

# Time for a Health Upgrade! Resolutions, New Health Solutions, & More

## WHAT'S INSIDE?

New Year's Resolutions for You AND Your Pets

plus...

ALL NEW Health A-Z Guide for Animals  
Dangers of Home Renovations



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

## New Year... New House... New Health Problems?

*Both humans and pets are at risk - what you can do*

Given the state of the economy, many people are deciding to stay put and **invest in home renovations**, a growing trend which has accumulated to over \$500 billion dollars worth of home improvement products and services in the past year, according to the Joint Center for Housing Studies.



However, during this time, **humans and pets are exposed to countless chemicals and foreign substances**, most commonly paint fumes and new carpets.

While research isn't conclusive on the effects of carpet installation on pets, many humans **report symptoms** in themselves and similar reactions in their pets, which can likely be attributed to the volatile organic compounds found in most carpets, in addition to adhesives, stain protectors, mothproofing and flame retardants, which contain PBDE's (known to **pose serious health risks**).

While **painting poses less of a long-term risk** since health effects such as headaches and respiratory problems tend to diminish as the paint dries, the best advice is to **speed up the**

### Common Symptoms from Carpets, Fire Retardants & Paint

- Upper respiratory irritations
- Headaches
- Skin rashes
- Shortness of breath or cough
- Fatigue

### Rare but Serious Symptoms

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.



[Breath-A-Licious small](#)  
Dancing Paws Breath-A-Licious bones contain sodium tripolyphosphate to

- Damage to the thyroid
- Impaired immune system
- Cognitive problems

### drying process.

What's more, pets are especially **vulnerable to exploring new territory and objects**, so construction supplies such as nails

or open paint containers can pose deadly risks.

To **ease anxiety and discomfort** that may occur in your pet during this time, especially when a pet is secluded off in a room away from the construction, **leave toys or comfort items around** to help alleviate stress.

If you are **moving to a new home**, many of the same issues apply. However, you can plan in advance and follow the same precautions, including **doing a thorough house inspection for any supplies left behind** before bringing your pet(s) in to help ensure a **safe, pleasant transition**.

### Immunity & Detox

- [Immunity and Liver Support™](#)
- [DetoxPlus™](#)

### Respiratory Health

- [Respo-k™](#)
- [AmazaPet™](#)
- [Sinu-Rite™](#)

### Balanced Mood

- [PetCalm™](#)
- [Problem Pet Solution™](#)
- [Grief and Pining Formula™](#)

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*"I was a bit nervous at first, but I decide to give it a try with the [AmazaPet](#). I have to tell you, that my brother is very happy with the result; AmazaPet has helped very much and no side effects. "It really works." Thank you so much!"*

- Sandra, FL, USA

*"I have already used two of your products and have been very pleased. My cat [really improved] ...since your [Liver & Immunity Support](#)."*

-R.C.

# Top 5 New Year's Resolutions for Pet Owners

## Health & Safety Tips

### Carpet

- **Choose only low-emission** carpet, padding and adhesives
- **Inform yourself** on the Carpet and Rug Institute's installation guidelines
- Be sure the area is **well-ventilated** during installation
- For those **extra sensitive**, avoid the area for 48-72 hours after installation
- **Vacuum the carpet** to remove loose fibers

### Paint

- If possible, choose a **low-humidity day** to paint
- When humid conditions are unavoidable, **rent or buy a dehumidifier** and/or fans
- **Fans facilitate better air flow** when combined with **open windows**, speeding up the drying process (and helping eliminate odor)

