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Anxiety in dogs.

Dr. Angie Krause, DVM | Cannabis/Hemp, Cats, Cats and Dogs.



As our world's pace becomes faster and more frenetic, anxiety is more common in people and unfortunately also for our dogs.

Often, dog owners don't recognize when their dogs are anxious and many things they do to help can make it worse.

Looking at environmental and behavioral modification, supplements, exercise and or occasional pharmaceuticals approach to help ease anxiety in dogs.

What causes anxiety?

Anxiety can affect any dog, but there are definitely certain breeds of dogs that experience anxiety more commonly.

Working dogs that generally have high drive tend to be the most affected.

A dog's environment can play a large role in generating chronic anxiety. Multiple dog households or yards can be very stressful.

This is especially true if there is conflict between any of the animals.

Location of food and bedding (personal space) can aggravate interpersonal relationships between dogs.

Feed your dog's separately.

Mealtime can be a huge source of stress.

Lack of exercise is the most common culprit for most dogs.

Every dog's exercise needs are different depending on specific dog, age and the health of the dog.

Walks are a dog's meditation. Get your dog out for at least 15 minutes each day.

Many dogs will require longer walks upwards to an hour or two.

Behavioral modification.

Working with a trainer (if needed) that uses only positive reinforcement and training methods can go a long way in reducing anxiety in dogs.

When dogs know what is expected of them and feel confident in your ability to lead and care for them, their anxiety can be greatly reduced. A good trainer will also help you identify which of your behaviors may be causing more anxiety for your dog.

Supplements.

Most APBT owners prefer to take a more natural approach and consider supplements to treat their dog anxiety.

[Nutricalm](#) or [equvelet](#).

This supplement includes a great blend of soothing herbs and L Theanine.

This helps increase serotonin in the brain very effective in alleviating anxiety.

Useful for situational anxiety (car ride, house guests etc). You can also use it daily for long term use.

This supplement is extremely cost effective.

Cannabidiol (CBD) – Cannabis oil - Many dogs can greatly benefited from cannabis and it's anxiety relieving properties.

It is very important to note that dogs with anxiety should use cannabis with high levels of CBD.

THC, the psychoactive component of the marijuana plant, should be avoided with dogs with anxiety as it can worsen symptoms.

You can learn more about CBD for [dogs here](#).

[HempRx](#) is a high CBD cannabis extract with no THC.

It is organically grown and not extracted using any harmful chemicals.

It has high levels of other medicinal terpenes and flavonoids.

For small dogs you might use [HempRx oil](#) and [chews](#).

For larger dogs you might use [HempRx Forte](#) as it is more concentrated and therefore more economical.

Pharmaceuticals.

As a last resort you might use pharmaceuticals to treat anxiety (consult with your Vet).

I think behavioral modification and supplements can be greatly helpful. Some dogs have experienced life changing effects with the use of Prozac.

Xanax might be used for storm phobias or long car rides.

If a small dose of Xanax will make the cross country car ride more bearable, you might want to take advantage of that option.

If you look at the use of Prozac, make sure with your veterinarian and follow his prescription- every 6 months monitoring of your pet's liver and kidney values become important.