

1: The Power of Purr Print | Gary Baseman

The Power of Purr improving lives with prison-based cat fostering programs BY nanCY peTerSon. secure his kitten in a carrier before the door is opened.

If you have lived with cats, loved a cat, or had the pleasure of petting a content cat, then you know how cool it is to hear and feel them purr. Most of us think that purrs happen when a cat is content, but cats actually purr at many other times as well. What We Know Purring is one of many behaviors that cats use to communicate their emotional and physical state of being. It is the unique anatomy of felines which makes this sound possible. They purr when they are stressed, while they are giving birth, and when they are in pain. Rabbits, squirrels, guinea pigs, tapirs, ring-tailed lemurs, elephants, raccoons and gorillas make purring sounds too often while eating. Casey, our male silverback Western Lowland Gorilla, enjoying his breakfast on exhibit at the Audubon Zoo. How Cats Purr Science is still trying to demystify the purr. Basically, the unique feline anatomy provides the structure and physiology that causes the purring. The alternating action of the laryngeal muscles and the diaphragm produce air movement within the larynx. This causes a buildup of air pressure. The air is then released through the glottis. The repetitive opening and closing of the glottis gives purring its unique sound. This is how we are able to feel the movement within your cat when we place our hand on her side or under their throat. The Biology of Its Behavior. The purr resulting from these vibrations have been found to have a range in frequency, and the frequency themselves may be part of the communication that the cat is trying to convey. The vibrating folds of the glottis are what actually create a purring sound. Not All Cat Purrs Are Created Equal Manipulation of the vocal cords produces the different vocalizations that cats all around the world can create. But a purr is a bit different, depending on the species. The mechanism varies with each species. The difference between purring and roaring in domestic cats and big, wild cats is how they breathe. Domestic cats purr during inhalation and exhalation. Why Cats Purr No one really knows exactly why cats purr. Research suggests that purring also has restorative properties for healing and reducing stress. Scientists have proposed that when a cat purrs while in distress, pain, or giving birth, they are purring to trigger the brain to release pain killing hormones. This may be related to healing. Some scientists say that cats might even purr to manipulate their humans or their environment. Did you know that kittens are born blind and deaf? At two days after birth, a kitten can purr. This evolutionary trait could be a method for kitty mama and kittens to communicate, and locate each other. This behavior mainly happens with indoor cats that have a close relationship with their human. You have done this when under the powerful pull of the feline purrsuasion. One study suggests that the high-pitched purr is very close to the high-pitched whine of a child, and makes it almost irresistible for owners not to investigate why the cat is making the sound. However, if I were to really be objective about this, I have to admit that when my kitties cry or whine I do get up and attend to their feline needs. Added to the basic 25 Hz purr is an overlay of a high-frequency cry-meow that humans perceive as somewhat obnoxious. Cats apparently learn to do this to get people to feed them sooner. Purring is also associated with being content around others. One study suggests that purring can be an attempt to be friendly to other cats, to other people, or to signal a specific intent. This study suggests that purring encourages humans to continue petting the cat, giving him or her attention, receiving food, or in the case of the veterinarian or an injury, to not hurt the cat. In essence, the cat is stating that he or she is not a threat by purring. Cats actually have a range for their purring, similar to how humans hum in different pitches. Fascinatingly, exposure to similar sound frequencies has been shown to improve bone density in humans! Endorphins are a natural analgesic that assists to reduce pain during the healing process. A bio-mechanical healing mechanism Veterinary orthopedic surgeons have observed how relatively easy it is to mend broken cat bones, as compared with dogs. Mehlhaff documented cases of cats plummeting from high-rise apartments, with the average fall being 5. The record height for survival was 45 storeys. Ninety percent of the cats studied survived even though some had severe injuries. There is also literature that suggests that domestic cats are in general less prone to postoperative complications following elective surgeries. But are purrs to thank for this healing? Researchers believe that self-healing is the survival mechanism behind the purr, specifically during

