

Preparing Your Pet for the “*Lazy Days of Summer*”



Snaring Summer Stressors

Summer is a popular travel season for me, as I am sure it is for many, and our **furry friends are often a huuuuuge factor when we are making get-away plans.**



Whether we choose to bring them along or find alternate housing during our time away, there are many things to consider regarding our **pet’s overall health, comfort, and safety.**

I’m sure we have all had times when traveling with our pets caused a problem - or two, or three! That’s because the upheaval of traveling can result in disturbances in our pet’s systems.

They may not seem delicate but they are, and travel can affect pet health from digestive upset to changes in mood. **Take some time to plan for your pet’s comfort;** it may be another thing to add to your “to do list” but it will make the trip an easier one for your canine or feline friend.

I know I love to include my pets in my activities and travel plans and I don’t think I’m alone! But there are occasions when it’s necessary to leave our 4-legged children in the care of others.

Whether this means putting your dog or cat in a boarding kennel or leaving them with friends or family, **being away from home and their familiar surroundings can lead to anxiety, depression, and other behavioral issues in pets.**

Left untreated or undiagnosed, these issues **can develop into lasting ailments,** with cumulative negative health effects over time.

As summer starts, so do the preparations for the Atlantic hurricane season, which is officially from June 1st to November 30th.

Given the unfortunate tragedies that have occurred in recent years, it is very important to **plan ahead for your pet’s safety** as you lay out your family’s emergency plans. Read on for helpful tips to get your dog or cat ready in case of an emergency. Regardless of your geographic location, having a plan of action on-hand can’t ever hurt!

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On the Road Again - with Fido & Fluffy

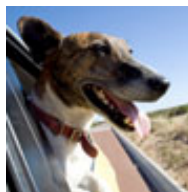
How to prepare and care for your pet while traveling

Summer is a popular travel season for many families, and **furry friends are often a great factor to weigh-in when in making get-away plans.**

Whether pets travel along with their owner or find alternate housing during time away, there are many things to consider regarding **pets' overall health, comfort, and safety.**

Traveling with pets can pose **many changes in environment**, which can result in disturbances in a dog or cat's delicate system such as digestive upsets and changes in mood.

Taking some time to plan for a pet's comfort can greatly enhance its travel experience, and **eliminate some potential pitfalls.**



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Whether an itinerary involves a plane or car, many of the same tips for care apply. Before making arrangements, ensure that vaccinations, health certificates, and identification tags are up-to-date, and that the pet has a full supply of necessary medications.

Compile a **simple first aid kit** with minor wound care supplies, anti-diarrhea and digestive remedies, and emergency phone numbers. **Natural remedies can also be used to provide excellent support for many common conditions**, without side effects.

Take care of **grooming issues** before travel, such as bathing and trimming nails, in case facilities are not available for use. Also be sure to **evaluate your pet's current state of health**, addressing any minor or potential problems well in advance.

Many animals become uncomfortable in unfamiliar environments, so **minimizing disturbances or providing reassurance** throughout the journey can be very helpful in easing anxiety or curbing aggression, which may result from fear of the unknown. Bring along a favorite toy or feeding dish.

You can also make use of **natural remedies to provide additional support for mood imbalances** commonly experienced during travel.

Many herbal and homeopathic ingredients are well known for their ability to provide effective relief without creating dependency or side effects.

If traveling by car, take a few short rides to **acclimate the dog or cat to the experience.** Cats are often best

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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of four-legged patients with UTI, anxiety, grief, Cushings and stress for many years with spectacular results.

suiting to travel in a crate, and dogs are often well inclined to them, as well. **Allow time for breaks and walks** in the travel schedule, allowing the animal to stretch and exercise.

This too can help with **easing the stress of a new environment**. Try to feed the pet its largest meal in the evening or upon reaching the destination to ease digestive discomfort or motion sickness.

Keep in mind the perishableness of wet food, and acclimate the dog or cat to eating dry food a few days before departure to help minimize stomach upsets.

Consider supplementing its diet with **natural digestive support remedies to maintain health during travel**.

When traveling by plane, **always confirm pet regulations** well in advance so that preparations can be made as necessary.

Take into consideration the climate differences and try to book a flight in the early morning or in the evening, whenever weather is more comfortable.

Also, consult with a vet for **proper feeding instructions** based on your pet's age, size, time and distance of the flight. Generally, traveling on an empty stomach is best.

The day of travel, arrive at the airport early to **allow your pet to exercise and adapt to the crate**.

If boarding the animal is unavoidable, thoroughly **research the best options** for doing so. As summer is a very popular time of travel, booking reservations well in advance is often a necessity.

In addition, since your pet will be exposed to other animals and **potential illnesses**, consider **supplementing its diet with an immunity-boosting remedy** to support systemic health.

Also, try and plan for possible ill health scenarios, and **have remedies on-hand or available** to give to caretakers in case they are needed.

When possible, leave the pet with friends or family, in an environment they are familiar and comfortable staying in.

When a pet is away from home, be sure to **perform a daily health check** (or advise its caretaker to do so). Monitor and evaluate appetite, energy, and overall disposition.

Also look out for unusual discharges from the nose and eyes, as well as scratching, biting, itching, changes in elimination, or unfamiliar lumps or

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- [Problem Pet Solution™](#)
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bumps.

While **preventative health precautions are always best**, early detection of a problem is the next best thing.

