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Introduction:

Arthritis not only affects people of all ages, but it can also occur in animals. Nobody wants to see their dog getting older or suffering from pain, but there is no need to worry if your canine friend has arthritis. There are many natural ways to help relieve pain, improve function and enhance the quality of life for your beloved pet.

If you own a dog, make sure your dog is happy, active and greets you only as a dog can do when you come home. If you start noticing changes in mood and activity it's easy to suspect a cold or stomach virus, but it could be arthritis. Arthritis affects one in every five dogs and is one of the most common sources of chronic pain that veterinarians treat. Your dog cannot tell you what is wrong so it’s important to watch out for the signs and take subtle changes seriously.

A lot of the symptoms seen in dogs with arthritis comes from pain. As a result, treatment for arthritis in dogs is geared toward reducing pain and maintaining muscle mass and joint mobility. This is best achieved by using a combination of treatments rather than relying on only one medication or treatment option.

NOTE: The following information isn’t intended to replace regular visits to your veterinarian. If you think your dog may have canine arthritis, please see your veterinarian immediately. And remember, please do not give any medication to your pet without first talking to your veterinarian.

Signs that your dog may have arthritis:

- Difficulty sitting or standing
- Favoring a limb
- Appearing to have stiff or sore joints
- Hesitant to jump, run or go up stairs
- Gaining more weight than usual
- Sleeping more than usual
- Limping or sore legs
- Decreased activity or less interest in play
- Seeming less alert
- Behavior & attitude changes

If your dog appears to have any of these symptoms for more than two weeks, take him to your veterinarian for an arthritis evaluation. This may involve a physical exam and possibly an X-ray to check the health of your dog’s joints. The best option for managing your dog's arthritis is to get a diagnosis and start a treatment plan as soon as possible.
Tips to help your dog with Arthritis:

1. Early diagnosis and treatment
2. Help your dog to maintain proper weight
3. Feed your dog a healthy diet
4. Give your dog a joint supplement
5. Make sure you dog gets gentle exercise

1. Early diagnosis and treatment

If you notice any of the signs of arthritis in your dog early on, it can be beneficial to try and prevent further discomfort from occurring. Consult your veterinarian to ensure the best and most effective treatment. Always tell your vet about any supplements and complementary treatments you are giving your dog.

2. Help your dog to maintain proper weight

Keeping your dog’s weight at optimum levels is very important. This may involve calorie restriction, change in dog food brand, increase in exercise or a combination of all of these. Excess fat tissue can secrete hormones that promote pain, and the extra weight can put more strain on the joints than necessary. If appropriate, a weight reduction program should be implemented and closely monitored. *Specified weights below are only a guide, please consult your veterinarian if you are concerned about your dog’s weight.

