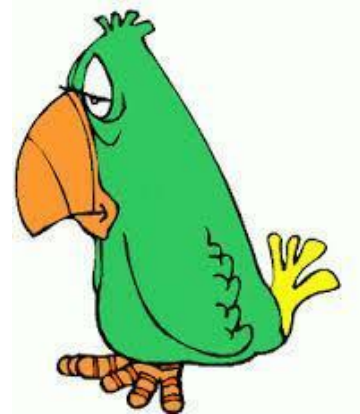


# Emotional Lows

Do pets get despairing? I think they do. At least, I have given remedies for despair, and the patient has improved noticeably.

I think some breeds who try too hard to please their owner can become miserable. Staffies seem to predominate here, also Rhodesian Ridgebacks and sometimes German Shepherds. Cats rarely worry too much about anyone other than themselves!



I've had good results with **Arsenicum** for dogs that are despairing and tired, in alternation with anxiety and restlessness. **Nat mur** and **Silica** can really brighten dogs up when symptoms fit. **Silica** patients are timid, shy and withdrawn. **Nat mur** are not frightened, but self contained, aloof and like their personal space, so this is often a good cat remedy. **Ignatia** is indicated when there has been a grief or disappointment with loss and the animal remains sad.

I use **Staphysagria** for when there has been separation from their pack or species; or cats who wee in the house when they sense a stray cat roaming around their house outside. It can also work well for grief plus abuse or perceived abuse to the animal, such as from attack by another known animal, or after surgery when the healing is unusually slow, or there is a lot more pain than generally expected.

*Written in conjunction with Dr Clare Middle who runs a natural therapies only veterinary practice in Balingup. Ph: 0405 009 804, [www.claremiddle.com](http://www.claremiddle.com)*

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

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