

# Dishy Dogs

S U P E R F   D

Optimising Pet Health



## ANXIETY AND STRESS MANAGEMENT

### FACT SHEET

wellbeing, healing and disease prevention

Reading time: 6 minutes



Just like humans, dogs experience anxiety and stress. Whilst unpleasant, it indicates that your dog has an **underlying condition**. Dog anxiety can affect all breeds, but may affect each individual dog differently. Far too many pet owners are told anxiety is behind their pet's health problems. When in fact, physical health issues are behind almost the entire anxiety epidemic. Read on to find out what is behind your pet's anxiety.

And just like humans, there are many triggers that cause anxiety and stress.

HOWEVER, the main causes underpinning anxiety/stress for both humans and pets, are **toxic heavy metals** (such as mercury, copper and aluminum), AND **viruses** (such as one

of the varieties of Epstein-Barr virus, or a combination of both toxic heavy metals and viruses. Most of the time, **it's both at once**, with one cause more dominant depending on the individual case. Anxiety can also be triggered, accelerated, or heightened by emotional conflict, although **toxic heavy metals and/or a virus must be present** for the anxiety to become sustained, chronic, and longer term.

Anxiousness that comes and goes in a milder form can have the same toxic heavy metal and/or viral causes, or it can result from mild emotional injury or prolonged stress on their own.

## Common Signs of Stress & Anxiety in Pets



Panting

Drooling



Abnormal  
Bathroom Habits



Pacing



Decreased  
Appetite

Excessive  
Grooming



Hiding



Dilated  
Pupils



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**So, how do you know if your dog has anxiety?** Some of the most common causes of dog anxiety/stress triggers are:

- **Fear-related anxiety** can be triggered by loud noises, strange people or animals, visual stimuli like hats or umbrellas, new or strange environments, specific situations — like the vet's office or car rides — or surfaces like grass or wood floors. Although some

dogs may only have brief reactions to these kinds of stimuli, they may affect anxious dogs more consequentially. Regardless, the underlying cause will be heavy metal toxicity and viruses.

- **Separation anxiety** is estimated to affect around 14 percent of dogs. Dogs with separation anxiety are unable to find comfort when they are left alone or separated from their family members. This anxiety often manifests itself in undesirable behaviours, such as urinating and defecating in the house, destroying furniture and furnishings, and barking. Again, there will be **heavy metal toxicity** and **viruses** as the underlying cause.
- **Age-related anxiety** affects older dogs and can be associated with cognitive dysfunction syndrome (CDS). In dogs with CDS, memory, learning, perception, and awareness start to decline, similar to the early stages of Alzheimer's disease in humans. This understandably leads to confusion and anxiety in senior dogs. **Both CDS/Alzheimer's** are a result of **heavy metal toxicity**.

**So how can you tell if your dog has anxiety?** There are several important symptoms to look out for:

- Aggression;
- Urinating or defecating in the house are a common symptom of separation anxiety. Anxious dogs often work themselves up to the point that they pee or poop in the house, even if they are housebroken. This is frustrating for owners and can cause damage to property, not to mention the unpleasantness of the cleanup;
- Yawning, drooling, and licking. Dogs yawn when they are tired or bored, they also yawn when stressed. A stressful yawn is more prolonged and intense than a sleepy yawn. Dogs may also drool and lick excessively when nervous;
- Whining or barking (including excessive). Vocalisation is normal self-expression in dogs but may be intensified when they are under stress. Dogs that are afraid or tense may whine or bark to get your attention, or to self soothe;
- Destructive behaviour is also common with separation anxiety. The damage is usually located around entry and exit points, like doorways and windows, but dogs in a state of heightened anxiety are also at risk of harming themselves. Attempts to break out of dog crates, windows, and even doors can result in painful injuries and expensive veterinary treatments;
- Depression;
- Pacing;

- Restlessness; and
- Repetitive or compulsive behaviours.

