

# Raw Feeding for IBD Cats

*Healing Can Happen!*



## **Nausea in Cats – Includes Slippery Elm Bark Powder Syrup Instructions**

Nausea in cats can be difficult to identify. Signs of nausea include (and they may exhibit only one. Not all are “required”):

- Asking for food or appearing to be hungry, but walking away and not eating (often sniffing at the food and then walking away)
- Inappetance
- Lip licking or smacking
- Drooling
- Eating/nibbling on strange things (a pica they normally don’t have)
- Hunched over water dish
- Sitting hunched up in the meatloaf position, but with the head down, eyes often squinted

Though cats are master manipulators, and kitties that have been fed few foods can be picky, what we think of as “pickiness” in a kitty’s eating habits is often a sign that they don’t feel “right” inside. They can become very sensitive to smell, taste, texture, and temperature. ESPECIALLY if you have a kitty that isn’t normally picky, and then becomes picky, consider the problem may be nausea.

### **The Meatloaf Position**

The meatloaf position does not by definition mean a kitty is nauseous. Here are pictures (next page) to help illustrate the difference.



The comfy meatloaf – kitty is relaxed



“This is my spot” meatloaf – happens more often in multi-cat homes, but kitty is saying “MINE!” They’re usually sitting on their feet – but head is up, and they’re alert.



The **nauseous meatloaf** – head is down and/or eyes are squinted. One or the other (head down, eyes squinched) is a sign of discomfort, sometimes pain. They may be lip licking or smacking. But they LOOK uncomfortable and/or in pain.



## Treating Nausea

A natural “pepto bismol” (which should never be given to cats as it contains toxic salicylates) is slippery elm bark powder. Instructions are below. Here is information on SEB by Dr. Jean Hofve: <http://www.littlebigcat.com/health/slippery-elm/>

Some kitties experience nausea due to acid over-production, though in some kitties, especially if being transitioned to raw, the problem is not enough acid. Antacids are over-used, especially in IBD cats. On the other hand, cats with chronic kidney disease (CKD) do produce too much bile as a part of the disease, so if you have a kitty with CKD, consider trying an antacid. Tanya’s site on Chronic Kidney Disease site has the best information on this: [http://www.felinecrf.org/nausea\\_vomiting\\_stomach\\_acid.htm](http://www.felinecrf.org/nausea_vomiting_stomach_acid.htm)

If you have an IBD kitty that is vomiting, please see [The Problem with Pepcid](#), a 3-part series that also addresses what is fed, how it is fed, and when it is fed; and has a complete review of nausea treatments in cats.

A prescription anti-emetic medication, cerenia, is generally very effective in controlling nausea. It has anti-inflammatory properties as well, particularly directed at the pancreas. If you suspect your kitty is nauseous and slippery elm bark powder syrup does not help control it, consider discussing the use of cerenia with your vet.

## Slippery Elm Bark Syrup Instructions

We recommend starting with Slippery Elm Bark Powder “syrup” to treat nausea.

Bring to a boil then simmer 1 teaspoon of slippery elm bark powder (“SEB”) in 1 cup of water, whisking it, for 3 – 4 minutes. It will thicken as it cools. Store it in the fridge for up to 5 days.

You can also put the 1 teaspoon of powder in a microwave safe cup, add 1 cup cold water, stir. Cook on high 30 seconds, stir. Repeat. Then cook on 50% power for 3 – 4 minutes, stirring several times along the way. It will thicken as it cools.

Give kitty 3 – 5ML or one (up to 2) teaspoon 45 minutes to half an hour before a meal to help settle the tummy. You can either mix with water in a small dish to thin it out (many cats do not like the sticky texture), if you need to sprinkle something on top to entice them to eat it up, freeze dried meat or liver treats are plain and often do the trick. If you need to use a syringe, the syrup works easily in one. This can be used three – four times a day.

You can also mix the SEB syrup with one-half teaspoon of DISTILLED aloe vera juice (so the latex has been removed) once or twice a day for a boost in soothing and healing. In the U.S. and Canada, George’s Aloe Vera Juice, though not organic, has no preservatives and is distilled, it has NO taste. Lily of the Desert brand aloe vera juice is organic and made from the inner leaf only (so no latex), but it is a bit bitter so many cats will not take to it.