soul-centered guardianship. It's not just about avoiding harm-it's about amplifying life. It's important to make this distinction as often times the ideas of holistic or natural care are lined with fear-based undertones.

But we choose chemical-free living for the cats in our care because it gives them the best chance at experiencing their best lives possible, while avoiding toxins and other convenience-based modalities which are fraught with complexity and the potential for poor health outcomes. This is a decision made after years of witnessing our loved ones struggle with fear and pain after choosing to subject them to conventional care methods and allopathic treatments. We learned through this contrast to become confident enough to trust our inner knowing when it matters most, not to be so quick to give away the wellbeing of our felines to an outside source. They know what they need, they are simply waiting on us to tune in. They are our mirrors in so many ways, and this is a beautiful lesson to embrace. This is sacred care.

This is vibrational living.

This is the new way of raising the next generation - in harmony, not in haste.

THE CONSCIOUS KITTEN GUARDIAN MANIFESTO

A Declaration of Sacred Care

We stand at a crossroads. Will we raise our kittens in the shadow of fear-driven conventions, or will we step into the light of intentional, aligned guardianship?

This manifesto is not a rulebook. It is a call to reclaim sovereignty—for ourselves, and for the vulnerable lives entrusted to us. It is a vow to honor the kitten's true nature, not the expectations of a broken system.

THIS IS NOT A TREND.

THIS IS A REVOLUTION.

We are not perfect. We stumble. We doubt. But we rise again-because the kittens' lives depend on it.

We are the guardians of tomorrow. We are the ones who will rewrite the story.

Will you join us?

*"To raise a kitten is to awaken your own soul.
Their purity demands your courage.
Their trust requires your truth."*



THE CONSCIOUS KITTEN GUARDIAN MANIFESTO

WE CHOOSE TO SEE THEM AS THEY ARE, NOT AS WE WISH THEY WERE

Not as “pets” or “patients,” but as sentient, vibrational beings with their own wisdom, needs, and purpose. We recognize that their biology is not ours—and that their path to wellness does not require suppressing symptoms with chemicals.

WE REJECT THE CULTURE OF FEAR

We say NO to automatic vaccines, routine dewormers, and pharmaceutical band-aids. We replace panic with patience, and suppression with support. We ask: “What would nature do?” and trust the answer.

WE BUILD A CHEMICAL-FREE SANCTUARY

Our homes are temples of low vibration—not laboratories of toxicity. We banish artificial fragrances, pesticides, and off-gassing plastics. We clean with vinegar, not bleach. We let fresh air and sunlight be the primary healers.

WE FEED THEIR TRUE NATURE

Raw meat, organs, and bones—not kibble made of grains and mystery ingredients. We honor their carnivorous design, knowing that real food is the foundation of real health.

WE TRUST OUR INTUITION OVER EXPERTS

We listen to our hearts, not just credentials. We seek guidance from holistic vets and herbalists who see the whole cat—not just a symptom. We know that the best doctor is the one who asks: “What does your kitten’s energy need?”

WE EMBRACE VIBRATIONAL ALIGNMENT

We diffuse calming oils (safely vetted), play nature sounds, and use crystal bowls to attune their energy. We know that a kitten’s nervous system thrives in harmony—not chaos.

WE LOVE WITHOUT CONDITION

We do not judge their “flaws”—we celebrate their uniqueness. We hold space for their fears, their quirks, and their wildness. We know that love is the highest vibration—and it heals more than any pill ever could.



What to Feed? (And What to Avoid)



Our kitten manifesto is not just a series of catch phrases, it is the foundation of how we try to live with our feline companions. One pillar in this lifestyle includes what we offer them to nourish their bodies and overall wellbeing. This is not about buying expensive foods, it's about being open and receptive to honoring feline biology.

0-2 weeks-goat milk (powdered or in cartons), lactose free cow milk, raw egg yolk, (**not** raw egg white- it contains avidin, which binds biotin) unflavored electrolytes, unflavored coconut water, collagen protein, coconut oil, black strap molasses (for iron & constipation)- all these can be used to make nutritionally dense baby formula (recipes on the following pages).