Please note: By far the most dangerous symptom of dog anxiety is aggression. This aggression can be targeted directly or indirectly, depending on the situation. Direct aggression occurs when a dog acts aggressively toward people or other animals. Indirect aggression can be equally dangerous, and often happens when a person comes between the dog and the source of the dog's aggression, such as another dog. Even if a dog is prevented from harming others, aggressive behaviours such as growling or barking can lead to undesirable situations for humans and dogs, alike. Always remember, there must be heavy metals and viruses for your pet to have any form of anxiety.

Now that you are clear on the underlying cause of stress/anxiety, **what steps can you take to treat and heal your dog's anxiety?**

**Firstly**, it is imperative to work to remove the heavy metals (please read our fact sheet on Heavy Metals) **AND** to minimise viruses.

Unfortunately, heavy metals will not leave the body unless they are removed with a specific formula of herbs such as Atlantic Dulse, Bilberries/Wild Blueberries, Coriander (fresh), Barley Grass Juice and Spirulina. Dishy Dogs Detox Pet is chock full of these key ingredients.

To **remove metals safely and effectively** from your pet's body, focus on giving your pet the five key foods below that work synergistically together. Ideally, you would give your pet the essential 5 foods every day for a minimum of three months. Six months to a year is best. A heavy metal detox is not just once off. After the initial detox, once to twice per year thereafter is ideal to keep your pet clean from heavy metals.

To make life easy for pet owners, Dishy Dogs has formulated Detox Pet which is a high potency detox formula containing all the 5 key foods. It is specifically designed to help us get these pernicious troublemakers out of our pet's bodies.

- **Wild blueberries/bilberries:** Draw heavy metals out of the brain tissue, healing and repairing any gaps created by oxidation when the heavy metals are removed. The potent antioxidants in wild blueberries/bilberries help reverse any oxidative damage left behind by the heavy metal removal.
- **Barley grass juice** extract powder: Has the ability to draw heavy metals out of your spleen, intestinal tract, pancreas, thyroid, and

reproductive system. Barley grass juice extract prepares mercury for complete absorption by spirulina.

- **Spirulina:** Draws out heavy metals from your brain, central nervous system, and liver, and soaks up heavy metals extracted by barley grass juice extract powder.
- **Cilantro (coriander):** Goes deep into hard-to-reach places, extracting metals from yesteryear.
- **Atlantic dulse:** Binds to mercury, lead, aluminum, copper, cadmium, and nickel. Atlantic dulse goes into deep, hidden places of the digestive tract and gut, seeking out mercury, binding to it, and never releasing it until it leaves the body.

To take your pet's heavy metal detox program to the next level, we highly recommend adding the following homemade paste to your pet's healing program:

- Blend the juice from one (1) orange + one (1) banana + one (1) tightly packed cup of **fresh** coriander into a smooth paste. Add Dishy Dogs Detox Pet together with the paste and pop into your pet's food.

**Secondly**, stop feeding the viruses that underpin anxiety and stress.

Viruses/bacteria eat, so understanding what foods they like is a good place to start. Viruses/bacteria thrive on:

- Eggs,
- Dairy,
- Gluten (if you must feed your dog dry food, make sure it is grain free), and
- Heavy metals. This is incentive enough to remove heavy metals.

**Thirdly**, until you have removed the underlying antagonists, there are many ways you can help ease your dog's stress and anxiety. The most obvious is to **remove your dog from what's disturbing him/her**. But that's not always possible.

So, here are some tips on how to de-stress your dog in different situations.

**1. Try all-natural remedies to relieve stress/anxiety.** High-quality supplements such as CBD oil and calming herbs will support a healthy nervous system in dogs and reduce symptoms of stress and anxiety. Dishy Dogs CDB Pet is a high-quality Australian CBD oil that will do wonders to bring down stress levels down in your pet.

