

Stress And Your Pet

by *Dr. Ava Frick, D.V.M.*

Is it you or them? Is your stress making your pet (or horse for that matter) nervous or did they just get that way? Animals have survived through centuries by observing everything around them. They are constantly taking in sights, sounds, smells, touch perceptions, vibrations, anything they perceive as vital to survival. (There are actually 52 known registered perceptics.) This information is then categorized, some being programmed to keep and other is filed away as unnecessary or unimportant data. The decision to keep or toss can be different for each species, breed, sex, and global habitat.

Whether an animal is a predator (the hunter) or a prey (the hunted) makes a difference in how they respond and react to situations. When a body goes outside of the endocrine systems "comfort zone" we start to see altered behavior to environmental situations. The endocrine system comprises the hypothalamus, thalamus, pituitary, pineal gland, thyroid, parathyroid, adrenal glands and pancreas. These glands are in constant communication to balance messages that signal the body to work.

Stress can push a body to the limit and beyond. Stress for an animal can be an inconsistent life schedule, too many animals in the home, too much confinement, not enough exercise, separation, pain, disease, thunderstorms, arthritis, allergies, or even an owner who is nervous and upset, and there are more. The combination can be as varied as the number of stressed animals out there



**The prescription medical device
Alpha-Stim® ear clips.**

because no two beings are identical. How you react and respond can make a difference in the overall outcome.

Eliminating the symptoms first involves identifying the etiology. Finding the cause and changing that part of the animal's lifestyle or health status (as in pain) may resolve the stress reactions. If not there are therapeutic options that can include behavior modification, assessing diet and nutrient levels, herbs, drugs, and a prescription medical device Alpha-Stim®. Drugs used to treat anxiety, stress and depression do not come without a caveat of toxic symptoms and many are prescribed off-label in animals. Those symptoms include depression, agitation, ataxia, tremors, dry eyes, rapid heart rate, vocalization, and seizure activity.

Alpha-Stim® has no systemic side effects and the treatments are cumulative and long lasting. The very low level microamperage current delivered to the body with little ear clips (like an iPod) helps to normalize the body by inducing a balance in signals or frequencies between the endocrine organs. Physiologically it also increases blood and cerebral spinal fluid levels of beta endorphin and serotonin. This device has been on the human market for over 28 years and is FDA regulated for anxiety, pain, insomnia, and depression. Alpha-Stim® can successfully treat a variety of human and animal stress conditions. For more information go to: www.mid-westmicrocurrent.com and get on the way to a stress free life for everyone!

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