

***Info shared by Pitbull SA.***

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***South Africa.***

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## ***Herbs for separation anxiety.***

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### **Managing separation anxiety naturally.**

#### Play some music.

Choose classical music, calming or easy listening, since the idea is to help calm your dog.

News radio can sometimes work, but not if there are talk shows with debates or loud, anxious, excited hosts and guests.

Record normal household sounds and play the recording for comfort.

Put on a continuous-play recording of your voice calmly reading a magazine.

Occasionally play the tape when you are home so dog does not associate the recording only with your departure.

**Try leaving a worn item of our clothing you wear as your smell can bring comfort to your dog.**

**Being aware of your dog's diet** can help: a lot of problems can occur when fed poor quality food and a change to an all-natural diet without any artificial ingredients can be hugely beneficial.

**Walk, play with and exercise** your dog before leaving – a tired dog is a happy dog.

If working and away from your dog during the day, feed your dog twice per day to avoid any mood swings that can result from low blood sugar.

Try feeding the biggest meal of the day before you go out as your dog will feel more content and sleepy after a good walk and a satisfying meal.

### **Homeopathic and herbal remedies.**

#### *Pulsatilla nigicans* (Pasque-flower)

This is one of the most common homeopathic medicines given for separation anxiety and should be given in the 6c or 30c.

Can be given orally direct into your dog's mouth or added to the dog's water throughout the day.

The leading signs with the *Pulsatilla* dog are clingy, fears being alone, fear of abandonment and becomes very fearful and emotional when left alone.

They desire companionship and become very agitated and anxious causing them severe distress.

#### *Calcarea phosphorica* (Calcium Phosphate).

This is another beneficial remedy used in separation anxiety and best used in the 6c or 30c potency.

Dogs needing this remedy can be destructive, chewing furniture and other things in the house.

They require endless love and companionship and get very upset on their own.

*Calc phos* types are also terrified of thunder and will shake and tremble while in company during a storm or similar event, but without company they are likely to bolt during a storm and disappear for several days.

*Gelsemium* (Yellow Jasmine).

Animals requiring *Gelsemium* are often referred to as “the trembler.”

With Yellow Jasmine there is quivering, which can range from a muscle group to the entire body, both inside and out.

It is the remedy for anticipatory anxiety and is often used for separation anxiety.

The dog can be so worked up it can have diarrhea or involuntary urination when under extreme stress of being alone.

It can be given in the 6c or 30c potency either orally into the mouth or in your dog’s water.

*Passiflora* (Passion flower).

Calming anti- convulsant.

Quiets the entire nervous system.

Swift acting and non-addictive.

Can be given in tincture form added to daily water.

*Scutellaria* (Skullcap) and *Valerian*.

These are wonderful herbal medicines for the symptomatic relief of anxiety and nervousness.

They are invaluable to calm and relax dogs suffering from symptoms associated with separation anxiety.

*Avena Sativa* (Oatstraw).

An anxiolytic producing a sense of calm, similar to *Valerian*,

*Passiflora* and *Scutellaria*.

Can be added to your dog’s water. Comes in tincture and homeopathic pellets.

*Chamomila* (German chamomile).

While Roman chamomile and German chamomile have slightly different medicinal qualities, in general they both treat anxiety in the same manner.

Chamomile is a potent sedative used to reduce anxiety in stressed animals.

It has the added advantages of calming your dog’s belly and helping him sleep.

Some pets enjoy chamomile tea as much as we humans do.

Or you can soak a small treat in the tea and give it to them. It is available in capsule/tablet and tincture forms as well.

### Kava Kava.

A traditional herb used in Polynesian ceremonies, *kava kava* reduces anxiety, relaxes tension (including muscle tension), and calms restlessness without loss of mental sharpness.

*Kava kava* is a good herb of choice for a tense, nervous or anxious dog.

It is available in capsule, tincture, ground and powdered forms.

The ground and powdered forms can be made into a tea and added to the daily water or sprinkled onto food.

These are the most common natural remedies used today for separation anxiety and have been used successfully for many years. Today there are many toxic drugs on the market that claim to help your dog but most have side effects which can cause further problems to your dog's health.

William Osler quoted great words of wisdom, referring to orthodox medicine: "The person who takes medicine must recover twice, once from the disease and once from the medicine"