**Grooming provides more than just good looks**

Most cats and dogs love to be brushed. If they do not, they may be having sensitivity along their back or hips. Sometimes the type of brush used makes a big difference in how well tolerated [grooming](http://www.examiner.com/topic/grooming) is. Cats often like soft bristled brushes that they can rub their cheeks against. This is extremely soothing to them because the cheeks hold scent glands. Brushing their cheeks helps stimulate release of pheromones naturally found in their glands, which have an appeasing effect. The stimulation of the back and skin with brushing not only shines and cleans the coat, but helps stimulate blood flow and immune function.

Most animals enjoy the attention, and brushing is an excellent way to increase [bonding](http://www.examiner.com/topic/bonding) with a pet. Beyond beautification, brushing dislodges dirt and mats, keeping the pet healthier. Regular brushing on a daily basis gives many cats something to look forward to in their routine. The one on one contact can serve as part of the necessary attention each living individual needs for optimal wellness. Routine grooming allows more opportunities for catching mats, lumps, scrapes, injuries, or soreness. Earlier detection of a potential problem or change means quicker chance to remedy any issue before it becomes more serious or chronic.