<table>
<thead>
<tr>
<th>Toy &amp; Small Breed Dogs</th>
<th>Medium &amp; Large Breed Dogs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australian Terrier     5 – 6kg</td>
<td>Afghan Hound 23 – 27kg</td>
</tr>
<tr>
<td>Bichon Frisé           3 – 6kg</td>
<td>Airedale Terrier 20–23kg</td>
</tr>
<tr>
<td>Border Terrier         5 – 7kg</td>
<td>Alaskan Malamute 39 – 56kg</td>
</tr>
<tr>
<td>Boston Terrier         4.5 – 11.5kg</td>
<td>Basset Hound 18 – 27kg</td>
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<tr>
<td>Cairn Terrier          6 – 7kg</td>
<td>Beagle 8 – 14kg</td>
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<tr>
<td>Cavalier King Charles Spaniel 5 – 8kg</td>
<td>Bearded Collie 18 – 27kg</td>
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<tr>
<td>Chihuahua              1 – 3kg</td>
<td>Bernese Mountain Dog 40 – 44kg</td>
</tr>
<tr>
<td>Chinese Crested        2 – 5.5kg</td>
<td>Bloodhound 36 – 50kg</td>
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<tr>
<td>Dachshund (Standard)   6.5 – 11.5kg</td>
<td>Border Collie 14 – 22kg</td>
</tr>
<tr>
<td>Dachshund (Miniature)  4 – 5kg</td>
<td>Boxer 25 – 32kg</td>
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<tr>
<td>Fox Terrier            7 – 8kg</td>
<td>Bullmastiff 41 – 59kg</td>
</tr>
<tr>
<td>French Bulldog         10 – 13kg</td>
<td>Bull Terrier 24 – 30kg</td>
</tr>
<tr>
<td>Griffon                2.5 – 5.5kg</td>
<td>Cocker Spaniel 13 – 15kg</td>
</tr>
<tr>
<td>Italian Greyhound      3 – 3.5kg</td>
<td>Collie 18 – 30kg</td>
</tr>
<tr>
<td>Jack Russell Terrier    5 – 8kg</td>
<td>Dalmatian 23 – 25kg</td>
</tr>
<tr>
<td>Lhasa Apso             6 – 7kg</td>
<td>Doberman 30 – 40kg</td>
</tr>
<tr>
<td>Maltese                2 – 3kg</td>
<td>Finnish Spitz 14 – 16kg</td>
</tr>
<tr>
<td>Papillon               4 – 4.5kg</td>
<td>German Shepherd 34 – 43kg</td>
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<table>
<thead>
<tr>
<th>Breed</th>
<th>Weight Range (kg)</th>
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<tbody>
<tr>
<td>Pekingese</td>
<td>3 – 6</td>
</tr>
<tr>
<td>Pomeranian</td>
<td>2 – 3</td>
</tr>
<tr>
<td>Poodle (Toy)</td>
<td>3 – 7</td>
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<tr>
<td>Pug</td>
<td>6 – 8</td>
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<tr>
<td>Schnauzer (Miniature)</td>
<td>6 – 7</td>
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<tr>
<td>Scottish Terrier</td>
<td>8 – 11</td>
</tr>
<tr>
<td>Shih Tzu</td>
<td>5 – 7</td>
</tr>
<tr>
<td>Sydney Silky</td>
<td>4 – 5</td>
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<tr>
<td>Tibetan Spaniel</td>
<td>4 – 7</td>
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<tr>
<td>West Highland White Terrier</td>
<td>7 – 10</td>
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<tr>
<td>Yorkshire Terrier</td>
<td>2.5 – 3.5</td>
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<tr>
<td>German Short-haired Pointer</td>
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<tr>
<td>Golden Retriever</td>
<td>27 – 36</td>
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<tr>
<td>Great Dane</td>
<td>46 – 54</td>
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<tr>
<td>Greyhound</td>
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<td>Hungarian Vizsla</td>
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<tr>
<td>Irish Setter</td>
<td>27 – 32</td>
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<tr>
<td>Irish Terrier</td>
<td>11 – 12</td>
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<tr>
<td>Irish Wolfhound</td>
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<td>Labrador</td>
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<td>Mastiff</td>
<td>80 – 86</td>
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<tr>
<td>Newfoundland</td>
<td>50 – 70</td>
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<tr>
<td>Old English Sheepdog</td>
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<tr>
<td>Poodle (Miniature)</td>
<td>12 – 14</td>
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<tr>
<td>Poodle (Standard)</td>
<td>20 – 32</td>
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<tr>
<td>Pyrenean Mountain Dog</td>
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<td>Rhodesian Ridgeback</td>
<td>30 – 39</td>
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<tr>
<td>Rottweiler</td>
<td>41 – 50</td>
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<tr>
<td>Samoyed</td>
<td>23 – 30</td>
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<tr>
<td>Schnauzer (Standard)</td>
<td>16 – 20</td>
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<tr>
<td>Shetland Sheepdog</td>
<td>6 – 7</td>
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<tr>
<td>Siberian Husky</td>
<td>16 – 27</td>
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<tr>
<td>Soft-coated Wheaten Terrier</td>
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<tr>
<td>Staffordshire Bull Terrier</td>
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<tr>
<td>St Bernard</td>
<td>50 – 90</td>
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<tr>
<td>Springer Spaniel</td>
<td>22 – 24</td>
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<tr>
<td>Tibetan Terrier</td>
<td>8 – 14</td>
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<tr>
<td>Weimaraner</td>
<td>32 – 39</td>
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</tbody>
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3. **Feed your dog a healthy diet**

