

# Worry and Stress

I find that animals suffer stress far more often than we may think. They are, after all, living in the 'territory' of a different species (humans), and often our rules are different to theirs.

It is important to minimise the stress of a newly arrived puppy or kitten, because their behaviour pattern can be learned in these early days.

**Ignatia** is a must, for the grief of leaving their animal mother and siblings. If the new arrival wakes and is fearful during the night, **Aconite** is a great remedy, and the best one for treating the basic fright/flight shock response, so common in animals.



If there has been bad treatment in the past of a rescued pet, or if a young animal has an accident and injures themselves, **Staphysagria** is the best remedy for releasing the 'been abused' feeling, which can cause aggression in self-defence in the future.

For dogs that are flown in planes, especially when young, **Argent nit** is a great help to reduce the hyperactive, easily over-stimulated response that can follow.

Thunderstorms can cause a great amount of stress and fear in animals especially dogs and **Phosphorus** can work a treat, especially if a dose or two is given before the storm strikes.

For animals showing fear aggression with housemates or other dogs or humans while out for a walk, **Lycopodium** can reduce the over compensatory self defence.

*Written in conjunction with Dr Clare Middle who runs a natural therapies only veterinary practice in Bibra Lake. Ph: 08 9494 1243, [www.claremiddle.com](http://www.claremiddle.com)*