Anxious Pup Calming Aids

Drs. Foster & Smith Educational Staff

Pets become stressed for many different reasons - travel, unfamiliar guests in the house, being separated during your absence, loud noises like thunder or fireworks, or even from sensing their owner's mood swings. Because your pet is sensitive to his physical and emotional environment, he may occasionally act out in response with excessive barking, inappropriate elimination, or even destructive chewing, scratching, or aggression. Fortunately you can help your pet deal with stress by lessening the root causes of the stress, and, as needed, using stress relievers.

Choosing the right stress reliever
Every pet responds differently to these natural products, so if you find that your pet doesn't respond well to one, consider trying a different product. The right choice for your pet is the one he will readily accept.

Product	Product Type	Active ingredients	Use
Comfort Zone Plug-In	Air Diffuser	Dog Appeasing Pheromones (D.A.P.) mimicking a new mother's natural pheromones	Continuously treats the air supply of the entire room to give your dog a sense of well-being. Excellent for pets with mild separation anxiety or chronic stress. Odorless and non-toxic. Not a drug or tranquilizer. Also available in a spray form.
			Natural relaxant. Calms without making your pet overly

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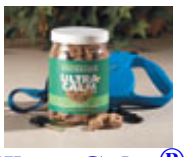
Rescue Remedy	Liquid Drops	Flower essences including helianthemum, clematis, and impatiens	sleepy. Can be placed in mouth or disguised in food or water. Administer 30-60 minutes prior to the stressful situation.
 **Ultra-Calm® Bites**	Treat	Herbs including valerian extract, inositol, and soothing chamomile; fortified with Vitamin C	Natural relaxant for event related stress: trips to the veterinarian, dog shows, and storms. Delicious beef liver flavored biscuit. Easy to administer.
Healthy Calming Chicken Fillets	Treat	Fortified with aromatic lavender and clover; 100% chicken breast	Mix of aromatic ingredients helps your dog stay calm and content. Great for traveling or at home. Tasty treats are made from 100% chicken breast.

Veterinary Options
For a severe case of separation anxiety, your veterinarian might suggest a prescription anti-anxiety medication such as clomipramine, along with behavior modification training exercises. These combined treatments are effective in treating severe separation anxiety. The medication helps your dog relax so he can concentrate on the behavior modification training

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exercises; the training is what actually changes the dog's response to a stressful situation.

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