Dishy Dogs Calm Pet is chock full of healing herbs including L-Tryptophan, Valerian Root, hemp seeds and Chamomile and has been proven to calm even the most aggressive pet.

**2. Establish a safe place in your home.** If your dog is exhibiting negative behaviour or aggression or just feeling stressed, it can help to have an area in your home where he can isolate, feel safe and secure, and calm down. Making his crate a safe space is a good approach. And having a stress-relief dog bed can also help soothe him.

**3. Use a dog stress vest or jacket.** Stress jackets, vests, and “thundershirts” are designed to ease dogs’ anxiety by enveloping their torso in mild pressure to make them feel secure — it’s the same concept as swaddling a baby. These dog stress vests are most helpful in cases of anxiety from noise (e.g., thunder or fireworks), travel, strangers, and separation anxiety.

**4. Exercise and mental stimulation.** If your dog is stressed from boredom, it’s beneficial to take him on more walks and play with him. Many dogs need physical and mental stimulation — and time with you. This can help relieve a dog’s need for companionship and physical activity.

**5. Play music.** Research shows that listening to **calming music** can benefit your dog in various settings, just as it does with humans. Music can also help reduce noise sensitivity by blocking out scary noises that cause anxiety in some dogs.

**6. Give them a massage.** Yes, dogs can also benefit from massage to help them calm down. A brief massage session from you gives your pup soothing physical contact, helping to reduce his stress during situations when he’s fearful or anxious. In a quiet part of your house, use flat palms to press lightly on your dog’s skin. Start at the neck and move your hands down your dog’s body with long strokes.

**Other supplements to include in your pet’s healing/prevention routine:**

- ✓ **Vitamin B12** (as adenosylcobalamin with methyl cobalamin): ½ dropperful daily;
- ✓ **Add zinc** (as liquid zinc sulfate) such as Dishy Dogs Zinc Pet to your pet’s food on a **daily basis**. Zinc is **critical** for liver health, autoimmune conditions, adrenal problems, arthritis, cancer, skin disorders, brain fog, diabetes, fatigue, heart palpitations, hepatitis, high blood pressure, high

cholesterol, inflammation, SIBO, sinus infections, weight issues, vertigo, tinnitus, multiple sclerosis, lupus, lyme disease, thyroid problems, **Epstein barr virus**, shingles, UTIs, candida, and every other symptom and condition. Get your hands on Dishy Dogs high potency Zinc Pet;

- ✓ **Add selenium.** In addition to decreasing oxidative stress, selenium may help lower the risk of certain cancers. This has been attributed to selenium's ability to reduce DNA damage and oxidative stress, boost your immune system, and destroy cancer cells;
- ✓ **probiotic/prebiotic,** use a high-quality probiotic such as Dishy Dogs Probiotic Pet as it contains prebiotics and Bacillus Coagulans which will support the removal of mercury and yeast by product;

**PLEASE NOTE:** for maximum health **do NOT** give your pet the following foods:

- dairy, eggs, and gluten as they feed pathogens such as viruses and bacteria that are either dormant or active in your dog's body. Viruses are the cause of most illness in ourselves and our pets;
- apple cider vinegar, as it is bad for the liver;
- fermented foods, such as kimchi and kombucha as they are bad for the liver;
- liver (cooked or raw). Whilst there are many vitamins and minerals in a healthy liver the truth is, the liver of all animals is loaded with toxins.

The team at Dishy Dogs believes in natural healing and “prevention is the best cure”. If you are interested in wellbeing, disease prevention and healing your pet, then ask us about Dishy Dogs range of superfood meals, supplements, bone broth and treats or go to our website <https://dishydogs.com.au>

Dishy Dogs is certified “Australian Made and Owned”. Our ingredients are 100% human grade, 100% preservative, dairy, gluten, egg and additive **free** with **no** added salt, sugar, flavour or colour.



## References:

- Medical Medium
- Canine Journal