This is the foundation of your dog’s health. A fresh food and meat based diet works best for most arthritic dogs. If it’s possible, cut back on the amount of grains and starchy carbohydrates you are feeding and increase the amount of protein. You can achieve this with a better quality food, by using canned instead of dry foods, by adding fresh foods such as eggs and meat to the diet, or by feeding a home made diet. A lot of dogs suffering from arthritis improve when grains are removed from the diet, although if this doesn’t help, you won’t need to continue to avoid them. Certain foods may help with arthritis: celery, ginger, alfalfa, tropical fruits such as mango and papaya, and cartilage are all good to add to the diet of an arthritic dog. It’s important to remember that vegetables must be either cooked or pureed in a food processor, juicer, or blender to increase digestibility by dogs, and fruits are more easily digestible when overripe.
4. Give your dog a joint supplement

This can be a very cost effective treatment that has other health benefits in addition to improving joint function. Supplements to the dog’s diet such as Glucosamine and Chondroitin Sulfate, Omega Fatty Acids, Vitamin E, Selenium, and MSM (Methylsulfonylmethane) all assist in decreasing inflammation and improving the body’s ability to repair and strengthen tissues. See below for our recommendation of an excellent product called **Technyflex Canine**.

5. Make sure your dog gets gentle exercise

Exercise is important for arthritic dogs but should be low impact to avoid further stress on damaged joints. Leash walking and mild controlled jogging are acceptable forms of exercise for dogs with arthritis.

The good news is that keeping your dog healthy, happy and out of trouble with daily exercise is a lot of fun and provides many benefits, including:

- Helps to reduce or eliminate the common behaviour problems such as digging, excessive barking, chewing and hyperactivity
- Helps to keep dogs healthy, agile and limber
- Helps to reduce digestive problems and constipation
- Helps timid or fearful dogs build confidence and trust
- Helps dogs feel sleepy, rather than restless, at bedtime or when you’re relaxing
- Helps to keep their weight under control

Other complementary methods of treatment:

1. Chiropractic
2. Acupuncture
3. Hydrotherapy
4. Swimming
5. Physical Therapy
6. Massage
7. Modifying the living environment

1. Chiropractic

When a dog has joint pain, they alter weight bearing and restrict joint motion, both of which create abnormal function in other joints too, most commonly the neck and back. Chiropractic evaluation identifies the area of the dog’s spine with abnormal motion. Treatment aims at restoring mobility. This can reduce pain and get your dog moving much more comfortably.
2. Acupuncture

Similar to chiropractic, acupuncture can increase joint mobility. The insertion of needles improves blood flow to tight muscles. Relieving muscle tension permits joints to move better. Acupuncture also works as a pain control method, allowing reduced doses of other drugs or supplements.

3. Hydrotherapy

Getting your dog in the water will allow joints to move more freely. This is a great non-drug way to improve mobility and relieve pain. Depending on your dog’s preferences and specific problems, free swimming may work well, or you may get better results with water treadmill exercise. It can also be a great way to help your dog lose weight.

4. Swimming

Swimming is another excellent exercise and is a commonly used form of physical rehabilitation. Underwater treadmills can also be an effective form of physical therapy and can help meet the exercise requirements of an arthritic dog.

5. Physical therapy

Water therapy is part of physical therapy but there is also the “floor exercises” part. A certified canine physical therapist can evaluate your dog’s joint mobility and design a treatment plan that includes stretching and exercises, some of which you can do at home with your dog.

6. Massage

Most dogs love a massage. Done by a certified practitioner this is much more than just a good scratch and belly rub. In some patients massage can actually accomplish the same results as chiropractic or acupuncture.

