



# Natural Help for...

## Stressed Pets



### Do Pets get Stressed?

The answer to that question is undoubtedly, yes. Just as we as owners get stressed and panicked, so do our pets. An animal's nervous system is just as **susceptible to stressors** in the environment and surroundings as our nervous system is, if not more so.

While **every animal copes daily with average amounts of stress** (keeping them alert) sometimes, [stress](#) can affect both an animal's psychological and physical wellbeing. Remember, that an animal cannot vocalize their [stress](#), or use coping mechanisms – as they do not grasp the concept of time, and that the [stress](#) will eventually pass.

### *What is the effect of Stress on my pet's health?*

As with humans, [stress](#) can have serious physical consequences on an animal. [Stress](#) takes its toll on the immune system and studies have shown that people under more [stress](#) are more likely to get sick. The same may be true for our animals.

When an animal gets stressed, messages are sent to various organs in the body to produce certain results – the **heart quickens, they start to pant and lick their lips, they quiver and shake**, their eyes get 'glazed' and they seem to be in a fearful trance-like state. It is especially dangerous for a pet, as animals have been known to resort to desperate measures (jumping out of windows during a thunderstorm) to get away from the perceived danger – as they would do in nature during the 'fight or flight response.'

Health problems related to [stress](#) may include cardiovascular problems such as high blood pressure and coronary heart disease aggravated by [stress](#). Stress may also play a role in speeding up the progress of certain cancers and disorders in the animal body.

As is the case in humans - other health problems associated with [stress](#) include diabetes, ulcers, irritable bowel syndrome, memory loss, autoimmune diseases, thyroid problems, infertility, skin and coat problems, muscle tension and fatigue.

### When should I worry about Stress and my pet?

As your pet cannot vocalize their [stress](#) and anxiety, it is a good idea to **monitor your pet's behavior** in certain situations. [Stressed animals](#) will usually change behavior suddenly – panting, pacing, or licking at themselves as a coping mechanism.

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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.

Animals that are constantly ‘high-strung’ **may pull out their fur or feathers**, or engage in ritualistic behavior in an attempt to calm their nerves. If your pet stops eating, or has a drastic change in bowel movements (diarrhea) it may be a sign that their [stress](#) needs to be managed.

## What Causes Stress?

For a household [pet stress](#) may be caused by multiple factors. A pet may get **stressed by a new person in the home**, an addition to the family (a new baby), fireworks, thunder storms, moving house, a stay in a kennel, unfamiliar surroundings, a visit to the vet or worst of all - getting out of the property and becoming lost. Certain breeds are also susceptible to hereditary [stress disorders](#).

## Help for Stress

There is a lot that can be done to help your pet cope. The most important thing is to try and identify **what may be causing your pet to stress**, so that you can make changes to avoid the upset in future.

The solution may be as simple as closing the drapes when there is a storm, or giving your pet a treat when he or she is visiting the vet. In other cases, it may be more serious and **require treatment** or advice from an animal behaviorist or veterinarian.

The common conventional treatments for [stressed animals](#) include tranquilizer-like medications – such as Fluoxetine (Prozac, Reconcile) - but these **drugs may be unsuitable for pets** with weakened hearts or other conditions and may be accompanied by side effects.

## Natural remedies

There are many natural herbal and homeopathic remedies that can help to [reduce stress levels](#) for your pet **without serious side effects** – using Nature’s helping hand. Natural ingredients aim to treat the animal as a whole, supporting the body and the nervous system.

Scutellaria laterifolia (Scullcap) is one of the best known herbs for **soothing the nervous system**, while Kalium phosphate (Kali. phos.) and Argentum nitricum (Arg. nit.) are homeopathic ingredients used to address the sudden and immediate [symptoms of stress](#), such as quivering and panting. These herbal remedies all serve to relieve the anxiety and tension related to [stress](#).

**Many pets get anxious –but the good news is that there is a lot that can be done in the home to make them feel more at ease.**

- **Help!** Dogs in particular can become very anxious and distressed during a lightning storm or when fireworks are let off nearby. If your pet becomes distressed, try not to fuss too much, as this may be interpreted as attention – perhaps triggering further anxiety in the future. Rather stay calm and provide your pet with the necessary tools to cope. This may include a ‘den’ for them (empty cupboard with a blanket and favorite toys) as dogs will try



### 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.

to find a place where there is one opening – where the perceived ‘danger’ can be watched. Cats will usually seek out shelter under a bed or behind a cupboard. Best to leave them be, and not bother them.

- **Exercise!** Keep your animal physically active - this is a great technique for [stress relief](#). Regular exercise helps burn up stress-related hormones such as adrenaline while releasing happiness-inducing endorphins! For your animal, sniffing the ground while outdoors is like reading a magazine – a great way to relax!
- **Eat healthily.** It seems too simple, but a balanced diet will energize your pet’s body and help him or her to cope better with stressful situations. Important nutrients for [stress relief](#) include Vitamin B, calcium and magnesium – all of which are available in vegetables. Your pet should be fed on a diet of 20% protein, with the rest made up of healthy carbohydrates (like rice) and vegetables.

## 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

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[Natural Holistic Health Blog](#)

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

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

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

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

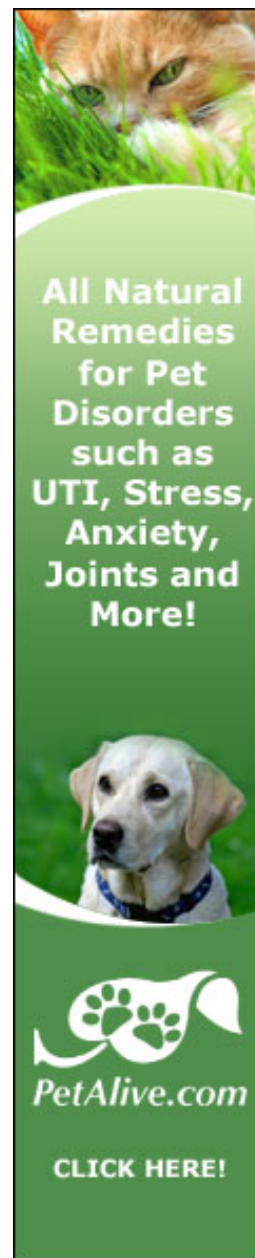
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4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

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.

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