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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

8 Simple Tips For Keeping Your Pet Birds Health.

By Robert Michael

1. Birds need to eat a nutritionally sound diet in order to live a long life. Improper feeding can lead to malnutrition and disease resulting in a shorter lifespan. Start off by feeding your bird right from the beginning.
2. Parrots and birds of the parrot family can eat a variety of different kinds of foods. Seeds should not be a parrot's only food. This is a mistake many new bird owners make. Seeds contain mostly fat and not enough protein and very few vitamins.
3. Birds can eat most table foods but it is best to stick to healthy items including items containing whole grains, pretzels, and whole wheat pastas and bread. Foods high in fat should be avoided. Never feed them avocados as they are toxic to birds.
4. Good sources of nutrition for your bird include beans and legumes as well as various vegetables and fruits. Some birds resist new foods at first while others are open to trying many new things. Although it may take some time keep trying to introduce your bird to a variety of healthy foods.
5. Changes to a bird's diet should be done slowly and progressively over time. Provide fresh foods twice per day for approximately an hour each time. Be careful not to leave fresh food in the bird's cage too long as it will develop bacteria which can make your bird sick.
6. Your bird should be fed two times per day. This will result in your bird getting hungry which will make it more active. Also, a good appetite can make it more likely that your bird will try new foods. Feeding at set times twice per day will also allow you to be able to monitor how much your bird is eating. If your bird is not eating well this can tell you that it is not feeling well or has a health problem.
7. If your bird is a picky eater and you cannot get it to eat a varied diet you can try warming or cooking the vegetables. Take away seeds except at meal time until your bird starts eating healthy foods on a regular basis.

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8. Just as water is necessary for people it is also necessary for healthy birds. Keep your bird's water dish filled with fresh, clean water at all times. Bird bowls can become very dirty and should therefore be cleaned each day with hot soapy water. Once every other week you should clean your bird's water dish with a solution containing bleach. Also make it a point to pick up some water soluble bird vitamins at the local pet store and add vitamins to your birds water daily.

Birds make wonderful pets for the whole family and they can live a long time if taken care of properly. Proper care of birds includes maintaining a healthy diet of seeds, vegetables and fruit.

Robert Michael is a writer for Las Birds which is an excellent place to find birds links, resources and articles. For more information go to:

<http://www.lasbirds.com>

Get To Know A Veterinarian

By Analeese Burnabaker

If you are a pet owner, it is time that you got to know a veterinarian. Why? Because, quite simply, a veterinarian is like a doctor for your pets. If you enjoy pets enough to own one or many, then you should take the time, energy and money to properly take care of those beloved pets.

Some pet owners believe that a visit to a veterinarian is only necessary when a pet is suffering or ill. And while you definitely want to visit a veterinarian when your pets become ill or start to show abnormal symptoms, you should also schedule routine appointments for your pets just like you schedule regular appointments for you and your family to visit a physician. There is no good reason not to give your pets the best care that you possibly can. Many simple problems and sicknesses can be prevented or solved easily by early detection, even in pets, so make it a priority to see your veterinarian regularly.

New pet owners should make appointments immediately to see a veterinarian and get a full health check for your new friend. Let your veterinarian teach you all about your new pet. Learn about the best ways to care for your pet, the best food to feed it, the best ways to bathe it, and the levels of activity that are necessary for keeping your pet healthy. You may be surprised how much there is to learn about each variety of different pets. Whether you have a dog, a cat, a bird or a horse, I guarantee you that a veterinarian will teach you helpful tips that you didn't already know.

If you are currently a pet owner and have never taken the time to schedule an appointment for your pets, do so now. Talk to your other pet-owning friends to see what veterinarians are respected in your area. Flipping through your phonebook or doing a simple internet search can also help you explore options for finding the right veterinarian in your area. Some vets specialize in certain animals, so be sure that you schedule a visit with a veterinarian that has vast experience with your particular pets.

If you think that making appointments for your pets to see a veterinarian is silly, then I wonder whether or not you are suited to be a pet owner. You must consider your lifestyle and your ability to provide the

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right level of care for pets. Be honest with yourself and know that it is much better to give up a pet you already own than to keep that pet and not care for it properly.

Pet lover Analeese Burnabaker is committed to ensuring that pet owners are doing their job. She thinks that seeing a veterinarian regularly is essential for all pets. Check out

<http://www.myveterinarian.info>

for more.



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