7. Modifying the living environment

You might get a ramp for your dog to get in and out of the car, or to avoid steps. You can lay down runner carpet over hard wood floors to reduce those slip’n’slide moves that sometimes happen to older dogs with weaker hind ends. Or you can try booties on the dog. That will allow the feet to grip better on all surfaces. Some dogs appreciate a softer bed, or a raised canvas bed. A good bedding area is important so the dog can find a comfortable position for restful sleep.
CONCLUSION:

The above list is a place to start. Your veterinarian or homeopath may have additional suggestions or offer other procedures to treat arthritis. Try one thing at a time so you know what is working or what is not working. When making dietary changes or adding supplements, make it a gradual process. If trying acupuncture, chiropractic or the other physical modalities, make sure the practitioner tells you what to expect and watch for. You want to know how much money you’ll need to spend to find out if something is worth continuing. Treating arthritis can be an ongoing cost. So for your dog’s best interest, you want to find the most affordable treatment. There is no treatment that is guaranteed to work. In medicine nothing works on every patient. Treatment starts with a therapeutic trial. You need a practical way to assess if your dog is being well served for the cost of the treatment.

Looking for a premium natural joint supplement?

Technyflex© is highly recommended by Veterinarians.
Read more below..

FOR ANIMAL TREATMENT ONLY

TECHNYFLEX® CANINE

PREMIUM JOINT SUPPLEMENT™

‘Combat arthritic conditions and joint disorders in your dog naturally.’

Technyflex® Canine is a natural product for dogs that may relieve sore and inflamed joints, arthritic symptoms and is known for its anti-inflammatory activity. It is a natural alternative to NSAIDs.

• Natural Pain Relief
• High Nutritional Benefits
• Natural

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Technyflex® also may help reduce the symptoms of musculo skeletal conditions, hip dysplasia, and elbow dysplasia. It is also effective in the treatment of injured and sore joints.

Treating your pet with Technyflex®, a high quality joint supplement, will assist in many ways. Administering prior to onset of these conditions is also recommended for increased mobility and as prevention for ageing joints.

"Prevention is better than cure"

**Rebuilds Joints**

A key component in rebuilding cartilage and connective tissues, are glucosamines and GAGs (glycosaminoglycans/ mucopolysaccharides). GAGs consist of precursors such as glycosaminoglycans and chondroitin sulfates which provide the necessary building blocks to rebuild cartilage and connective tissues.

GAGs also contribute to the viscosity formation of synovial fluid, which are well known for their lubrication qualities of the joint. These characteristics (GAGs) also offer protection from free radicals and provides nourishment of the joint.

**Anti-inflammatory Pain Relief**

- A natural analgesic (pain reliever)
- Rich source of anti-inflammatory omega-3 fatty acids
- Soothes stiff joints

By utilising the safe and beneficial COX-1 pathway, Omega-3s (ETA, EPA & DHA) inhibit and in effect block the inflammation pathways known as COX-2 and LIPOX-5.
The Effect of Samples on Neutrophil Superoxide ~ Rate of Inhibition, Anti-inflammatory properties

Anti-inflammatory Properties

This Study was completed in vitro and conducted at the Bio-Investigation Group, Wellington School of Medicine and Health Science, University Otago. The test procedure was conducted in accordance with the Bio Activity Investigations Group method, to determine the anti-inflammatory properties of each product. Technyflex® clearly demonstrated significant anti-inflammatory properties.

Proven Safe and Natural

- No additives
- Readily absorbed, in contrast to cartilage products
- Bioactive benefits are quickly recognised
- Can be taken long term, with no known adverse side effects
- Natural

Technyflex® is not a synthetic product/drug and has no known adverse side effects. This product can be taken in conjunction with other medications, but discuss with your Vet if your pet has an allergy to other products or shellfish. It is advisable not to administer in pregnancy.

The effectiveness of the product is due to its ingestion qualities. Technyflex® is not processed from sea crustaceans or ground down shellfish, i.e. crab shell or shark cartilage; making our product easier to digest ensuring faster results to the user.

Technyflex® Canine is derived from our premium grade New Zealand Greenlipped™ Mussel, grown
in the clean pristine waters of New Zealand. To ensure the high quality of our product, each batch is tested and confirmed to be free from heavy metals and other micro-organisms. New Zealand Government regulations ensure that our product does not fall below standards set by the New Zealand Ministry of Agriculture and Forestry. All processing is completed in a New Zealand Med. Safe accredited factory, complying with GMP, EU and USFDA standards.