help



### [Brewer's Yeast](#)

ActiPet Brewer's Yeast Chewables, with Garlic and Flax are specially formu



### [Calming Formula for Cats](#)

Pet Naturals of Vermont Calming Formula is recommended for animals exposed



### [Calming Formula for Dogs](#)

Pet Naturals of Vermont Calming Support formula for dogs is a supplement re



### [Canine Complex](#)

ActiPet Canine Complex is the most complete multi vitamin and mineral formu



1. **Prevention is Better Than A Cure!** Be sure to take care of your pet's health by taking him or her to the vet for yearly exams. This will not only help maintain their health, but also **save the cost of unexpected medical expenses** in the long-run. Also give your pet regular monthly at-home exams to check for any abnormal growths or points of concern.
2. **Maintain A Consistent Dosage.** Optimum benefits from natural remedies are achieved when they are administered regularly and consistently. Also, be sure to keep vaccinations up to date.
3. **Healthy Exterior = A Healthy Interior.** Grooming and hygiene serve a greater purpose than just keeping your pet looking great—they also impact systemic health and functioning. Conditions such as **liver, kidney, heart inflammation and infection** are many times triggered by **poor dental hygiene and periodontal disease**. In addition, anything that affects your pet's liver will definitely also affect the appearance of the skin and coat, as the **liver and skin are closely linked** in their efforts to purify and cleanse the body.
4. **Keep Pets' Behavior Under Control.** Pets can be affected by many of the same stressors that humans are vulnerable to, such as stress, anxiety, grieving, and more. Pay attention to triggers that may be affecting your pet, and **take action early to help prevent more serious health problems** from occurring.
5. **Optimize Overall Health!** Pets need exercise, sleep, and a nutritious diet suitable for their needs for optimum health and functioning. Research what's best for your pet and try and accommodate their breed and age. Also, be sure to do your part around the house to **make their living space safe and comfortable**, including removing and potential safety hazards and giving them adequate love and affection.



### Immunity & General Well-being

- [Immunity and Liver Support™](#)
- [LiverAid™](#)
- [Muscle and Joint Support™](#)
- [Skin and Coat Tonic™](#)
- [SlenderPet™](#)

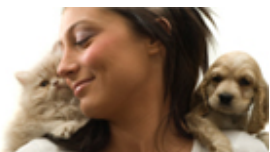
### Dental Health

- [OralHealth Mouth Spray™](#)
- [Gumz-n-Teeth™](#)

### Behavioral Health

- [Aggression Formula™](#)
- [Grief and Pining Formula™](#)

Even More Pet Health Information... at Your Fingertips!



Great Health Sites

[Natural Holistic Health Blog](#)

[Natural Herbs & Remedies](#)

[Akobi Natural Health Database](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Natural Men's Health](#)

[Women's Health Nurse](#)

[Mountain Rose Herbs](#)

[BioSonics - Healing With Sound](#)



Once available only at NativeRemedies.com for human-related ailments, the [Pet Health A-Z: Ailment Guide](#) is now available at PetAlive.com.

Easily browse or search for information, resources and related products to **help improve your pet's health and well-being.**

The [PetAlive A-Z Ailment Guide](#) offers information on:

- Causes of Ailments
- Diagnosing Ailments
- Help for Ailments (both conventional and natural methods)
- Preventative Health Tips
- And much more!

Check out the [A-Z Ailment Guide](#) today! Also be sure to pass the link along to your friends and family, and **help inspire others to choose the natural approach to healing and wellness** for their pets.

Do you have a question you'd like answered? [ASK OUR EXPERTS](#)

*Alternative  
Healing  
Academy*



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Certification  
Programs  
in Reflexology,  
Aromatherapy,  
Color & Crystal  
Therapy

**Click Now  
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 <p><a href="#">DGP Dog Gone Pain</a></p> <p>Aches and pains reduce your dog's enjoyment of life and our enjoyment of th</p>	 <p><a href="#">Digestion RelieverT</a></p> <p>For fast, safe relief of gas, cramping, pain and other abdominal discomfort</p>	 <p><a href="#">Digestive Blend</a></p> <p>ActiPet Digestive Blend contains prebiotics to nourish beneficial bacteria,</p>	 <p><a href="#">Digestive Support for Cats</a></p> <p>An effective formula for cats to support proper digestion and bowel health.</p>
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[Natural Remedies](#)

[Native Remedies](#)

[Natural Health Supplement Shop](#)

[PetAlive Herbal Remedies](#)

[Xtend-Life - Natural Health Products](#)

*Alternative  
Healing  
Academy*

Home Study Certification  
Programs in Reflexology,  
Aromatherapy, &  
Color & Crystal  
Therapy

