

HAVE A STRESSED OUT CAT?

The first thing to do is rule out any medical causes for your cat's behavior.

Various medical conditions can cause scratching, biting, avoidance of the litter box, howling, hiding, and aggression.

Once you and your vet have ruled out medical causes, the following may be helpful. Keep in mind that any treatment you try will require your attention to their behavior and possible changes to the environment. Keeping a journal can be helpful. There is information about cat behavior problems on the Internet.

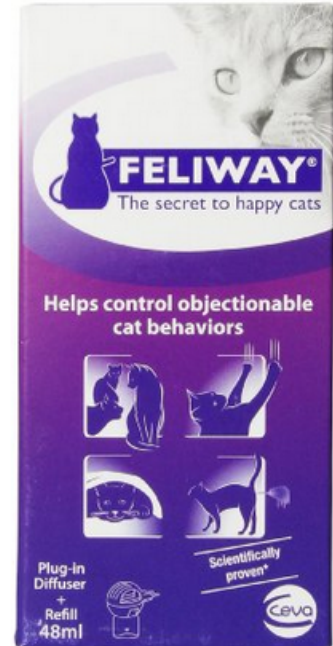
If you have more than one cat in your household, do you have a litter box for each cat and are they placed so that the cat does not feel trapped (in a closet, a corner, a covered box)? Does one cat seem to be the aggressor more than the other? Do they have vertical areas where they can climb? Do they have appropriate scratch surfaces (sisal rope poles, carpet remnants, cardboard scratchers)?

Feliway Pheromone Diffuser

Create a state of security and familiarity to help your cat cope with a new environment. Just plug the Feliway Diffuser into any electrical socket. Much like a plug-in deodorizer, the Feliway Diffuser emits a synthetic copy of your cat's natural facial pheromone, used by felines to mark their territory as someplace safe and secure. Oil vapor carrying the pheromone will rise in a column of warm air above the Diffuser and prevent your kitty from urinating to mark its territory.

Using pheromonotherapy to help sooth your pet is a new field in veterinary medicine. This scent in a room will help reassure your cat while it copes with a challenging new situation. If the Diffuser is being used to help reduce or prevent another behavioral or medical problem, plug it in the room where your cat spends most of its time. Do not cover it, or place it behind a door or beneath furniture. Will cover an area of 50 to 70 square meters and last up to 4 weeks.

A 48-milliliter bottle is included along with the diffuser.



Bach Flower Remedies for Pets

Animals have emotions too. They feel fear, anger, jealousy, depression, happiness and joy just like us.

The Bach Flower Remedies are able to help our animals when they have negative emotions just as they help us when we are emotionally out of balance. Unfortunately, we are not able to ask our pet why it acts depressed, but we do know if it misses a friend or gets overly excited around new people and that is how we select the correct remedies for our animals. Look at the chart below and you will be able to find the correct remedy for your pets situation.

INDICATION	BACH REMEDY	OUTCOME
Vague or unaccountable fears. Appearing agitated for no apparent reason	Aspen	Provides a sense of security and fearlessness so they may face challenges and difficulties more easily
Intolerance toward animals, people, events and situations	Beech	More tolerant of other animals and people
A loss of self-control, violently scratching itself	Cherry Plum	A self-controlled animal
Repeated unsuccessful behavior patterns, doesn't learn from past mistakes	Chestnut Bud	Allows the animal to learn from experience so it can move on in life and not repeat the same mistakes
Possessive in nature, very territorial. Manipulatively loving to keep control	Chicory	A more unselfish, self-assured, loving animal
No apparent interest in the world around them: animals who sleep all the time, have trouble paying attention, or seem to live more in a dream than in the present	Clematis	Enables the animal to develop a more lively interest in the world around them and enjoy and participate in life
Obsessive cleanliness, fastidiousness; excessive grooming. Pets with rashes	Crab Apple	An animal that is more relaxed, accepting itself and its imperfections. It has a cleansing effect.
Overwhelmed by a sense of responsibility from a temporary circumstance: abandoning their litter	Gentian	Restores confidence, positive outlook and coping capabilities in the animal
Overly concerned with companionship. Constant barking	Heather	A pet that does not need to be the center of attention
Jealousy of other animals or a new baby in the home. Angry growling, hissing, barking, snapping or unprovoked attacks	Holly	An animal that is more compassionate and willing to share with other animals
Homesickness or over-attachment to the past. Loss of owner or home	Honeysuckle	Animals become self-assured, adjust to its new home or environment. (May also need Walnut)
Lethargy or lack of enthusiasm to go anywhere, but once engaged in an activity or game is fully involved	Hornbeam	Restores vitality, enthusiasm, and spontaneity. (May also need

