



Natural Help for...

Pet Nervousness



What is Nervousness?

We've all felt that restless, jittery feeling when we are nervous about something – the same can be said for our pets – as they too can feel nervous and unsure of themselves. Animals need to feel secure and protected in order to relax. In the wild, an animal relies on the **'fight or flight' response to impending danger**. This means that they have two choices: to stay and face the danger or to flee. Some animals can be more nervous and un-trusting than others.

It may depend on the breed or their background (if they come from abusive or neglected homes). Nervousness can be an **infrequent, circumstantially bound problem** (visiting the vet); or it could be the result of a disorder (separation anxiety or a nervous disorder). Either way, help is available, and if treated, nervousness can be managed.

If your animal is nervous you may notice some of the following signs:

- Retreating abruptly at the slightest noise or disturbance
- Tail between the legs (dogs)
- Hiding under furniture or behind objects for prolonged periods of time (cats)
- Rapid heartbeat
- Rapid/Fast Breathing
- Trembling
- Muscle tension
- Restlessness, agitation or skittish behavior
- Upset stomach

What Causes Nervousness?

Common causes of nervousness in pets include:

- A visit to the vet
- Meeting strangers
- Loud noises
- Traveling in the car
- Abuse in the past
- Thunderstorms and fireworks

Help for Nervousness

There are many treatments available to help your pet manage nervousness, depending on the severity and underlying cause. It is important to get a

Sign up for our
Email Newsletter
for Even More
Natural Health
Information!



[Click Here >>](#)

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

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.

professional diagnosis by a vet if you suspect that your pet's **nervousness is causing him or her distress** or impacting on his or her daily life.

For treating **occasional or situational nervousness**, your vet may prescribe tranquilizer-type medication or nervous system relaxants. Keep in mind these are strong drugs and may be accompanied by side effects.

Natural remedies

Nature's ingredients can help to alleviate **nervousness** without the risks that conventional drugs may pose. Herbal and homeopathic remedies contain ingredients chosen for their **ability to support the nervous system**. Scutellaria laterifolia (Scullcap) is a popular herb for treating anxiety and other nervous disorders.

Passiflora incarnata has been used since the 19th century and is often called a 'natural tranquilizer'. Homeopathic ingredients such as Kalium phosphate and Argentum nitricum suit those **pets with nervous dispositions** that are sensitive to stress or change of any sort.

Tips to help manage Nervousness in your pets:

- If you know that your pet is nervous in certain situations (such as a trip to the vet or an impending storm) put on the television or radio to help soothe and distract your animal.
- Be consistent with your reaction to your pet. The whole family needs to follow the same routine when dealing with your pet's anxieties otherwise your pet will become confused and even more insecure.
- Consider consulting a behaviorist if your pet's behavior is affecting their quality of life.
- Regular daily exercise is essential to help keep your pet healthy and fit, as well as in peak mental health. Bored, frustrated animals can hardly be expected to behave well.
- Be reassuring, but don't fuss too much. Let your pet know that everything is fine by using a positive tone in your voice.
- Have a safe haven set up in your home – a spot for your cat or dog to retreat to if they feel unsafe.
- Never reprimand your pet for being nervous – it will only compound the problem and make it worse, remember they are unable to rationalize their fears and have no concept of time passing and the anxiety abating.

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



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.

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 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

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](#)

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!](#)



All Natural Remedies for Pet Disorders such as UTI, Stress, Anxiety, Joints and More!



PetAlive.com

CLICK HERE!

Six Good Reasons to choose PetAlive as your trusted suppliers of herbal & homeopathic remedies:

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](#).





**Read more about the Native
Remedies Full Spectrum
Approach™**

Find More Great Health Ebooks at
Remedies4.com

The statements regarding these products have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. The information on this Web site or in emails is designed for educational purposes only. It is not intended to be a substitute for informed medical advice or care. You should not use this information to diagnose or treat any health problems or illnesses without consulting your pediatrician or family doctor. Please consult a doctor with any questions or concerns you might have regarding your or your child's condition.

All images on this site are property of Native Remedies LLC and/or the original image licensors. The content of these images is not meant to suggest that the person depicted uses or endorses our products or services. Informational material and representations have been provided by the manufacturers of the listed products. Copyright © 1997-2008 Native Remedies, LLC. All rights reserved.