times of pain, injury and distress. There is extensive documentation that suggests that low frequencies, at low intensity, are therapeutic. These frequencies can aid bone growth, fracture healing, pain relief, tendon and muscle strength and repair, joint mobility, the reduction of swelling, and the relief of dyspnea, or breathlessness. Purring really cannot be considered a true vocalization, as the purr is produced under differing emotions or physiological states. Based on her research, she proposes that nature has endowed all kinds of felines with an evolutionary healing advantage in the simple act of purring. Remember that purring takes energy and cats purr not only when all is well, but also when the cat is giving birth, hurt or just scared. There has to be a very good reason for the energy expenditure to produce purring, especially when the cat is physically stressed or ill. It would have to be somehow involved in its survival. Muggenthaler set out to find how; you can read a summary of her study and results [here](#). Getting a diaphragm to move for something other than breathing is difficult. Since cats purr when they are severely injured or dying, we can assume that it must be survival-related. Various investigators have shown that sound frequencies in this range can improve bone density and promote healing. Purring While In Pain or Distress I have witnessed a cat purring when in pain, when in stress, and even when dying. After our beloved cat, Samantha, was diagnosed with terminal cancer I learned about the healing power of purrs. A malignant mass in her chest cavity prevented her from breathing normally. Every breath was labored, but I noticed that she was purring constantly. I had no idea at the time that she was purring to both heal and self soothe. Samantha purred every time she was at the vet with me. She was self soothing. The Sweet Sounds of Samantha Purring This is a recording of my beloved cat, Samantha, purring while she was very sick with cancer at the end of our time together. Even minutes before she passed away here at home with me, she was purring this loudly. She was purring loudly here. I captured some of her life force energy in this picture. She passed away at home in front of me shortly after this picture was taken. Cats have far surpassed dogs as the number one pet in the U. Maybe one reason is because cats do a better job of lowering stress and blood pressure than many other pets, and purring may help with that. Purring is an auditory stimulus that people attribute to peacefulness and calmness. Whether right or wrong, we generally construe it as something positive. So why are our feline companions purring? Are they self soothing? Are they healing themselves? Are they asking for something? Well, we have to consider the environment where the purr is happening. Animals are highly intelligent beings. They are perfect just they way they are. We can learn to bridge that gap of Purr Communication if we just take the time to watch, observe, and learn from them. This blog is dedicated to one of the greatest teachers in my life, our beloved cat Samantha. Thank you, sweet and wise Sammy for showing me the many meanings of purrs. I love you with all of my heart. I would love to hear your experiences with purrs! What have you noticed about your feline friends? When do they purr? Thank you, Jacquiline Munera, for recognizing this important topic and sharing it with the world! Purring in the Domestic Cat. July 13, [http:](#)

2: What's In A Purr? The Healing Power of PURRS – Conscious Companion

The Healing Power of a Cat's Purr The Fauna Communications Research Institute recently found, in a study, that cats purr within a range that is known to be medically therapeutic (Hz). People who own cats visit the doctor less often, have less sleeping problems and are 40% less likely to have a heart attack.

Leave a Comment Ahimsa musings. And I totally get it! Out of every molecule in your body. With a warm smile, playful nature and light touch. Is this congruent with a ROAR? Does the ROAR not somehow feel slightly volatile? Same animation, different music. Same situation, different reaction. It does get me thinking though. Hinduism has a beautiful term. It is the way of no harm. It is not passive, it is pervasive. Naturally, I am aware of my own hypocrisies in this life. I drive, use electricity, consume imported foods. Silk worm farm I am an artist and the substrate I fell in love with was silk. It is my way of communicating things I have no words for. I searched and found a supplier of ahimsa silk in India. Ever since the dawn of humanity, art has tied us together as a species. It is diaphanous yet tough. The world needs the ahimsa way maybe more now than ever. A deep cosmic purr if you will. Same situation, different response. How do you feel after sinking into this one? We are all in a state of evolution, doing what we do, given many factors in our lives. I have had a Tibetan Buddhist influence since childhood which has been expanded upon with my explorations of quantum mechanics, Jung psychology, neurology, herbology and symbolism through to the Grimoires of enlightened wizards.

3: Does a Cat's Purr Have Healing Powers?

The Healing Power of Cat Purrs By Micaela | source:Here Jul 21st, Cat owners might be onto something. According to today's infographic, our feline friends provide us with more than just emotional support.

