

ANIMAL HOLISTIC HEALTH UK CHARITY

Using the ANXIETY REMEDY

At the first hint of a problem, fireworks or storm, give the animal 3-4 sprays of the remedy. Wait 15 minutes then re-dose. You may do this for a further 3 doses as in Acute Dosing, but so far we have found this not at all necessary. The CD's suit many people, I would advise trying the Remedy first then add the CD's if all else fails. So far this remedy has given us a 100% with no complaints. Your animal will show signs of distress as written below, this is when to start dosing. * panting, pacing, sticking to you like glue, trying to hide, climb furniture* these are signs of distress.

Behaviour Modification

If possible, begin Behaviour Modification about 4 weeks prior to any Event which may upset the animal.

Play the CD on a low volume, as often as possible, whilst at the same time allowing the Animal to feed, or play.

Playing the CD at mealtimes, once the Animal has begun to eat, increase the volume slowly. Watch for signs of distress, pacing, drooling, shaking, trying to hide etc. and go back to the start if you see any of these. If you start at a low volume, try and associate the good behaviour or acceptance at each stage with something the dog is familiar with, a game, food, a reward.....whatever suits your dog. Do not go over the top with touch or verbal praise. Silence is golden in these cases.

Some Behaviourists advise using sound CD's at top volume as this is what the animal will experience, you can try this, but if you have the time, I would prefer to go a bit more cautiously. You do not have to play the entire CD; just do short spells of 5 minutes, building up each session.

Keeping the animal occupied is vital, and use a happy tone of voice during these periods of Behaviour Modification. All the time, monitor how the animal reacts to the volume, lower it or higher it as and when you see fit. Also varying the times this is done, so there is no set routine, as there is none with Fireworks unfortunately. The end result should be that the CD can be on at a normal/high volume and your Animal is behaving normally. I personally have not found enormous success with this method but I have to offer all alternatives.

Most animals will try and find a place to hide. Under the bed, behind the sofa etc. so it is not unreasonable for you to offer a crate, covered with a heavy blanket, for the animal to retreat to when nerves get the better of it. Don't wait until the last minute to introduce a crate; it is vital the animal gets used to this as being a place of comfort and security. Do not lock the door, leave it so the Animal can come and go as it chooses.

If you do not wish to use a crate, then make sure Curtains are closed and lights are on to at least minimize the effect of the flashes.

Make sure the Animal has been well exercised so in the evening is more likely to be tired and perhaps this will ease the anxiety.

Using Kong's, Buster Cubes which occupy the Animal, are also helpful for keeping the mind occupied with other activities.

To make the most out of your Kong, what we suggest is to put a Biscuit in that is much larger than the hole of the Kong, so you really have to push to get it in there. Add whatever treats you wish to, and then use another large biscuit to seal the whole thing. The idea being, whilst your dog may be an expert at getting out the treats, it is extremely hard to get out the remaining large biscuit you first put in, so the Kong will keep on rattling around, hopefully keeping your dog amused for much longer than normal. If you are going to use the Kong/Buster Cube, then it is better if the dog has not had its full quota of food so it is more likely to want to get at the contents.

It is also a good idea to only use the Kong or whatever toy you choose during the times you do the Behaviour Modification so it associates the two. I have personally found this to be very successful. All associations with sounds that dogs fear must be good ones. Play games, do some quick indoor training, basically take the dog's mind off things but do not fuss or pick up the animal at any time.

Most people keep the TV or Radio on to 'mask' the sounds from outside. This, in my humble experience does not work.

If you ignore the sounds then there is a fair chance that the dog will do the same.

Do not punish the Animal for wanting affection, for perhaps urinating indoors etc., try and ignore these misdemeanours. Whilst I do not suggest that you go overboard in giving affection, I have allowed the Animal to lie next to me (on the ground) seems comforting. I avoid speaking, but I like to let the Animal know I am around. My own experience is that animals like to feel human contact at these times, so accept whatever it is they want to do without a fuss. WITHIN REASON. If your pet wants to sit on your lap, do not make a fuss, but take the time to dose with Anxiety Remedy and do a little bit of grooming. I have seen many animals just drop off to sleep or totally relax doing this and seem to ignore the noise. Go to our website and copy the article, with diagrams or not, of where to massage. It's a great bonding session. Do this daily so it is not just for the occasions when the dog is fearful. Ideally we want to associate a band thing with something the dog likes or benefits from, NOT a reward. My own dog was quite happy going out on walks or playing outside during storms or when fireworks went off because her love of playing outside overcame everything else. You have to find out what it is your dog reacts to and enjoys so you can put it at ease. I am not suggesting everyone walks their dogs, just know your dog and use that to your benefit.

This really is a good time for trying out some gentle Massage; Tellington Touch if you know how; a Grooming session, anything to just calm the Animal. I personally like to use Touch and EFT, which you can read about on the www.animalholistichealth.com website. Continuing to do your normal routine chores will help the Animal think that if you are not concerned, then perhaps there is no need for it to be so bothered. It doesn't matter if the Animal follows you from room to room, just don't speak, and act as normally as possible. I repeat this a lot because it is the single most important thing I can advise that I know works.

