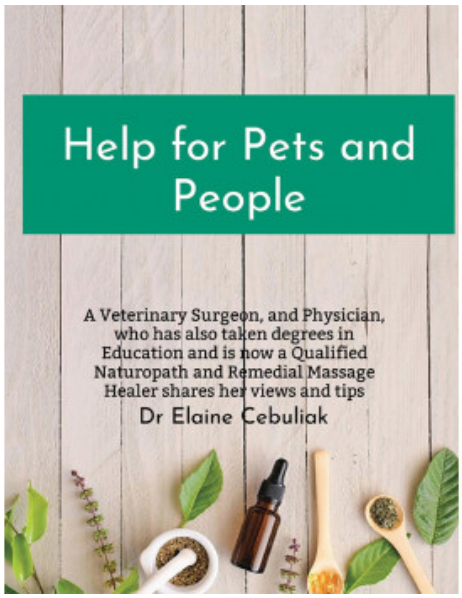
Animal Wellness - 1016 Stanley Street East,
East Brisbane.
QLD 4169

Phone: 0457 491 110 - Email: animalwellnessvets@gmail.com

Help for Pets and People



Price: $0.00

Short Description
Help for Pets and People: Natural Solutions for Anxiety, from Behavior Modification to Herbal Remedies.

By Dr Elaine Cebuliak.

Description
"Help for Pets and People: Natural Solutions for Anxiety" is a comprehensive guide that explores alternative approaches to managing anxiety in both pets and their owners. In today's fast-paced world, stress and anxiety can impact our well-being, including that of our beloved pets. This book emphasizes the importance of a holistic approach to anxiety management, focusing on lifestyle choices, behavior modification, and natural remedies instead of relying solely on medication.

The book delves into the concept of behavior modification, offering practical techniques to help pets overcome their fears and anxieties gradually. From introducing stimuli in a controlled manner to incorporating positive reinforcement, readers will discover effective strategies to build trust and confidence in their furry companions. Whether it's a fear of thunderstorms, vet visits, or nail trimming, this book provides step-by-step instructions

for desensitization and counter-conditioning.

Moreover, "Help for Pets and People" presents a range of natural solutions to alleviate anxiety. It explores the power of music therapy, showcasing specially designed auditory series that have been clinically proven to calm dogs. Additionally, the benefits of massage, diet adjustments, exercise, and engaging toys are discussed in detail. The book highlights the significance of creating a soothing environment through aromatherapy and provides guidance on incorporating herbal remedies like Valerian, skullcap, and chamomile into pets' diets.

Recognizing the interplay between human and pet emotions, the book also addresses stress relief techniques for owners. By understanding how our own stress can impact our pets, readers will learn practical strategies to manage their emotions and create a calm atmosphere for their furry companions. With insightful advice and easy-to-follow instructions, "Help for Pets and People" empowers pet owners to take a proactive role in managing anxiety, promoting the well-being and happiness of both pets and people alike.