NOTE: We do not ever, ever use KMR or Esbilac or other commercial milk replacers with our baby kittens. They use casein (an indigestible cow protein most humans are allergic to- not lactose as we are led to believe) corn solids, vegetable oil (indigestible) and dozens of other ingredients never found in a mother cat's milk. These replacers frequently cause pancreatic inflammation, leading to crippling diarrhea and/or constipation in kittens, leading to premature illness and death. These milk replacers are truly caustic to the tiny little digestive systems of baby kittens. No one would feed a cheesburger to a human baby, the same applies to kittens.

2-4 weeks-by this time babies' eyes are open, and they are getting very feisty during mealtime! Week 3 you may try putting the milk down in a bowl, showing baby how to eat if by him/herself with no other cats around. Be very patient with this process, and be ready to add a few more ingredients to the food to thicken it up a bit if needed.

6 weeks and beyond-soft food, dehydrated food, raw chicken and chicken livers- kittens love it all at this point! Keeping kibble away from kittens at this age will help ensure they never form the bad habit developing a taste for it. We are guilty of doing this, so no judgement. But we find that the longer a kitten can go without eating kibble, the less they crave it as adults!

Cats have no dietary requirement for carbohydrates. Period. They evolved to get almost all of their fluid intake from the food they eat. A mouse, a typical prey food, is about 70% water. Dry kibble food contains far too much carbohydrates and far too little moisture to be an appropriate food for cats.

When & How to Feed

There's a vast difference between the bottle weeks 1-6 vs the enthusiastic foray in to adult food in week 7 and beyond! Of course, many people tire of bottle feeding well before the 6 week mark. We don't blame you, but know baby's intestines are super fragile early in life, so the later you can delay the transition to solid foods, the better.

During the transition period between bottle and full solids, a gradual shift is by far the best one. Keep the milk recipe, but add a tsp of quality canned food. It is in the best interest of the holistically raised kitten to eat a species-appropriate diet, which does NOT include kibble. Kibble was designed for human convenience, not for the long term health of the cat. It is dehydrating, full of carbohydrates and therefore sugar, and is the exact opposite in ratio to the protein/carb split a cat truly needs to thrive. They are obligate carnivores. Not herbivores, not omnivores.

We, as human stewards of the kittens in our care, are obligated to feed them according to the needs of their bodies, not our own preferences. Cats and kittens eat mice and birds- these are complete meals for them, providing ALL the digestible protein, fermented carbs, and fluids a cat needs- in perfect balance. Understandably so, an indoor kitten will not have access to these foods, so it is incumbent upon us to mimic that diet as closely as we can as often as possible- to prevent early onset diabetes, tumors, stomatitis, and other illnesses directly attributable to a kibble-based diet.

A cat's digestive tract is designed for one thing- raw meat. This feeds their highest vibration and provides the greatest source of their vitality, without question. There are excellent resources on feline species-appropriate diets, along with recipes. [The Feline Nutrition Foundation](#) is one resource guide I have followed many years, and covers many subject areas around cat food, recipes, and much more. The main site is [haretoday.com](#), which also sells rabbit for cat food. Places like [Texas Tripe](#) also sell frozen raw cat food (even though they primarily cater to dogs). There are a growing number of places you can buy raw cat food mixes from.



Older Kitten Essentials- The Illustrious Litterbox

So now you have litter ideas, but what about the boxes themselves? Again, so many options. But expensive is not always better!

To cover or not to cover? (Please don't cover the box- it's unhealthy for the cats.) Square or round or electric? How about human toilet training? So many questions. Let's dive in.

