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Stress-Relieving Holistic Blends for Dogs

By Francoise Rapp

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Happiness, sadness, anger, fear, love — emotions play a pivotal role in our lives. But are these types of feelings an integral part of an animal's world as well?

In the past, scientists questioned whether emotions affected the lives of animals. These days, however, emotional and spiritual health-consciousness has moved from being exclusively for humans and has advanced into the animal world. Now more than ever, veterinarians realize that aromatherapy offers more than just fragrance and provides immediate, profound and long-lasting results that may positively affect an animal's overall health and emotional well-being. Today, veterinarians are turning to osteopathy, homeopathy, acupuncture, flower essences and most recently aromatherapy, as holistic solutions to common ailments in animals.

Stress is one of the most common causes of physical illness in animals. While animals are sensitive to their physical and emotional environment, their reactions manifest in ways that must be interpreted correctly by humans in order to be properly diagnosed. For instance, leaving an animal alone for a long period of time, lack of sufficient affection, unhealthy food, an insufficient amount of exercise, the stress of owners, and abandonment are the most common causes of stress in animals and may lead to particular health problems such as fatigue, excessive itching or shedding, panting and even aggression.

Dogs specifically are a bit more emotionally dependent on their owners and require more attention than do cats or other animals. They are in tune with our moods, and seem to show more difficulty in coping with emotional stress and loneliness. Hyperactivity, fatigue and other physical ailments can be interpreted as stress-related symptoms in dogs.

The following recipes are easy stress-reducing aromalchemistry blends for dogs. As faithful friends, dogs bring affection, pure joy and loyalty into our lives. Most breeds thrive in the outdoors, running and playing in the freedom of nature. Historically, dogs have been able naturally purge their system of illness in the wilderness, by carefully choosing specific plants their systems need, such as blackberries, raw carrots, etc. Now a domestic animal, most dogs have lost this natural instinct, and are becoming

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less resistant to illness, yet still face the daily causes of stress.

**We do hope that these recipes help alleviate some of the common stress-related symptoms your loving pet may be experiencing. Beyond these aromatherapy blends, flower essences have been found to be helpful holistic remedies for animals as well. Be sure to consult your veterinarian if stress-related symptoms persist in your pet.

Blend to Relieve Emotional Stress

Pour the following essential oils into a 10-ml bottle and fill with vegetable oil (such as jojoba, sweet almond, etc.). Pour a small amount of the blend into your hand. Anoint the spine and head lightly.

Repeat as necessary.

- 6 drops of Lavender
- 1 drop of Neroli
- 4 drops of Marjoram

Blend to Relieve Anxiety & Loneliness

Pour the following essential oils into a 10-ml bottle and fill with vegetable oil (such as jojoba, sweet almond, etc.). Pour a small amount of the blend into your hand. Anoint the spine and head lightly.
Repeat as necessary.

- 1 drop of Rose otto
- 5 drops of Cypress
- 5 drops of Marjoram

Blend to Reduce Nervousness & Hyperactivity

Pour the following essential oils into a 10-ml bottle and fill with vegetable oil (such as jojoba, sweet almond, etc.). Pour a small amount of the blend into your hand. Anoint the spine and head lightly.
Repeat as necessary.

- 6 drops of Lavender
- 2 drops of Roman Chamomile
- 4 drops of Petitgrain

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Learn more about the essential oils used in these blends:

==><http://www.aromalchemy.com/aromatherapy/ouoils.html>

Or purchase our starter's kit, Aromatherapy for Animals, here:

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Stay tuned for these upcoming articles in this series, "Aromatherapy For Animals:"

In Good Health,
Francoise Rapp
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Internationally renowned aromatherapist and alchemist Françoise Rapp shares her expertise each week in her free ezine, the Arom'Alchemy Newsletter. To subscribe, visit www.aromalchemy.com/education.

Relieving Stress with Exercise... and Losing Body Fat in the Process!

By Jamie Clark

Feeling stressed out lately? Don't worry, there is a simple and incredibly effective solution -- one that will help you lose weight in more ways than you might think!

Relieving Stress with Exercise

Research has proven that relieving stress with exercise is one of the best ways to improve your overall health. Regular exercise provides an amazing array of anti-stress benefits to the human body -- including reduced muscle tension, improved cardiovascular functioning, increased blood oxygen levels, and reduced cholesterol and triglyceride levels, just to name a few.

Relieving stress with exercise also, of course, burns calories and helps to reduce body fat. Since most other anti-stress 'remedies' (especially pharmaceutical drugs, alcohol, and overeating) cause you to gain weight it's obvious that exercise is the best option.

Control Cortisol, Lose Weight

But, besides burning calories, there's another reason relieving stress with exercise helps you to reduce body fat. Exercise produces chemicals that help to lower cortisol production. Cortisol is a "stress hormone" that has gotten a lot of press lately because many new diet products claim to block it.

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While the effectiveness of these products has yet to be proven, there is little doubt that controlling cortisol levels is a very important factor in weight loss and long-term weight control — not to mention optimal health and fitness. Relieving stress with exercise is an absolutely fool-proof way to lower cortisol in the body.

Elevated cortisol levels are fully or partially responsible for everything from sugar and carb cravings to overeating to low energy levels... and more. Experts also believe that high cortisol production increases the amount of "toxic fat" stored on your body — this is the abdominal fat that may trigger cardiovascular disease and inflammation-related health problems.

Summary

Relieving stress with exercise is, without a doubt, the best way to deal with your physical and mental tension. Not only will regular exercise reduce stress levels, it will also help you control how much cortisol your body produces. This, in turn, will help you to avoid food cravings, reduce dangerous abdominal fat, and basically feel much better. So, next time you feel stressed out, get up, get out, and start relieving stress with exercise!

Jamie Clark is a fitness writer and editor of the popular 'Really Useful Fitness Blog' located at:

Please feel free to use this article in your newsletter or on your web site. Just be sure to include this resource box as well as a live link to the fitFAQ.com Fitness Guide:

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