



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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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](#)

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

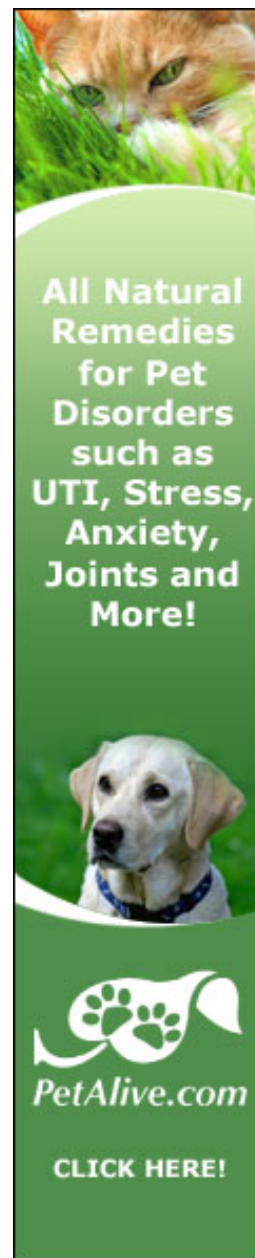
Related Natural Remedies:

[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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Alternative Healing Academy

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The **Alternative Healing Academy** has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer **basic courses** as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

Payment plans are available, please [Click Here for More Info](#)

Sales & Refund Policy

We will, within 30 days, refund the purchase price of any course you purchased ***MINUS* the cost of the modules you have already received**. This policy does ***NOT*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.