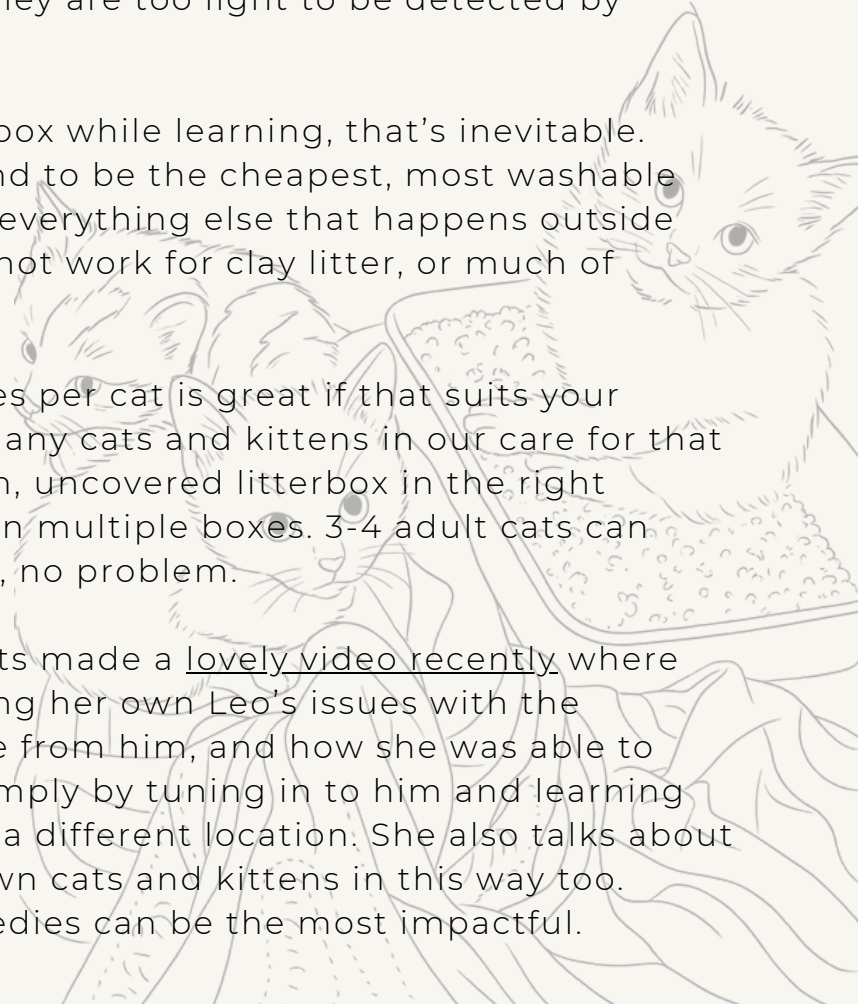
First, the younger you train a kitten to use a particular style of litter, the harder it will be to switch in the future. Some humans love pine pellets, but adult cats used to clay will not. This is a big factor in considering the style of litterbox you use. While non-clumping litter is recommended until 12 weeks, a healthy kitten won't be tempted to eat it much.

A kitten litterbox need not be complicated- we use under the bed storage containers (low sides. These are cheaper than pet store branded plastic. A little step up may be needed to help the kitten up- especially if mom is not there to show the way. Automatic litterboxes are dangerous for kittens and should not be used- they are too light to be detected by sensors.

Kittens WILL go outside the litterbox while learning, that's inevitable. Fuzzy bath mats are what we found to be the cheapest, most washable items to catch litter tracking and everything else that happens outside the box. Plastic tracking mats do not work for clay litter, or much of anything!

The idea of needing two litterboxes per cat is great if that suits your fancy, but we've always had too many cats and kittens in our care for that to be remotely reasonable. A clean, uncovered litterbox in the right location is far more important than multiple boxes. 3-4 adult cats can share one box if it is cleaned daily, no problem.

Julie-Anne Thorne of Naturally Cats made a [lovely video recently](#) where she discusses the issues concerning her own Leo's issues with the litterbox. It is an inspired message from him, and how she was able to help him through the problem, simply by tuning in to him and learning that he wanted the box moved to a different location. She also talks about how you can connect with your own cats and kittens in this way too. Sometimes, the most simple remedies can be the most impactful.



