



ANIMAL ANXIETY: *The Calming Solution*

Stress - a word used frequently in today's day and age. We experience stress from a myriad of places, be it work, daily responsibilities, etc. Advanced technology allows us to do more in less time and rather than

having more time to nurture our spirits we fill every waking minute with more stuff to do. How we deal with this stress has an impact on our bodies. Headaches, sleepless nights, even illness often have their roots in the negative ways our bodies deal with day to day stress.

What about the stress our animals experience? Noise, separation from loved ones and travel are just a few situations that can result in stressful situations for our furry family members. Panting, pacing, restlessness and increased heart rate are just some of the behavior changes that may be seen in dogs that are stressed. Whenever we can reduce the stress levels our animals feel we contribute to their health and longevity.

Pressure has long been used to have a calming effect on the nervous system. Using pressure to relieve anxiety has been a common practice for years. Parents swaddle in-

fants to calm an inconsolable newborn infant. People with autism use pressure to relieve their persistent anxiety. Pressure shirts and weighted vests have long been used to help children with certain behavioral problems. Tellington Touch, a form of massage for animals, uses pressure to address a wide variety of anxieties.

Well, at long last, there is a product that by using gentle, constant pressure, has a dramatic calming effect on most dogs that are anxious, fearful or over-excited, all without any training or special instruction. The product is called the Thundershirt.

The Thundershirt is an inexpensive easy to use wrap that provides constant pressure to the dog's torso. The Thundershirt is made out of a durable washable fabric and is very easy to put on. Just lay it over your dog's back and secure with the chest and torso velcro straps. The velcro fasteners make Thundershirt very adjustable to many different body shapes. It comes in 7 different sizes from XXS to XXL to fit tiny teacup dogs right up to giant breeds.

The Thundershirt is an excellent treatment for most types of dog anxiety. Easy to use, just put the Thundershirt on your dog and observe the results. You very well may see significant improvement for noise, crate and travel induced stress.

The Thundershirt's constant pressure has a terrific calming effect. Simply put it on your dog when the dog is in a stressful situation. The Thundershirt is extremely useful for dogs that are thunderphobic.

For those dogs that have more complicated anxiety cases, the Thundershirt should be used as an integral part of a behavior modification program.

Providing a safe outlet for your dog's stress helps nurture your dog as well as help ensure it doesn't take its frustration out on your prized possessions. The need to chew is a great stress reliever for dogs. There are many different chews in the marketplace but I've recently found one that deserves five stars! Elk antlers!

Each year at winter's end, the majestic elk sheds his mighty antlers. These antlers are harvested and cut into appropriate lengths for your dog.

Unlike processed bones, elk antlers are impossible to chip or splinter even by aggressive chewers. They contain many beneficial bio-nutrients and minerals, are all natural, clean and long-lasting. Dogs love them.

Go to my website, www.nosetouch.com to learn more about the Thundershirt and elk antlers. They can be purchased there on the secure shopping cart. What a great Christmas present they will make for your Fido!

Have fun with your animals. They are counting on you to provide them with a safe, loving, nurturing environment.



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