



Natural Help for...

Pet Performance Anxiety



What is Performance Anxiety?

Humans often experience [performance anxiety](#) – in a boardroom meeting, giving a public speech or when writing an exam. [Performance anxiety](#) is a type of anxiety – defined as the inability to perform brought about by psychological angst and pressure. Animals, **especially those who perform in shows**, can also, to a lesser degree, experience a type of [performance anxiety](#).

[Symptoms of performance anxiety](#) include:

- Glazed eyes and an inability to focus attention
- Panting
- Increased heart rate and temperature
- Shaking or quivering

What Causes Performance Anxiety?

As with [general anxiety in pets](#) the causes vary. The cause may stem from genetic factors (an animal may be pre-disposed to performance anxiety), or an **animal may develop [anxiety disorders](#)** due to abuse it has suffered, or traumatic events such as fireworks, earthquakes and storms. Traumatic events when a dog is a puppy can also influence an animal's susceptibility to anxiety.

Diagnosing Performance Anxiety

Speaking to your vet can help to determine the cause of your pet's anxiety. Letting your vet know the **symptoms your animal experiences** during a show or before a performance can help to determine if your pet is indeed suffering from [performance anxiety](#).

Help for Performance Anxiety

Conventional [treatment for anxiety](#) often involves anti-anxiety medication (often leading to prescription for antidepressants or anti-anxiety drugs from the vet) – however these **medications may have side effects** and may not have been tested for use on animals.

Natural Remedies

There are many safe, yet effective natural herbal and homeopathic remedies to **help soothe your pet's anxiety** without harmful side effects. In particular, many natural ingredients are used to assist with performance. *Hydrocotyle asiatica*

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.

(Gotu Cola) is a well known nerve and memory tonic helping to promote focus and attention as well as soothe common nerves. Rosmarinus officinalis and Arthrospira platenis (Spirulina) are used to **maintain healthy energy levels**, support immune system and liver functioning, as well as all round systemic health.

Tips related to performance anxiety

- The shy, timid or nervous dog is handled best when movement toward him should be made slowly and with an unconcerned air.
- The nervous dog needs a master in whom he trusts fully
- A nervous dog should not be overfed and should get plenty of exercise.
- Consult a behaviorist to help lessen excitability and anxiety before a show

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 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!



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.

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:

[Performance Plus](#): Improve mental and physical performance and boost energy

Performance Plus contains a specially selected combination of herbs known to **support physical and mental performance in pets**, including show animals, pets in training classes and even elderly pets needing a good brain tonic.

This winning formula contains herbal ingredients that are known for their ability to support healthy memory functioning, concentration and mental alertness. It also supports adrenal health to **maintain the body's natural ability to endure and remain consistent in all demanding situations**.

Especially aimed at **pets that participate in shows and competitions** as well as those undergoing training classes, Performance Plus helps to **give cats and dogs the competitive edge**.

Performance Plus is also **highly recommended for mature pets** to help support brain health and assist with routine age-related forgetfulness.

[Learn more about Performance Plus](#)

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](#)



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 Pet 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.