Kittens Need Kittens & Cats

A cautionary tale about raising a single kitten in isolation

Studies show kittens have a sensitive period for socialization from about 2–7 weeks of age (some sources extend to 9 weeks). During this time, their brains are wired to learn what “normal social life” looks like — including how to interact with other cats. In this period, littermates practice play, grooming, and sleeping together. These are not “just cute”; they are how kittens learn bite inhibition, body language, and conflict resolution.

If a kitten grows up with little or no feline contact, they miss many of these lessons and are more likely to be fearful, socially awkward, or overly rough as adults.

Early separation and isolation are linked to aggression & behavior problems

Large studies have looked at kittens separated early from their mother/litter:

- Cats weaned early (before ~12–14 weeks) show more aggression and stereotypic behaviors (repetitive, abnormal actions) as adults.
- Welfare organizations note that kittens removed too early or raised without proper feline social contact are more prone to play aggression, inappropriate scratching, and inter-cat aggression later in life.

How this shows up for adopters:

- Biting hands and feet hard and often
- “Attacking” children or other pets during play
- Scratching furniture and people despite redirection
- Difficulty accepting handling, grooming, or vet care

Singletons show more stress and poorer emotional regulation

Research comparing orphaned or socially separated kittens to mother-reared kittens shows:

- Orphaned kittens vocalize and move more when stressed, indicating higher distress.
- Studies of “early social separation” show the early environment significantly shapes long-term behavior and physiology of kittens, with more fearful and reactive behavior when social experience is poor.

A second kitten (or other friendly cat) provides:

- A constant, species-appropriate stress buffer (they huddle, groom, and play together)
- Practice with self-soothing that doesn’t rely exclusively on humans (which reduces separation distress when people are at work or asleep)

Without that, many single kittens swing between hyper-clingy and over-aroused, which is exhausting for people and stressful for the cat.

Parasites- Identify & Eradicate

Kittens come into the world with tender, developing immune systems that are still learning how to discern friend from foe within their inner ecosystem. Parasites- whether internal or external-are not simply invaders; they are signs that the body's natural rhythm has been disrupted. In holistic care, our goal is not only to eliminate these parasites but to reharmonize the terrain so the kitten's own vitality can reassert balance. Gentle detoxification, nourishing fats, trace minerals, and immune support help restore coherence to the gut and skin—the sacred boundary spaces of life. When we approach cleansing through restoration rather than aggression, we teach the young body how to remember safety, strength, and harmony from within.

EAR MITES!

Tiny parasites that live inside the ear canal, causing intense itching, dark discharge that looks like coffee grounds, head shaking, and scratching. Very common in kittens. This is how we handle ear mites: with MCT oil and Wondercide's ear wash. Now, some swear by mineral oil, but that can leave a lasting oil residue the skin cannot absorb. [Check out our article on beehiiv for details.](#)

RINGWORM

Not a worm but a highly contagious skin fungus. 2 drops of [methleyne blue](#) daily for one week on skin. WILL stain everything, but it works. It's also awesome for wounds/abcesses, tooth issues for cats & humans alike.

GIARDIA, COCCIDIA

Microscopic parasites that infect the intestines, often causing watery or foul-smelling diarrhea, weight loss, and dehydration in kittens. Spread through contaminated water, litter, or surfaces. Silver water helps, as does sulfur water. This is a [complete treatment option.](#)

WHIPWORMS, TAPEWORMS, HOOK WORMS, ROUND WORMS

Intestinal worms that feed on nutrients (and sometimes blood). Signs include bloated belly, poor growth, anemia, scooting, or visible worm segments near the anus or in stool. Whipworms, tape worms, & hook worms live fully in the gut.