INDICATION	BACH REMEDY	OUTCOME
		Wild Rose)
Impatient and seeming to have boundless energy; can't wait to go for a walk or rushes ahead	Impatiens	Animals become more patient
Lack of self-confidence or avoiding situations where they have to perform	Larch	Boosts self-esteem, confidence and determination
For fears; afraid of lightening, visits to the vet. May shake or shiver when confronted. Shy and timid animals	Mimulus	Animals become more confident and courageous, can enjoy life without fear
Exhaustion, fatigue due to overwork: for working animals or those involved in racing, competitive events or shows	Olive	A restoration of strength and vitality. (Always ensure proper nutrition as well)
Terror, panic-stricken: body trembling, cowers or runs away	Rock Rose	Restores courage and calmness
Animals who can't make up their mind; any swinging behavior pattern (eats/doesn't, sleeps a lot/no sleep)	Scleranthus	Results in a more decisive and balanced animal
Abused, mistreated in the past. Trauma or shock	Star of Bethlehem	Neutralizes the effects of shock or trauma
Enthusiastic, always want to be involved, high strung	Vervain	Assists animals to be more calm and able to relax
Authoritative, dominant even over their owners	Vine	Allows animal to be determined not domineering
For any period of change	Walnut	Helps the animal ease into its new surroundings or situation
Unfriendly, stand-offish: do not invite or welcome cuddles, petting or obvious affection	Water Violet	Produces a compassionate and sociable animal
Loss of sense of direction or purpose; especially good for working or show animals who are being retired	Wild Oat	Restores ambition and sense of purpose for the animal (may also need Walnut)
Lack of energy, enthusiasm: submissive and disinterested	Wild Rose	Creates a lively interest in life
Stressful situations: visits to the vet, being left alone, adapting to new surrounding. Fear of loud noises, such as firework and thunder. Excessive barking or hissing	Rescue Remedy	Immediate calming effect

L-Theanine

L-theanine is an amino acid which is made primarily from green tea. It has been shown to have many benefits in people and animals.

Most notably L-theanine helps with relaxation and sleep. It is also known to help calm one down without any drowsiness, allowing the person or pet to stay alert, but just feel better.

And one of the really nice things about this supplement is there are no real known side effects. Of course, as with anything, it is best to check with your veterinarian before starting anything new. And if any bad reaction occurs, stop it immediately-though this is highly unlikely from data available.

Decreasing stress in pets helps in many ways and L-theanine can support calmness. This can be especially true during certain times of the year, such as holidays or other times of extra company, if you are remodeling, having a baby, adopting new pets to the family, 4th of July and New Years since people set off fireworks to name some common ones.

Amount safe for a cat is thought to be between 10-25mg per day, depending on the cat's size. There is little research specific to cats, but toxicities have not been found. Most supplements for cats (chewy treats, pills, liquids) contain 10-25mg and recommend 1 dose per day.

Suntheanine is the most concentrated form of L-theanine. If using a human grade L-theanine, the capsules are generally 100-200mg each, so just a sprinkle from the capsule into wet food will provide the appropriate amount.

L-Theanine can be found in 200mg capsules: Doctor's Best brand is Suntheanine.

Anxitane by Virbac USA is a chewable tablet. Tablets are 50mg, dose for a cat is ½ tablet twice a day. Additional info at www.virbacvet.com

Vermont Naturals Calming treats for Cats: Contains 10.5mg L-theanine, 31.25mg Thiamine (vitamin B1) and 5.28mg Colostrum Calming Complex.

Composure Feline by Vetri-Science: formula like Vermont Naturals.