



## The Stressed Pet

For so many of us, stress has become a 'normal' part of our daily lives. We tend to over-plan and over-do things with the precious amount of time available to us each day. Far too often, we feel we have to perform perfectly in everything we do, or we risk being judged harshly for being "human". For those individuals (and, believe me, I still tip-toe that same path on occasion), I can assure you that it's OK to let go, slow down, catch your breath, and enjoy the moment. Your friends and family will love you just as much even if you are not Superwoman or Superman. So find strategies to help you toss your cape aside, and slow down a bit.

But what about our pets? We seldom give much thought to the stress our pets have to endure. They don't go to work, they don't have bills to pay, they don't have sick children or elderly parents needing continual care that occupy every waking moment, and they don't have to figure out those complex sets of instructions to set up a new TV. But we recognize that many times, our pets are visibly stressed and filled with anxiety when: you introduce a new pet into the house ... when the UPS guy rings the doorbell ... when they are taken to the groomer ... when the plumber tromps through the house to fix a busted pipe ... when they are boarded at a kennel while you go out of town ... when a thunderstorm rattles and shakes the house ... when you take them to the vet clinic ... when the next-door neighbor fires up the lawnmower ... when they see a neighbor's feisty cat on the other side of the window.

But many pets are also stressed by the over-activity that we create, which happens most frequently during major holidays. We create stress by piling on more things to do, and many pets feed off those emotional sparks and changes. Add to that the distressing popping of fireworks (4th of July and New Years Eve). Additionally, a house full of guests can be very disturbing. Kids and Grandkids are a delight to have around for a few days, but their enthusiastic presence can send the Cat, and sometimes the Dog, scurrying under the bed to hide for several days.

The good news is that there are several different strategies as well as natural remedies to help relieve your pets' anxiety. Just as with people, not every approach or remedy works for every pet. You'll likely need to experiment to see what is most effective for your pets.

**SAFE PLACE:** The first thing I encourage is to have a safe haven where your pet can go to feel at ease and away from disruptive commotion. Sort of a 'panic room'. It may be a closet, a crate or kennel, a bedroom or bathroom or a basement. Let them decide where they feel most comfortable.

**THUNDER SHIRTS:** With dogs, it's often useful to try a 'thunder' shirt', or fairly tightly wrapped garment. By applying constant, gentle pressure, thunder shirts can offer comfort for mildly stressed pets. Does it work all the time? No, but it's certainly worth a try.

**DIVERSION:** With some dogs, if you engage them with an enjoyable activity, such as giving them a treat, or encouraging them to play while a stressful situation is going on, this can serve as a beneficial and welcome distraction.

**EXERCISE:** And don't forget EXERCISE and activity! Daily brisk walks can be extremely beneficial for both pets and people! If your dog loves to chase balls, then engage with them. If you can get your cat to chase a tethered toy, then get them moving. Be aware that many cats will be MORE stressed by trying to chase laser pointers ~ Don't use them!

**ADAPTIL & FELIWAY:** Many pet owners have found their pets respond well to Adaptil (dogs) and Feliway (cats) that come in a pump spray, or a plug-in infuser. These products mimic pheromones, which are chemical substances naturally produced and released by animals which can affect the behavior of other animals. Most often, they have a calming, soothing effect. In households with multiple cats, Feliway can have a noticeable calming effect to reduce the anxiety created by territoriality or by the subtle aggression of an "alpha-kitty". Feliway comes in 3 different forms: 1) Classic 2) MultiCat and 3) Optimum. I definitely prefer the broader range of behavior benefits seen with Feliway Optimum.

These simple techniques often don't work, however, and sometimes we are not around to comfort them when a storm rages outside, or fireworks explode down the street. Sometimes, we need to resort to giving medications to help turn off your pet's alarms and help calm their nerves.

**CBD and CBDA:** With so much new research coming out about its multitude of potential benefits, I am a huge proponent of using CBD products, but ONLY if they are FULL-SPECTRUM. Benefits in dogs and cats have ranged from anxiety and behavior issues ... seizure disorders ... pain management ... arthritis ... chronic illnesses. But it is imperative that you choose a FULL-SPECTRUM CBD to have the best chance of achieving benefit for your pet.

