

5 Ways Cats Improve Your Life

Living With a Cat Really Is Good For You!



While you may feel life is better when shared with a cat, does the science support your intuition? Check out these five fun facts that demonstrate how cats really do improve your life and health!

Cats Improve Mental Health

Does a fluffy cat make you feel warm and fuzzy when you're blue? The National Institute of Mental Health lists animal-assisted therapy as a recognized treatment for depression.

Cats Toughen Kids' Immune Systems

Want your baby to have a tough immune system? Get a cat! Babies exposed to cats in their first year of life have fewer allergies and problems with respiratory illness.

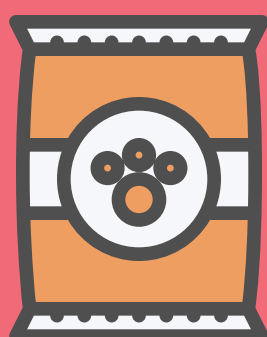
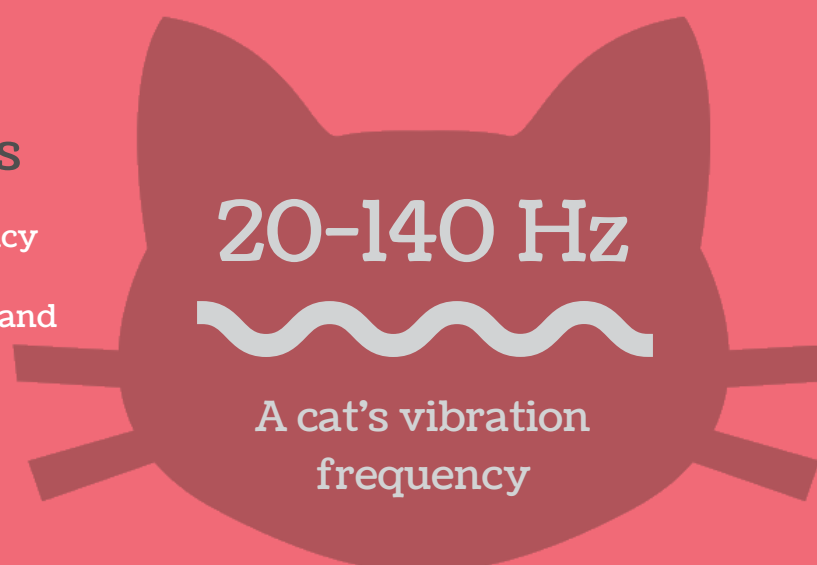


Cats Can Lower Risk of Heart Disease

A 2009 study of 4,500 people showed decreased risk of heart disease and stroke in people who lived with cats! They also had lower blood pressure. Me-ow!

Purring Has Healing Powers

Love lap cats? Cats purr at a vibration frequency known to be medically therapeutic. These frequencies are used to improve bone healing and joint mobility! Purr-fection!



No Cat? No Problem.

If your life cannot accommodate a kitty companion, never fear. You can still experience the health benefits of feline friends! An Indiana University Bloomington study found watching cat videos boosted people's moods and decreased negative feelings. Finally, a valid reason to watch cute videos!

Brought to you by the cat lovers at Life's Abundance!