

# Get Healthy, Happy Pets using Natural, Affordable Solutions

## WHAT'S INSIDE?

1. Is Aromatherapy the Answer? Beat Stress, Shoo Pests, & More
  2. Pet Care on a Budget - It's Possible!
- plus...
- Tips to Save on Common Costs (including FREE ideas!)



[BROWSE ALL PRODUCTS](#) | [HEALTH A-Z](#) | [ON SPECIAL](#) | [NATIVE REMEDIES](#)



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The content of this ebook is intended for informational purposes only.

## Are Your Routine Changes Distressing Your Pet?

In today's chaotic world, combined with the unsteady state of the economy, more and more people are being forced to alter their lifestyles – whether that means taking on a second job to make ends meet or cutting back on little luxuries.

Regardless of the personal sacrifices, the **effects of our stressors are trickling down to our pets**. Whether our pets are being left alone for longer periods of time, not getting an extra 20 minutes of exercise, eating lesser quality food, or being the recipients of our vented frustrations, it's **important *not* to compromise the health of our pets**, as the long-term effects can be very harmful.

While there are external forces you cannot always control, staying mindful can help **maintain health in your pet and you** – as studies have shown that pets can provide emotional support, lowered blood pressure and stress levels.

### Making the Time

It's easy to fall into the trap of "I'm too busy" for this or that... but when it comes to maintaining your pet's health, it's necessary to find the time for keeping your pet on a **regular exercise and walking schedule**.

As **bladder problems** can develop from your pet being forced to "hold it", be sure to either find a friend or sitter for regular walks, or make it a break for yourself in between other obligations to spend the time with your pet.



It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your veterinarian or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.



[Breath-A-Licious small](#)  
Dancing Paws Breath-A-Licious bones contain sodium tripolyphosphate to help

In addition, maintaining a **healthy weight**, supported by regular exercise, can greatly help overall health and well-being.

### Recognizing Behavioral Changes in Your Pet

Animals' intuition is very strong. Be sure to keep an eye out for unusual behaviors in your pet, as these may be **signs of underlying conditions** such as aggression, anxiety, depression, or other health concerns. While you cannot always be a companion for your pet, you *can* provide support in other ways.

### Advantages of Aromatherapy

Just as aromatherapy benefits humans, pets too can reap the therapeutic effects. Besides offering a pleasant smell, essential oils can provide many practical functions that assist the body.

First used by groomers and pet salons, you can **affordably bring your pet positive results** from at-home application. For instance, lavender and eucalyptus oils not only help repel insects, but can help your cat feel sleepy and relaxed.

Dogs can benefit from the effects of Roman chamomile, which can address ear infections plus ease the nerves of a dog in pain.

### How to Use Aromatherapy

Before using aromatherapy on your pet, be sure to **research the best dilution appropriate for the course of treatment** you are seeking to avoid any harm. *Never* feed your pet alcohol or essential oil directly. Generally, one ounce of a base oil is recommended with 2-3 drops of essential oil.

Oils are commonly dabbed on the bottom of the paws, on acupressure points such as the ears, or lightly sprayed in a mist. You also do not have to apply aromatherapy directly to your pet, but can instead **spray onto bedding**.

As animals have a heightened sense of smell and may be prone to allergies, always be sure to **use a mild solution the first few times** to ensure a positive aromatherapy experience!

### Related Products

#### Mood Support

- [Grief and Pining Formula™](#)
- [PetCalm™](#)

#### Behavior Support

- [Aggression Formula™](#)
- [Problem Pet Solution™](#)

#### Overall Health

- [DetoxPlus™](#)
- [Immunity and Liver Support™](#)

### Aromatherapy Can:

- Boost immunity
- Repel insects
- Lessen skin inflammation
- Address bad breath
- Reduce flatulence
- Treat motion sickness
- Provide a calming effect & soothe the nerves



#### [Brewer's Yeast](#)

ActiPet Brewer's Yeast Chewables, with Garlic and Flax are specially formu



#### [Calming Formula for Cats](#)

Pet Naturals of Vermont Calming Formula is recommended for animals exposed



#### [Calming Formula for Dogs](#)

Pet Naturals of Vermont Calming Support formula for dogs is a supplement re



#### [Canine Complex](#)

ActiPet Canine Complex is the most complete multi vitamin and mineral formu

# Wallet-Friendly Ways to Keep Your Pet Healthy

Are you a pet owner struggling in today's economy? You're not alone; as our country's economy slips further into recession and unemployment rates at the highest in more than a decade, many pet owners are being forced to give their dog or cat the **best care they can afford on a limited budget**.



Though some may manage this by buying fewer treats and doing more grooming at home, some veterinarians say they're seeing some **pet owners skipping checkups and even cutting back on medications** in order to make ends meet. What some pet owners aren't aware of is the fact that they could be putting their pet's health at risk.

## Related Products

[Immunity & Liver Support™](#) is used to help support healthy immune system and liver functioning

[Parasite Dr.™](#) is used to support correct balance of intestinal flora

[Flatulence Preventer™](#) is used to promote digestive health and reduce common gas and unpleasant smells

[RunniPoo Relief™](#) is used to maintain healthy, firm stool formation

be aware of. Many foods that are healthy for humans can actually be **harmful and even fatal when consumed by pets**.

Remember, regardless of what you do to cope with the expenses of having a pet in today's dwindling economy; **natural remedies** are always available to help. From **preventative care to coping with symptoms**, natural remedies can be used effectively to keep your pet healthy and happy without side effects.

