

Anxious Animals

Animals can suffer from different types of anxiety, such as social anxiety where they are nervous and anxious around other animals and/or humans, noise anxiety with a fear of loud or unusual noises, e.g. thunder, fireworks, and separation anxiety where they are afraid and anxious to be left alone. As well as considering the following remedies learn how to manage the problem, research behaviour training and implement a positive training program.

Aconite: Shock – for fear and agitation after an accident or trauma of some kind. Restless.

Argent nit: Anxiety/agitation – a state of perpetual agitation or apprehension of what may be going to happen. Tension, fear and nervousness especially towards other animals. Can be very useful before shows and events.



Arsenicum: Fright from fear of being left alone. Chilly and better from warmth.

Gelsemium: Fear – “stage fright” or emotional excitement; abject fear, shaking with fright. Not tense and agitated like Argent nit.

Kali phos: Timid, easily startled and frightened. Acts as a nerve tonic to help support the nervous system.

Lycopodium: Anxiety – extremely active and must be kept occupied (Collies for instance). Diffident – outwardly mild and apparently even-tempered but can “blow-up” with provocation.

Phosphorus: Many fears and anxieties but especially of being alone. Fears and anxieties always relieved in company. They are generally sensitive, empathic, sociable and friendly. Fear of the dark, ghosts, thunderstorms and many other things. Startle easily. Sensitive to odours and sounds.

Pulsatilla: The animal that is lonely and anxious if left on its own and especially a dog that barks all the time when left. Tends to be clingy, keeps close to you and needs lots of affection.

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

Factsheets: Download and print our **Animal** info sheet, **Emotional Ups & Downs**, **Stress & Worry** Factsheets, **Remedy Pictures** and **Remedy Guide** or refer to our **Homoeopathy for the Home Prescriber** book, **eBook** or **Free Information** available through our website.

Repetition of doses: As a general rule you should reduce the frequency of doses of a remedy as it starts to act and not continue once the situation has resolved.