Animals have these fears for reasons and for no reason, all we can do is try and work with them during the 'calm' times to reassure them when they are not put under stress, when we can monitor when to work with them. The basic idea is to always

associate good things with any sound an animal is upset by. My own dog enjoyed walks more than anything so on her first Bonfire Night with me, I took her out for a walk and to an actual firework display where she was paid a lot of attention. As a rescue dog she took this in her stride. I did not fuss her, but she had a good association in her head of the sounds and sights of that night. It obviously helps if you know your dog and if you don't, just ask for help. She was never bothered by any sound nor did she need the remedy. I did the best thing I felt for her, face the fear before it becomes a fear, if that makes sense, make it a pleasant experience and with luck your dog will turn out as well as all my animals have without the remedy ☺ I repeat this because it is important. There is no need to have a fearful dog or cat or any animal, there is always a way round it. Remedies help there is no doubt, but you can make minor adjustments in how you behave and react so that you will only ever need perhaps 2 doses of our remedy if that. It works quickly. Your animal may still appear to be panting even if sitting on you, that's normal, don't panic, just watch TV, read the paper or talk to someone, just let the animal take comfort from you, don't give it as that is rewarding the behaviour. Always try and think back to something which may have happened to make the dog sound sensitive in the first place and often with help, we can start re-building confidence that way.

****In my experience, if you watch your Animal, be it Horse, Dog or Cat, you can often detect changes in their behaviour. It is worth keeping a Diary of any odd behaviour which is related to a Sound aversion so you are better equipped to use the Remedy, to start your Behaviour Modification programme and generally, be in advance of the actual event. Some will become Try to feed and take the Animal out for a last walk to empty Bladder and Bowels before any major Firework Displays. Carry the remedy with you on walks or in the car always. This really is a 'must have' bottle of treatment!**

The Programme for Fear of Storms is very similar, at least if you get a little advanced warning of any Storm activity due in your area, but again, if your Animal does have this problem, Just start dosing when you see the animal showing signs of distress or odd behaviour. Some can become a little clingy, pace, try to dig the carpet, hide, or go to their 'den' or Basket, many with Storm aversion will take themselves off to the Bathroom as this seems to deflect some of the static. **The point is OBSERVE and act on what you see.**

DAP sprays, adaptors and collars:

The Adaptor needs to be plugged in at least for 30 days before bonfire night it is not something which works instantly; The collar I've had few reports of that working
The spray is an instant thing and you spray that around the dog and where it sleeps etc. and if anything is going to work, this has the best chance. You get it from the Vets. It costs around 23.00 but still use the Anxiety Remedy as back up.

If you consider that you have an easily stressed dog who is generally over stimulated, then please do ring me so we can discuss another treatment. We rarely use it for Sound Sensitive animals but as I have said, we do try and match remedies to each dog where possible. Regardless, we will still tell you to use the Anxiety Remedy first, and then revert to the other treatment as the Anxiety is really the best we've found. I am at home most evenings, and if you feel you need a little moral support or guidance please just ring me on my landline. On Bonfire Night, I don't move. I just wait for phone calls so don't hesitate to ring.

Please do not leave the animal alone if you can avoid it and Good Luck! In desperation, contact me.

Horses

A similar Behaviour Modification programme applies to Horses, again, use common sense. Leave their stable light on, leave a radio on and make sure they have plenty of Hay to occupy them. There are also now some good horse toys, so use those. Do not leave them out in the field. Whilst many people do this, it is dangerous and I do not advise it. Some people close the top door of the stable others do not. Each owner will know what the best action to take for their Horse is. I tend to leave the animal in the stable, door open at the top with the light on that way it can see the noise and often with the Anxiety remedy, that's enough to cure the issue.

I do feel that using the Multi-Sound CD with young animals will perhaps determine the sounds that they do fear, and you can then work on those fears from a very early age. This to me the single best answer to Sound Sensitivity. Accept it, treat it and your Animal will most likely be fine with most sounds as he gets a little older.

MULTI SOUND SENSITIVE CD

This is best used with young animals to ascertain if they have a specific fear, or just to get them used to general everyday sounds. If it appears that they show a concern with a particular sound, then please get in touch with us and we will endeavour to provide you with a CD containing the sounds that they need help with.

Most of the advice given is very basic, and we are happy to go into more detail if you wish to discuss your individual case . All I can say is that none of my animals have ever been afraid of any sound in their lives, they are all bombproof from cat, dog to horse. That's no remedies just being 'in touch' with the animal and knowing what to do and when and to be quick and firm in your responses.

****If possible, use the CD in other places, in the car, outside in a portable CD player, as well as in the home in different room. Animals can get familiar with sounds they hear in the same place, so we suggest you do try and move that sound around periodically so the effect of the Conditioning is even better. Also, throughout the year, put the CD on when the animal is not expecting it so the reaction can be monitored and your animal becomes a little more 'laid back' to the sound. Hopefully with Thunderstorms in particular, this method will really desensitise your

animal to ignore the sound. Again, I have not found them to be the best method, but we try to offer as much advice as we can to help you. The cost of these is minimal compared to the 30.00 you can pay for them; we're talking around 5.00 per CD plus p&p so you've not got much to lose if that's the way you wish to go but this has to be started at least a month before Bonfire night so you then learn what can and cannot work for your dog. Remedies are great, they do help, but you do need to do behaviour modification alongside them to get rid of the fear. Most animals will just end up lifting an ear after a few doses of Anxiety, and then they'll settle on a chair, on your lap etc. as explained above. Make sure they do have access to water as a panting dog is stressed and the temperature can go up slightly so it's something we suggest although most good owners always have water available IN the room so the dog doesn't have to leave you. I am here to help, anytime.

If you want any further help, copies of files etc. just contact AHH-UK@leahs.freeseve.co.uk or Phone 07821 383854

Do not leave the use of the CD's until the last minute. If you are relying on these alone it is important that you start using them at least 4-6 months before the sound that concerns your Pet may become obvious. I am not a strong believer in the CD's but if you choose to use them, we are happy to provide them.

[This remedy also works exceptionally well on humans](#)

[Always read the dosing notes sent with all remedies before using please.](#)

[Children 1-2 sprays](#)

[Kittens/cats 1-2 sprays](#)

[Dogs or pups under 15kg 1-2 sprays](#)

[Everything/Everyone else 2-4 sprays or as advised](#)