



Natural Help for...

Pet Separation Anxiety



What is Separation Anxiety?

While most dogs may chew a toy or sleep quietly when left alone for a period of time, others may struggle when their owner leaves the house, with rather disastrous consequences. Cats too, while less common or severe, may also struggle with **anxiety-related behavioral problems**. These behavioral issues may also occur as a result of a fellow pet's absence or death.

Symptoms of separation anxiety

- Barking incessantly, pacing or chewing furniture
- Mutilating plants
- Scratching at windows and doors
- Following owner from room to room and sulking or hiding when an owner is getting ready to leave the house
- An abnormally enthusiastic greeting upon the owners return
- Meowing or barking after the owner has left
- Urination or defecation near a door or on the owner's personal items
- Vomiting only when the owner is not there
- Excessive grooming, to the point of creating a bald spot on one or two areas of the body

Dogs with **severe separation anxiety** have also been known to go through plate glass windows, bloody their mouths and paws or defecate and urinate everywhere.

What Causes Separation Anxiety?

Causes of separation anxiety in dogs may include:

- Instinct – dogs are used to being pack animals and gregarious in nature
- Genetic factors: a dog that is genetically predisposed to anxiety may have the condition triggered by stress
- Certain breeds - It is worth doing some research into your dog's breed(s) to help you localize the problem
- Lack of socialization (dogs that were not properly socialized as puppies)
- Constant moving (dogs that have been re-homed often)
- Nervousness or dogs that have been through a trauma (robbery, earthquake etc)
- Dominant dogs or dogs who are confused by social structure in the home (they may be trying to look for their pack or feel abandoned by the leader)

Separation anxiety in cats may be caused by genetic or environmental factors, or if they are orphaned or weaned early.

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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.

Diagnosing Separation Anxiety

Diagnosis of separation anxiety in dogs:

Signs of distress that occur only when your dog does not have access to you define separation anxiety. Sometimes **unruly behavior is not separation anxiety**, but rather good-old-fashioned 'naughty behavior' (some dogs have learned that they can have a great deal of fun when you are gone).

Also look for other causes, such as strange noises from neighbors. You may set up a video camera to find out, or spy through a window – however if you are unsure, discuss it with your vet. A physical exam should also be performed to see if there is an underlying disorder. If your **dog is anxious and distressed all the time**, you need to look for the underlying cause. You may find it helpful to work with an animal behaviorist, who can help you to rule out other types of anxiety-related behaviors.

Diagnosis of separation anxiety in cats:

The first step is to discuss the situation with your veterinarian and have your cat undergo a complete physical exam, as it is important to make sure that an **underlying physical problem** is the root cause of the behavior. For example, a cat with a urinary tract infection may urinate indiscriminately, but not be suffering from separation anxiety.

A cat that is over-grooming may have a food allergy. Tests may be recommended including a **complete blood count, a chemistry profile, urinalysis, thyroid testing**, or a blood pressure check. You may find it helpful to work with an animal behaviorist, who can help you to rule out other types of anxiety-related behaviors.

A note on separation anxiety:

Separation anxiety can result in an unfortunate cycle: *If you return to find your house in a shambles, you may get upset at your pet, who in turn, gets even more upset. This pattern may build until you feel you need to re-locate your pet! Remember: Separation anxiety is **not** affected by whether you are loving and attentive to your pet or not. Two pets of the same breed living with the same owner may exhibit completely different behaviors! There is treatment available to help you and your pet ...*

Help for Separation Anxiety

In both dogs and cats, **conventional therapy for separation 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 remedies that can be used to help your pet deal with the impending anxiety of being left alone at home. Herbs such as *Scutellaria laterifolia* (Scullcap) and *Passiflora incarnata* are two of the best known



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 remedies for **soothing the nervous system** and may be used regularly every day or occasionally when needed.

In addition, Hypericum perforatum (St. John's Wort) is often referred to as 'Nature's Prozac' due to its ability to support emotional health and wellbeing. Kalium phosphate and Argentum nitricum are biochemic tissue salts that can naturally **help to support the animal nervous system**, addressing panic, nervousness, anxiety and fright on a cellular level.

Tips for separation anxiety

- Ignore your pets 15 minutes prior to leaving and upon returning home. This will help them to stabilize their mood and not be so dependant on your presence. Leave home quietly and come home quietly
- Leave a distracting toy with them to keep them occupied or a treat dispenser (try an empty toilet roll stuffed with treats)
- As often as you can, step out of the front door while your pet is watching as well as when he/she is not watching. Vary the times you stay out – a few minutes to an hour. This will help your pet to acclimatize to the idea of being alone
- Mix up your routine: take your car keys from different locations in the house and leave through different doors. Try to break the habit of association for your pet.
- A dog that is tired and happy is more likely to sleep and not get into trouble. If you can arrange it, take him on a long walk right before you leave
- Feed your pet before you leave (a stomach-filling meal with complex carbohydrates like oatmeal can make him sleepy and relaxed)
- Leave the radio or television on, as 'company' for your pet
- Speak to your vet about a second pet
- Consider consulting an animal behaviorist to help construct a plan of action to help your pet adjust to your absence and lessen their anxiety

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 vetrinarians. 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,

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Great Health Sites

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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

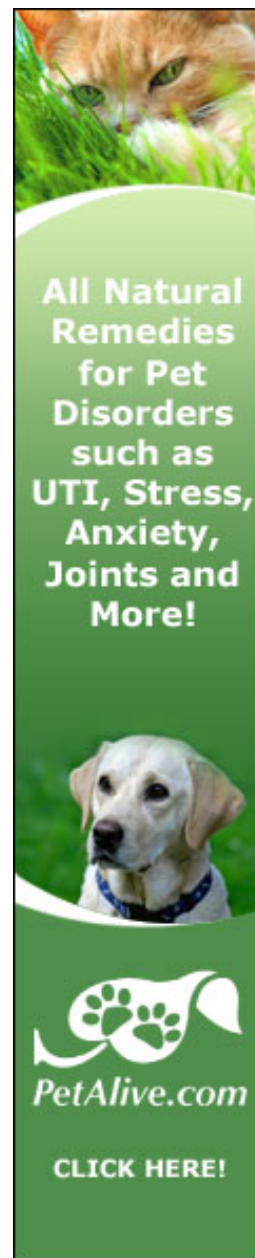
Related Natural Remedies:

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


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.



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



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

[Learn more about PetCalm](#)

Grief & Pining Formula: Supports balanced mood and well-being

Grief & Pining Formula is a 100% natural remedy especially for pets. The formulation combines natural herbal ingredients well known for their **positive effect on the maintenance of emotional health and well-being** – combined in easy to administer and dissolvable granules that are simply sprinkled on the tongue.

Grief & Pining Formula **may be used every day to provide ongoing support** for your pet's sense of well-being and security or as needed for pets who only need occasional support (e.g. during times of separation).

[Learn more about Grief & Pining Formula](#)

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

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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