August 30th, by Dr. Dale Rubenstein Purr Power! We all know there is no better feeling in the world than having a cat sit on your lap purring. But could that wonderful feeling actually be improving your health? Read the blog posting below, from the Feline Docs website. Purring cats-what does it mean? Aug 29, by Dr. Just another reason people should live with cats! No one is really sure why cats purr. Little kittens have incredibly loud purrs. Other cats, such as a British cat named Smokey, come with a volume that competes with the noise of a subway train. But what if that purr was actually helping to relieve very real physical signs of disease or distress? Most cats come with a purr that vibrates between Hertz, which is a sound wave range that might have a therapeutic effect on people and other animals, not unlike that of a therapeutic laser. This vibration range has been shown to relieve swelling and its associated pain, and also to promote healing in bones and soft tissues. Truth or science fiction? When I was a vet student studying bone diseases, our professors would tell us that cat broken bones would almost always heal, regardless of any medical or surgical intervention. In fact, they would even joke that a treatment for a dog with a broken bone would be to put it in the vicinity of a cat, because cats were so good at healing. Why was there such a distinct difference in how these species responded to an injury? The use of therapeutic or cold laser devices in medicine has been somewhat controversial, with proponents touting the use of lasers as a treatment for everything from back pain to gum inflammation. What these lasers do is emit a low-level wave frequency in a therapeutic range that lowers the components that make up an inflammatory response. Advocates say laser use can dramatically lessen the symptoms associated with conditions such as a sprained ankle or chronic arthritis. Frequently, these laser therapies are layered with vibration therapies to complement the effects of the light waves. The vibration modality is postulated to increase nerve activity and stimulate muscle and bone strength and resilience. Cat purrs obviously do not emit light. Chiropractors have been using vibration therapy for years to help break down scar tissue, relieve pain, increase blood flow and enhance mobility. Vibration therapy has been used to decrease swelling in injured tissues and drain lymphatic fluids. Researchers have more recently identified full body vibration therapy as a means to increase bone strength and aid mobility in people born with cerebral palsy, a progressively debilitating neuromuscular disorder. Vibration therapy in the 90 Hz range is also used to help astronauts combat the bone loss effects of being in a zero gravity environment and has been used successfully in the space program for years. What else can that feline purr accomplish? Well, we know how soothing being around a purring cat can be, but there also seem to be even more tangible health benefits for us humans. Cats lower our blood pressure and relieve stress—all pets do this but cats are the undisputed champs. What could be next for our amazing felines? Perhaps the day is not far off when we see doctors writing prescriptions for cat ownership, and astronauts will set off for outer space with Kitty in the co-pilot seat. Dogs can only drool with envy! Subscribe To Our Newsletter.

4: JUST DUCKY!: The Power of Purrs

The power of a cat's purr can be pure magic. Cats have evolved to be multi-functional creatures, and purring is one of their survival mechanism. Scratching marks territories, communicates conflicted feelings, and maintains claw health.

5: The Healing Power of Cat Purrs | Daily Infographic

*The Power of Purrs: Reflections on a Life with Cats [Gary Shiebler, Kinky Friedman] on www.enganchecubano.com *FREE* shipping on qualifying offers. Few things in life can transform, empower, and enlighten our lives the way a cat can.*

6: The Healing Power of Cat Purrs - Furry Tips

The Power of Purrs has 12 ratings and 3 reviews. Rebecca said: This was the first book I read on my kindle. Its a cute bunch of stories about the cat's t.

7: The Power of Purrs: Reflections on a Life with Cats by Gary Shiebler

THE POWER OF PURRS is one of those books that you can read in one or two sittings because the writing is so clear, honest, and enjoyable. All of the felines in Shiebler's life are memorable and hilarious in their own ways.

8: The Healing Power of the Cat Purr | Mental Floss

Auto Suggestions are available once you type at least 3 letters. Use up arrow (for mozilla firefox browser alt+up arrow) and down arrow (for mozilla firefox browser alt+down arrow) to review and enter to select.

9: THE POWER OF THE PURR | LEVEKUNST art of life

Cat purrs seem to also be helpful in the healing of soft tissue, ligaments, tendons and muscles injuries or infection and swelling. While further studies are needed for a correct and precise answer, we can't deny the possibility of the healing power of cat purrs.

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