Round worms can be coughed up through the mouth- they look like strands of spaghetti (silver water is excellent for expelling all four of these worm types- [1TBSP per gallon of water.](#)

TOXOPLASMOSIS

A microscopic parasite which attacks its hosts' brain- most often picked up by kittens when they hunt and eat infected mice. In kittens, it causes high fever, diarrhea, poor appetite, lethargy, and breathing problems. Untreated, it can be fatal. We treated our infected kittens with liquid B-vitamins, egg yolks, protein powder, and chicken broth- all spoon fed for one week. They were weak and disoriented for days.



Save the Spay (or Neuter) Surgery- 6 Months & Beyond

Bottom Line Up Front: Early spay/neuter solves an immediate reproductive issue but may inadvertently set kittens up for debilitating chronic health challenges and severe behavior problems. A more nuanced approach-including delayed timing, hormone-sparing techniques, and lifelong endocrine support-offers a pathway toward responsible yet holistic care.

CONCERNS WITH EARLY SPAY AND NEUTER: AN ALTERNATE VIEWPOINT

While spaying and neutering are widely promoted for population control and the prevention of reproductive cancers, emerging research and clinical experience show that these procedures may also carry significant long-term health consequences that are often overlooked.

1. Hormonal Disruption

- Spay/neuter removes hormone-producing organs (testes, ovaries, uterus), leaving the adrenal glands to compensate.
- The adrenal glands, already tasked with stress response and metabolic regulation, become overburdened trying to produce missing sex hormones.
- This disruption in hormonal balance mirrors human cases of gonad removal and can trigger systemic imbalances.

2. Physiological and Psychological Impacts

Reported consequences across dogs and cats include:

- Lower metabolism and increased risk of obesity (10–30% lower caloric needs post-neuter).
- Weaker bones, joints, and connective tissue → hip dysplasia, cruciate ligament tears, arthritis.
- Increased risk of urinary incontinence, certain cancers, and immune-mediated diseases.
- Cognitive decline, anxiety, depression, and reduced coping mechanisms.
- Hormonal imbalance influencing appetite, activity levels, and microbiome health.



Save the Spay (or Neuter) Surgery- 6 Months & Beyond

CONCERNS WITH EARLY SPAY AND NEUTER: AN ALTERNATE VIEWPOINT

3. Breed, Age, and Sex Sensitivity

- Early removal of sex hormones (before puberty or first heat) can interfere with growth plate closure, skeletal development, and brain maturation.
- The timing of sterilization influences long-term health outcomes substantially: delaying spay/neuter or using hormone-sparing procedures may mitigate long-term health risks.

4. Alternatives and Supportive Approaches

- Hormone-sparing sterilization (vasectomy, hysterectomy, ovary-sparing spay) allows for population control while maintaining hormone function.
- Hormone restoration therapy (though rare in veterinary medicine) has shown promising results in restoring mobility, reducing anxiety, and normalizing hormone levels. Dr. Mercola has an excellent adrenal support formula to restore the hormones of those impacted by hormone reduction through gonadectomy/spay surgeries. Good for cats and dogs- it was a lifesaver for my puppy who had been sterilized at 3 months old by the shelter- he developed extreme arthritis and personality changes until being given this supplement.
- Holistic and nutritional support (glandular supplements, raw foods, phytoplankton, homeopathics, ashwagandha, hemp oil, exercise, stress reduction) may help balance endocrine health in altered animals.