## Foods to Avoid Feeding Your Pet

- Chocolate
- Onions
- Garlic
- Nuts
- Avocado
- Pear pips, the kernels of plums, peaches and apricots, apple core pips
- Potato peelings and green looking potatoes
- Rhubarb leaves
- Moldy/spoiled foods
- Alcohol

According to John Hamil, a veterinarian at Canyon Animal Hospital in Laguna Beach, California, infectious diseases, parasitism and **degenerative diseases such as heart problems, kidney disease and arthritis can go untreated or unnoticed** if your pet skips visits.

Furthermore, waiting until a pet needs emergency care can be a lot more expensive (not to mention nerve-wrecking), than taking necessary steps to prevent or detect a problem.

Some pet owners have been forced to take up a second job which leaves pets spending more time home alone. This change in routines can also wreak havoc on an animal's digestive and nervous systems and potentially cause numerous **emotional problems ranging from separation anxiety and depression**, to physical problems such as diabetes and obesity.

Many pet owners have even resorted to feeding pets leftovers in a desperate attempt to keep their beloved animals by their side. If this is the case there are at least some things pet owners should



Great Health Sites

[Natural Holistic Health Blog](#)

[Natural Herbs & Remedies](#)

[Akobi Natural Health Database](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Natural Men's Health](#)

[Women's Health Nurse](#)

[Mountain Rose Herbs](#)

[BioSonics - Healing With Sound](#)

- Yeast dough
- Coffee grounds, beans & tea
- Hops (used in home brewing)
- Tomato leaves & stems
- Broccoli
- Raisins and grapes
- Cigarettes, tobacco, cigars

## A Pet Owner's Guide to Savings

- **Consider alternatives to veterinary care.** If you can't afford vet fees, check out humane society or university veterinary clinics which may offer thriffter medical services than private practitioners.
- **Look out for specials** such as reduced veterinary-service events sponsored by government agencies or pet stores. Also, some vets will give you a discount if you bring in several pets at once, so bringing in the whole brood routine check-ups and inoculations will save you time *and* money
- **Tell your vet if your pet is a stray.** Many vets offer a discount if a pet was an abandoned or homeless creature that you rescued. The discount is usually at least 10 percent off.
- **Seniors should also ask their vets about discounts.** Some vets offer seniors discounts as high as 20 percent!
- Reproductive reasons aside, **spaying or neutering** your pet decreases its chances of developing a number of illnesses.
- **Keep track of your pet's records** such as inoculations and other health-care services. If you switch vets, you'll avoid having costly procedures repeated.
- **Be selective about follow-up care.** Don't automatically follow up with expensive emergency-hospital staff (if you can avoid it.). See if you can instead follow up with your regular vet during normal business hours.
- **Learn what constitutes a true emergency situation.** For example, weakness and difficulty in breathing is an emergency.
- **Consider purchasing pet health insurance.** It works in much the same way as it does for people -- there's generally a deductible, a co-pay or both, and forms to be filled out
- **Don't settle for prices;** shop around for medicines, online and locally.
- **Seek a second opinion** when your vet suggests a pricey procedure.
- **Brush your pet's pearly whites!** Not only will your pet's teeth suffer if you don't -- it can seriously affect your pet's overall health. Oral bacteria can lead to serious problems and complications.
- **Ask your vet for samples.**
- Consider your **pet's diet.** Upgrading to higher-quality premium foods can pay off in health dividends.



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Natural Remedies

[Native Remedies](#)

[Natural Health Supplement Shop](#)

[PetAlive Herbal Remedies](#)

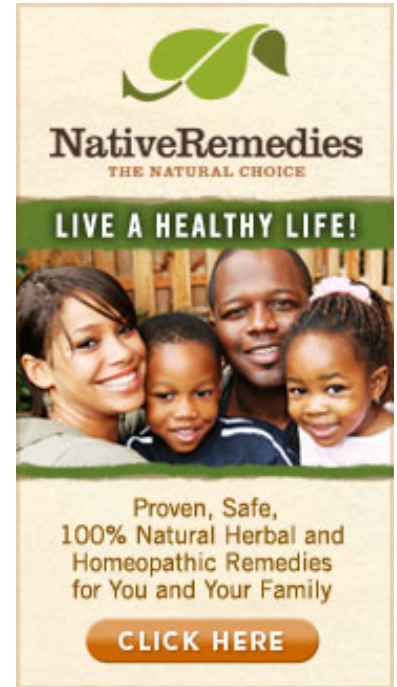
[Xtend-Life - Natural Health Products](#)

- Take advantage of the **free resources offered by your local pet-supply store**. Their personnel tend to be animal lovers with a fairly good knowledge regarding a variety of pets.
- **Read, listen and watch**. Take advantage of other free resources, such as pet publications, informative email subscriptions, and TV and radio programs.



Do you have a question you'd like answered? [ASK OUR EXPERTS](#)

 <p><a href="#">DGP Dog Gone Pain</a> Aches and pains reduce your dog's enjoyment of life and our enjoyment of th</p>	 <p><a href="#">Digestion RelieverT</a> For fast, safe relief of gas, cramping, pain and other abdominal discomfort</p>	 <p><a href="#">Digestive Blend</a> ActiPet Digestive Blend contains prebiotics to nourish beneficial bacteria,</p>	 <p><a href="#">Digestive Support for Cats</a> An effective formula for cats to support proper digestion and bowel health.</p>
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