**High Nutritional Benefits**

- 100% Greenlipped™ Mussel (Perna canaliculus)
- Only mussel meat is used, not shell
- High in omega 3: total 36.3mg (EPA 17.7mg, DHA 10.9mg, ETA 2mg, ALA 4.2mg)
- GAGs glycosaminoglycans/mucopolysaccharides
- Minerals & Vitamins
- A natural whole food

These nutrients exist naturally in an Embryonic form providing the body with many physiological and biologic benefits that are easily digested. They provide your pet with a synergistic approach for complete joint integrity and well being.

**Essential Fatty Acid Profiles**

This study was conducted by the Cawthorn Institute, an independent GMP registered laboratory. The test method used: AOAC 18th Edn 963.22. Technyflex® clearly demonstrated a high quality essential fatty acid count.
Technyflex is recommended by Veterinarians:

Des Viero BVSc
Burdekin Veterinary Services
102 Edwards Street, Ayr, QLD 4807
(07) 4783 2911
0418184676

‘Arthritis management and long term control of the associated symptoms has been a special interest of mine for about 10 years. Having worked in a diverse range of veterinary fields including horse and greyhound racing for over 20 years, I have seen many medications and concepts arise, be trialed in clinical applications and either fade away and forgotten about or become a success story and make a real impact in the veterinary markets.

I have been asked to give my opinion on the effectiveness of this product named TECHNYFLEX (have used this New Zealand Green-lipped Mussel extract for approximately 10 years), and could I cite an example of a case study of an animal that has responded really well on it. I have taken a long time to think about this – I have so many outstanding results with this product that I cannot pick one case over another. I actually take the product myself as I have some osteoarthritis in the anterior aspect of my own knees and it definitely works.

From the veterinary point of view, apart from the fact that TECHNYFLEX provides a brilliant base for long term management of arthritis in animals, I find that it supersedes other products in the cost factor and the application. It is cheaper by the day than other products and it is in a capsule which can be given whole or broken into food. As the flavour of the powder is similar to that of sea scallops most dogs and cats will eat it readily.

All cases should be assessed on their own merit. If surgical intervention is required, I find that preoperative use of Technyflex is an excellent approach because the animal is bilateral – if the right knee needs surgery, the left knee will often end up the same way. The idea of preservation of the good side before surgery on the bad one may be the difference between having and not having to have surgery on the other leg. The Technyflex is then maintained post operatively as part of the long term arthritis management plan.

Some animals are unlucky enough to be born with physical problems with their joints eg. Hip dysplasia, OCD. I have found Technyflex to be very effective in combination with NSAIDs. If detected early enough ie. before any arthritis develops, some cases may live their normal life span in spite of the problem and may even be able to avoid surgery.

Some cases will be beyond the scope of Technyflex in that the arthritis is so advanced that a non steroidal anti-inflammatory drugs may have to used as a long term therapy but I would highly recommend that the Technyflex be maintained as a complimentary therapy as it provides the chondroconstructive/protective role that an NSAID will not.

In summary, I am a strong advocate of the use of Technyflex as a tool in management of arthritis, be it in young animals or old animals.’
**Technyflex is recommended by Veterinarians:**

Dr Rob Willis  BVSc(hons), Cert.Vet.Acup.(IVAS)  
Ph. +61 450 900 759  
Introduction – Dr Bob Willis

'I graduated from the University of Melbourne in 2004 and have worked as a Veterinarian now for 9 years. I've worked in general practice in Australia and the U.K and for the past 2.5 years have been running my own practice based now in Wangaratta, Victoria.

I’m a fully qualified Veterinarian (graduated with honours) also qualified in Veterinary Acupuncture through IVAS (International Veterinary Acupuncture Society).

I do approximately 80% Equine and 20% Canine and now specialize in alternative health therapies and musculoskeletal health. Approximately 95% of my workload is Musculoskeletal based eg. Arthritis, Hip Dysplasia, Neck and back injuries etc.