*"My vet referred us to [**Easy Travel Solution**] for the car, which has been very effective for my cat.*

*Thanks for your great service! It is always a pleasure to deal with your staff!" - **Neville K.***

*"Pet Alive is the only product line I trust for my animals. I use your remedies for all my cats and dogs and have just added **RuniPoo Relief** to my collection.*

*I just wanted to let you know that once again I am not disappointed. RuniPoo Relief is just as effective as all your other products." -**Tammi Berera***

*"Our vet recommended your **Muscle & Joint Support** caps and we have seen a big change. She means so much to us and we are very grateful to PetAlive for this great product!" -**Jeff R.***

How Your Absence Affects Your Pet

Settling separation anxiety and related behaviors

While many pet owners try to include their pets in all activities and travels, there will usually come a time when they must be



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left in the care of others.

Whether this means putting the dog or cat in a boarding kennel or staying with friends or family, **being away from home and their familiar surroundings can lead to anxiety, depression, and other behavioral issues in pets.**

Left untreated or undiagnosed, these issues **can develop into lasting ailments**, with cumulative negative health effects over time. While minor behavioral changes may be noticed on a daily basis, extended summer travel can exacerbate an already existing problem. Therefore, it is very important to **recognize the great physical and mental impact separation anxiety can have on dogs and cats**, and to take appropriate action when necessary to alleviate the effects of the absence.

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[Grief & Pining Formula™](#) supports balanced mood and well-being in pets



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Separation anxiety in cats and dogs can trigger behavioral problems such as sulking, hiding, whining after the owner leaves, inappropriate urination or defecation, chewing, scratching, vomiting, incessant following of the caretaker, displaying an overly enthusiastic greeting upon the owner's arrival, inactivity or hyperactivity, lethargy, changes in appetite, diarrhea, and excessive coat licking.

These behaviors can manifest to other health problems such as dangerous weight fluctuations, aggression, disobedience, depression, and other more serious conditions.

Identifying the origin of the anxiety is critical. If underlying physical discomfort is suspected, consulting with a veterinarian is a wise decision in order to rule out underlying diseases that may be causing symptoms similar to those of separation anxiety.

Dealing with undesirable behaviors caused by separation anxiety **requires some planning guidance**, beginning as soon a puppy or kitten is brought into the home. To prevent separation anxiety, **avoid situations that encourage excessive attachment**—making it easier for the pet to live independently. This includes teaching a pet to feel comfortable alone early on, and **introducing solitary time** via a crate or isolation room. If a pet feels that this time is not punishment but rather normal behavior, it will become accepted.

If an adult dog or cat is suffering from separation anxiety, methods to **slowly train tolerance of the absence** will be necessary. A simple, effective technique involves leaving the pet alone for a few minutes and then returning—following by petting or rewarding positive behavior. Repeating this over time and **slowly increasing the length of time**

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away should help to calm the anxiety the pet was experiencing.

Most of the time, **providing a 'safety cue' when the dog or cat is left alone** proves quite effective. A safety cue could be a specific toy to play with, leaving the television or radio on, or repeating a phrase upon departure. Adding elements that **make a pet's environment more stimulating** may help, as well. For instance, cats often enjoy climbing ledges, carpeted towers, and perches. Both cats and dogs often like having access to a window to peer out.

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Sometimes, making behavioral modifications is **just not quite enough** to solve emotional conflicts. While conventional medications rely upon suppressing anxiety, they merely **mask the symptoms leading to behavioral problems**, rather than addressing the animal's health in a holistic way to find the root of the problem. The **side effects of these drugs** are another inhibiting factor, and often lead people to a search for alternate measures. Coupled with behavior modification efforts, **natural remedies can prove to be very effective in solving separation anxiety-related problems**, while avoiding the side effects that accompany most drugs.

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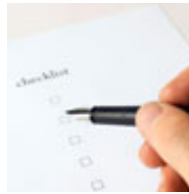
*"We tried your **Grief & Pining Formula** as you suggested just before taking our cat to the cattery which we do every year. Every year we feel more guilty (but) ... this time there was a big difference and he was even purring when we picked him up - which we could hardly believe! Thanks for your help and advice!" -Gwen*

*"I bought your **EaseSure** remedy as I have always preferred the natural approach and it has really helped my cat. I put EaseSure in his mouth with a squirter-bottle and he is completely himself again within a few hours. Thanks for such a great product- I have stocked up on it!" -Sharon*

*"I have used **Energy Tonic** for both my dogs and I have been very pleased with the results. I can recommend Energy Tonic for any pet that needs it" - Charmaine*

Better Safe than Sorry... Emergency Pet Preparation Tips

For many pet owners, the **start of the summer** also kicks off thoughts of preparation for the Atlantic hurricane season, which is officially from June 1st to November 30th. Given the unfortunate tragedies in recent years, **planning ahead for your pet's safety** should definitely be part of your family's emergency plans. The



following are some helpful tips to get your dog or cat ready in case of an emergency. Regardless of your geographic location, **having a plan of action on hand can't ever hurt!**

Pet owner precautions:

- **Gain some first-hand knowledge.** Contact your veterinarian or local animal shelter for information on caring for pets in an emergency. Inquire if there will be any shelters set-up to accept pets in an emergency, or see if your vet will take in your pet during an emergency.
- **Keep your pet up-to-date.** Ensure that your pet has a well-fitted collar that includes current license and rabies tags.
- **Consider allowable accommodations.** Determine your evacuation route, and contact motels and hotels in that proximity to find out if they will accept pets in an emergency.
- **Anticipate behavioral changes.** Intuitive of their environments, pets' temperament can be greatly influenced by drastic disturbances, in both their owners' behavior and weather changes. Research natural remedies for managing behaviors during trying situations.
- **Don't forget the basics.** Just as you would compile emergency food rations for you and your family, give your pet the same consideration, keeping in mind their specific needs.

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