



# Natural Help for...



## Fearful Pets

### What is a Fearful Pet?

Some pets are by nature more anxious and [fearful](#) than others. They are easily startled, tend to be **afraid of new or unfamiliar situations and settings** and may even be quite shy in temperament.

### What Causes Fear in Pets?

Certain situations or traumatic experiences can make even the calmest of pets [fearful](#) and anxious. **Most pets are sensitive to loud noises** and cats in particular are very sensitive to new or changing surroundings. Fireworks, thunderstorms, a trip to the vet, small children and moving are all examples of things that can make your pet scared and unsettled.

Pets can also develop phobias to certain triggers and may respond with panic at simply **seeing or hearing the object of their phobia**. It's important to remember that your reactions to [fearful](#) stimuli and your pets fear response greatly affect your pet. For example, if you fuss over them when they are irrationally scared of something, you are inadvertently rewarding the behavior and suggesting to them that there was something to fear in the first place.

Pets can also pick up on human fear and stress and so it is not uncommon for pets to **become anxious if their owners are constantly under stress**. Other factors that contribute to [anxiety](#) and [fearfulness in pets](#) include amount of time left at home alone, poor unbalanced diets and a lack of exercise.

### Natural remedies

The best way to deal with a [fearful pet](#) is to remain calm and try not to fuss over your pet too much. This may be difficult, but luckily there are a few natural herbal and homeopathic ingredients that can help. Certain natural ingredients have a long history of use for their **anxiety-reducing and calming properties**. Passiflora incarnata for example has excellent calming and anti-anxiety effects and is often used to treat [anxiety](#), shock and tension.

Scullcap is also well known for its soothing and relaxing qualities and has been used as a natural way to **treat a number of anxiety disorders**. The biochemic tissue salt Kali. Phos. helps to relax those with nervous dispositions or those sensitive to change or stress, while Arg. nit. is an excellent remedy for fear and phobias and is often used to reduce the digestive discomfort and nausea often associated with stress and fear.

### Tips for calming a fearful pet

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

- As previously mentioned, the best thing to do to help your pet is to remain calm yourself. This will help your dog or cat realize that there is nothing to be afraid of in the first place.
- While it is a natural response to comfort and cuddle your pet when they are scared, all the extra attention may be rewarding the [fearful behavior](#). Try not to fuss over your pet when they are scared, and rather lavish them with attention when they return to their normal behavior, or when they don't react with fear to a fear-triggering event.
- When loud noise such as fireworks or thunderstorms are the trigger, you can help your pet by providing them with a warm and cozy place to sleep that's near to you so they can be reassured by your calmness. Also try turning the T.V or radio volume up to help mask the noise.
- Be consistent in your response so that your pet knows what to expect. Tell the whole family how to manage the situation so that your pet is met with the same reaction and there is no room for confusion or insecurity.
- Try to socialize and desensitize your pet from a young age so that they get used to other animals, children, car trips and loud noises. If you notice your pet has a fear or phobia, then tackle it as soon as possible before it becomes a problem.
- Make sure your pet has adequate exercise and bonding time with the family. This will help reduce over-all [anxiety](#) and promote a healthy confidence in your pet.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors and veterinarians. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors and vets (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Just like humans, domesticated animals like dogs and cats are affected by the health hazards of modern living. Pollution, poor nutrition, stress and unhealthy lifestyles can lead to a variety of illnesses and conditions that are very similar to those experienced by humans. In fact, many, if not most pet health concerns can be addressed by helping your pets to live a healthier lifestyle. While it has its place, conventional medicine for animals and 'modern technology' have failed our pets in many ways.

According to pet expert and author CJ Puotinen, most holistic veterinarians and animal health care professions list annual vaccinations and commercial pet foods as the major contributory cause in the rising rates of chronic illness in pets today. Similarly, Juliette de Bairacli Levy, respected author and renowned animal breeder, points out that contrary to the belief that mass vaccination and antibiotic



### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies for both people and pets. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

use will contribute to a decrease in disease, the opposite has in fact proved true. Like their human counterparts, today's pets are becoming more and more vulnerable to chronic disease and ill health. This has led many veterinarians to search for alternatives and to espouse more holistic methods of keeping our pets healthy.

"In the wild, animals instinctively seek out healing herbs to help them when they are ill or undernourished. In fact, Asclepius, the ancient Greek god of medicine, respected dogs very highly for their ability to seek out and eat medicinal herbs in the wild. This ability is shared by other animals, including cats. We are coming to realize that nature often has the answers - but animals have always known this! Natural medicine can help your pet just as it can help you. While there is always a place for conventional veterinary medicine, natural medicine can compliment conventional veterinary care and in many cases do just as well. I have applied the same care and research that have gone into our Native Remedies range for adults and children to the development of pet-friendly, safe and effective natural remedies for animals. As always, all remedies are formulated to the highest therapeutic standards and manufactured under strict pharmaceutical conditions for your peace of mind and the well being of your pets. " Michele Carelse, Clinical Psychologist.

"When a veterinary surgeon practices the use of homeopathic medicine and is asked why he does so, he may give one of several answers. The simple answer would be that the results are good, an emphatic answer would be that homeopathic treatment has no unpleasant or dangerous side effects, while still achieving successful results.

The [PetAlive Homeopathic range](#) has been formulated with this knowledge and is specifically designed to treat your pet in a holistic and natural manner."

Dr. Glenn Ferguson  
M-Tech Homeopathy, Doctor of Chinese Medicine

## Related Natural Remedies:

**[PetCalm](#)**: Effective tonic for pet nervous system and harmony

PetCalm contains a special blend of natural herbal ingredients known for their **soothing effect and tonic effect on the nervous system.**

PetCalm is a natural remedy with no risk of side effects or addiction and can be **safely used by animals of all ages and sizes.**

PetCalm may be used regularly for longterm support or as needed for occasional help – depending on your pet's disposition and needs.

[Learn more about PetCalm](#)

Read the testimonials for these quality products [here!](#)

## Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

## Great Health Sites

[Natural Pet Health Blog](#)

[Natural Holistic Health Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Remedies4...Free Natural Health Ebooks](#)



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1) All PetAlive products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) PetAlive and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a PetAlive product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your pet's health.

6) We offer an unconditional [One Year Money Back Guarantee](#).





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