I see patients who travel large distances for my services as well as receiving referrals from a number of Veterinarians to see patients that are not responding to routine Veterinary treatment. Many are booked in for Euthanasia and owners seek out my services in desperation to save their loved ones.

There are many joint supplements out there in the marketplace and for most owners it is a very confusing ‘frontier’. There is so much variety yet so little in the way of quality and effectiveness and mostly just leads to confusion amongst pet owners and a lack of confidence in recommending these products by Veterinarians.

The only joint supplement I will recommend to my clients and have complete confidence in is Technyflex. My clients rave about it, my patients improve out of sight on it and the health benefits are obvious. It is a fantastic product and it is very effective at managing musculoskeletal based pain without the risk of side effects.

It is also brilliant for skin and coat health being very high in the Omegas (3’s and 6’s)

Studies have shown the anti-inflammatory effects (and hence pain relieving effects) of Technyflex are superior to common anti inflammatories such as aspirin and ibuprofen however has the added benefit of being 100% natural and WITHOUT the risk of side effects.

Most joint supplements take 4 - 6 weeks to work (if they are even going to work) while Technyflex gets a result in 7 - 10 days. Its fantastic.

I have tried all other oral joint products on the market and find nothing else to come close to the benefits of Technyflex and am excited to be a part of the product’s evolution into the wider Veterinary and pet health marketplace.'
**Technyflex Customer Testimonials:**

We are extremely pleased with the results we have seen in our dog. Our dog Gypsy is a Bull Mastiff/Rottweiller cross, and was about 4 when she started experiencing problems in her back hips. She would still get up and play, but would suffer the consequences later. We tried a few herbal remedies that would work for a few days but then the effects would wear off. We had heard how Green Lipped Mussel extract has had positive effects on human arthritis sufferers, and were pleased to find a Canine product available. Within a week of Gypsy starting on these pills, we noticed a huge difference. And within a month she was back to her normal self and acting the age she should be. Now, she longer limps nor is in pain. She plays with our other dog with no problems. The cold doesn't effect her movement, and she is full of life and happy.'

**Monique Mathews**

'I first discovered Technyflex® as a wonderful alternative treatment for my 9 year old Great Dane. At the time he could no longer take Vet prescribed drugs for arthritis due to their side effects. Technyflex® relieved his pain and had no damaging side effects. I have since given it to my other dogs for inflammatory conditions due to injury as well, and have had the same excellent results.'

**S.B – Australia**

'Late last year I noticed my 17 year old Red Cattle dog was starting to develop quite a bad limp due to arthritis in his front left and rear joints. I started him on Technyflex® Canine capsules. At first there was no dramatic improvement, however around 7-10 days later I noticed Max was not pulling his fur out and seemed to be able to get up a lot easier. After two weeks he had noticeably more energy and was actually running alongside the car (something he had not done for months). His fur has grown back completely and he could get up a lot easier first thing in the mornings. I am certain Technyflex® Canine capsules have had a positive effect on his general health, energy and mobility.'

**J.L – Australia**

'Paddy my 7 year old dog was beginning to show the signs of arthritis. I am very careful with his diet and want to avoid steroids. I decided to try Technyflex® and the results were dramatic. Clearly it helped him more than any supplement had in the past. He now takes two tablets per day and our Vet says he looks wonderful- so free in his movement. I hope many others who want to maintain their dogs' health will give Technyflex® a try.'

**M.S – Australia**

'Our 13 year old dog was becoming quite lame and stiff but since taking Technyflex Canine he moves freely with no sign of limping. Coming off the product for a 10 day period (we were on holiday)-he showed signs of being lame and stiff once again. This showed us just how well Technyflex canine has worked on Suman. I have always found the service very friendly and prompt when purchasing online or over the phone.'

**Jane Laurie - New Zealand**

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So where can I get Technyflex® Canine?

Technyflex® can be purchased online at www.technyflex.com

Technyflex® is available in capsules or powder:

- Technyflex® Canine 80s Capsules
- Technyflex® Canine 240s Capsules
- Technyflex® Canine 100g Powder Tub
- Technyflex® Canine 200g Powder Tub

Click here to visit the online store

Also available for Horses & Cats