**We carry 2 different Full-Spectrum CBD products: 1) CannaChews and 2) ElleVet.**

1) CannaChews are a perfect choice for low-level maintenance for stress & anxiety as well as joint pain.

2) ElleVet has two CBD + CBDA products which will meet the needs of every pet owner.

3) ElleVet Max Strength Calm and Comfort Chews are a perfect choice for dogs that have “situational anxiety”: car rides, vet visits, thunderstorms, boarding, grooming visits, fireworks, exposure to boisterous children, separation issues, etc. Give the chews ~1.5 to 2 hours prior to the event or “situation”.

4) ElleVet Soft Gels and ElleVet Soft Chews and ElleVet Oil are for dogs with on-going behavior or health concerns: Itching ... joint pain and arthritis ... on-going stress and anxiety ... senior dogs with mental and cognitive decline. For now, we carry the ElleVet Soft Gels since they are more economical.

FYI, CBDA increases the absorption of CBD and it's extremely beneficial for reducing inflammation in the body. FYI Part 2, Since CBD is a supplement, there is no regulatory agency to guarantee you are getting what is described on the label. Bottom line, try our CannaChews or ElleVet first.

**PROBIOTICS:** While Probiotics are readily available for pets, the sad reality is two-fold: 1) there are not a lot of research studies available to determine which probiotics are most beneficial for pets (keep in mind that the digestive tract of pets is significantly different from that of people, so what works for people often does not work for pets). And 2) since probiotics are supplements and not drugs (much like CBD), there is no regulation for manufacturing them, so there is no guarantee of quality or that you are getting what is described on the label.

However, the most researched and effective probiotic available for pets provides a calming effect on pets: Purina ProPlan's Calming Care. Calming Care is given daily as granules mixed into food. It may take up to 6 weeks for full effect, so be patient. You can order Calming Care from our website: [www.CarolinaValuePetCare.com](http://www.CarolinaValuePetCare.com). On the homepage, click Food Delivery -> Purina Pro Plan Vet Direct, then set up an account (for newbies), and order Calming Care for home delivery.

**L-THEANINE:** From a personal perspective, my wife Catherine and I have successfully used a product derived from green tea leaves, L-Theanine, to our terrified Corgi-mix Lucy on a daily basis. She was noticeably more relaxed and socially engaging when she was on it. It MUST be given on a regular basis to achieve a calming effect.

L-Theanine is readily available online and in pharmacies. Make sure the active form of L-Theanine listed on the bottle is Suntheanine. You can find it in capsule form or liquid.

Starting at a dose of once a day to begin with, a general guideline for dosing with L-Theanine when stress is high (traveling, going to the groomer, going to the vet, thunderstorms, etc) would be:

0-10# - 50mg every 8 to 12 hours as needed (2 to 3 times daily)

10-20# - 100mg every 8 to 12 hours as needed

20-40# - 200mg every 8 to 12 hours as needed

40-60# - 300mg every 8 to 12 hours as needed

60-80# - 400mg every 8 to 12 hours as needed

80+# - 500mg every 8 to 12 hours as needed

A long-time favorite of mine for Cats is good ol' Catnip. I recommend putting a fresh, new catnip toy in your kitty's carrier when you are going to transport them somewhere. While nothing works all the time, it is certainly worth trying to see if it will help your stressed kitty travel more comfortably (although Feliway is a much better option).

T-Away Essential Oil Blend (by Young Living) combines essential oils from tangerine, lavender, chamomile, sandalwood and frankincense to help reduce anxiety while supporting feelings of comfort in pets. Applied directly to the fur on the sides of pets, behind the ears and the bottoms of paws can provide a calming sensation.

While space prevents me from giving complete details, other products worth considering include Ashwagandha ... Chamomile ... 5-HTP ... Vitamin B6 (as Pyridoxine HCl) ... Rhodiola ... GABA ... and Tulsi (Holy Basil). All are known to be safe in pets when given at appropriate doses.

Of course, if you feel the need to try some of these remedies on yourself, consider using similar products to help you better navigate a stress-filled lifestyle. Be sure to send us a photo of you fashioning that cool Thunder Shirt! Please let us hear from you if you have used a product or tried a strategy that helps keep your pet calm.