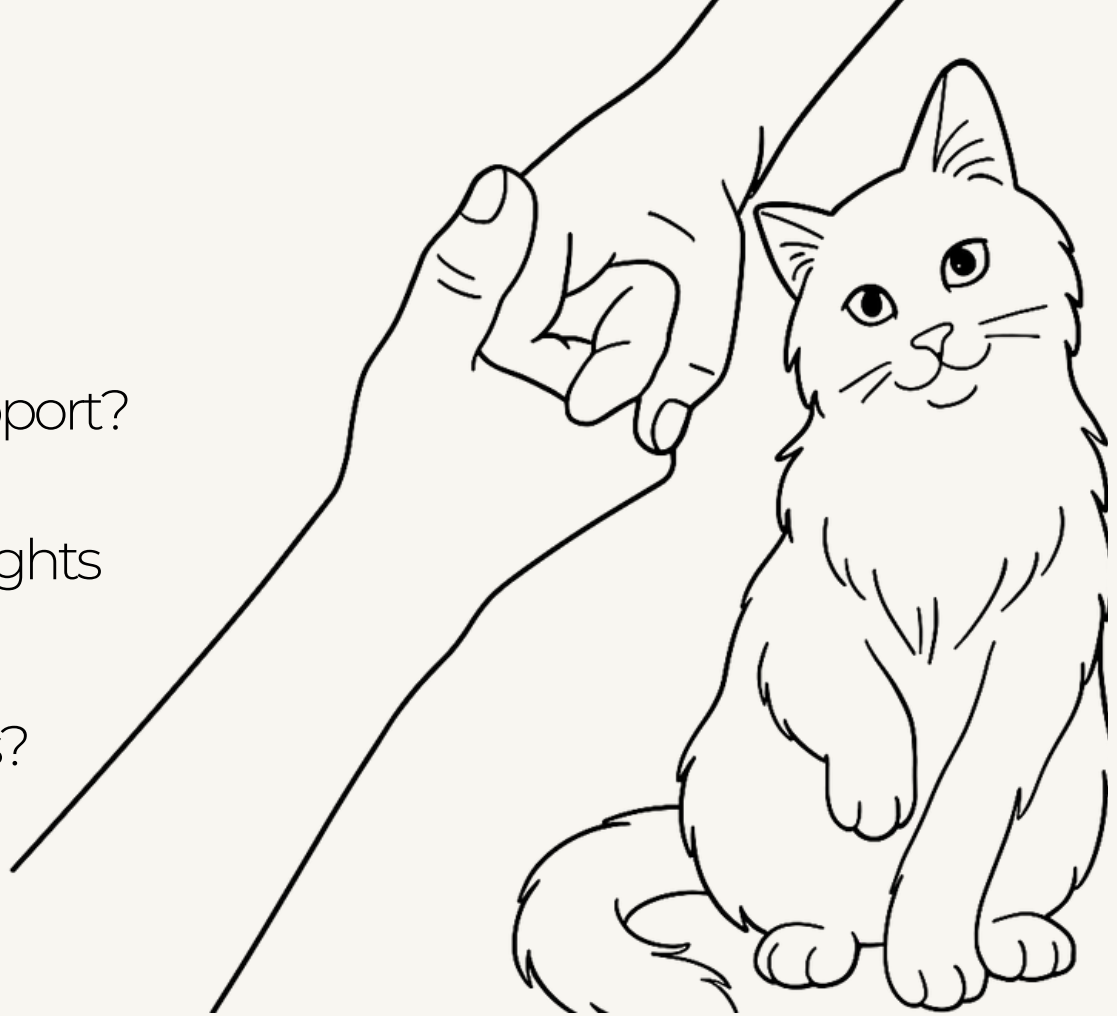
5. Rethinking Conventional Practice

- Conventional spay/neuter policies prioritize overpopulation prevention but often downplay the endocrine consequences.
- Growing evidence shows the decision should consider breed, sex, age, lifestyle, and alternatives rather than a one-size-fits-all approach.
- Feline guardians should be informed about both benefits and risks so they can make balanced choices that prioritize not only population control but also the lifelong health of their companions. ***It's absolutely heartbreaking to see kittens left in mental "perpetual kitten syndrome" be abandoned in shelters for "behavior" issues or for needing reconstructive bladder and ureter surgery because their hormones were removed too early. This practice needs to stop!***

Need More Support?

Want more insights
like this?

Have Questions?



A Healed Cat

newsletter: ahealedcat.beehiiv.com-active now

YouTube: The Feline Harmonic- coming soon!

Feline Wellness Catbot- coming soon!

Free Community:

ahealedcat.mn.co- re-opening soon!

email: support@healedcat.com-

answered by a live human!