



HAMPL™ Pet Formulas

Holistic Animal Remedies

Product code AN004	Pets & Animals Calming	7 Pages
Suitability:	Use for all species, ages and sizes	
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Homeopathic Pet Calm Eze 4 drops, repeat on body every 5 minutes when anxious or stress or even fearful. Use for any events that cause stress e.g visiting a vet or travelling. Usually after the second to third repeat, a change in behavior should be seen. Then repeat throughout the day as needed. The more frequent and less time between each dosing will promote a quicker response in acute stressful times.

Through 23 years of experience here is our recommendations - nutritional natural relaxants repairing, healing behavior, for all species.

1. Magnesium (mineral)

We highly suggest Magnesium Glycinate powder or Magnesium liquid (ReMag Magnesium solution). Add a pinch or several drops bowl of goats milk etc - daily. Double the amount of larger pets.

2. B Complex (stress)

Add natural B complex (for reducing stress). Add "Bee Pollen granules" in meals, which is a natural form of B complex. Adding a pinch (several grains) for toy dog, cat or small pet similar size. Or for small to med pets, 1 teaspoon, or larger pets add 1 tablespoon in daily meals - daily.

3. Ttouch hands-on therapy

It is easy to do and pet owner to do this for their pets or farm animal at home or property. Use for all species.

EMOTIONAL BEHAVIOUR

T-touch Therapy for ALL Animals /Species

Linda Tellington-Jones has developed a technique that works wonderfully for modifying negative behaviours, taming wild or un-socialised animals gently, increasing trust and reducing aggressiveness, and for accelerated healing. The technique is named after its inventor, the Tellington-touch (T-touch). It is derived from the human technique of Feldenkrais. This is a method that opens new neurological pathways in the brain by use of habitual movements. The concept is based on the life-force intelligence of each cell of the body, each cell's connection with whole organism animal or human, and between.

"At a cellular level", says Linda Tellington-Jones, "We're all the same". The T-touch stimulates cell intelligence, and "so turns on the corresponding brain cells like so many light bulbs."

Use of the T-touch to stimulate the body cells and corresponding brain cells activates the brain and changes old habits and patterns. By asking and allowing

the animal to think, and by an attitude of conscious respect and cooperation with her, the cellular intelligence becomes two-way communication.

The result is behaviour and personality changes, along with increased speed of healing for wounds, injuries or stiffness.

The following T-touches are single clockwise circles with the thumb anchored and the fingers resting on the animal start at 6 o'clock (the bottom of the circle) and push the skin around in a circle and a quarter, then pause and release. You don't need to do all of them, just select one or two different techniques that you feel your animal needs.

The hand and arm should remain soft. Be aware of your breathing.

The T-touch moves the skin rather than rubbing as a massage would.

The intention is to activate neural pathways to the brain & to improve the function of the cells.

When you affect the nervous system it also affects the muscle.

With light /firm /slow/steady pressures the idea is to affect the nervous system and cells not the muscles. When the touch is done properly (circles closed) it generates all four brain - wave patterns in the animals receiving it, alpha, beta, theta, and delta.

E.g. normal daily activity uses the beta pattern, alpha is equivalent to human concentration or meditation, theta is deep trance, and delta is the Level below consciousness usually associated with sleep Using the touch to stimulate the body cells and corresponding brain cells activates the brain and change old habits and patterns.

E.g. it enables the animal to think through rather than automatically reacting by instinct.

Instead of the habitual fight or freeze, fooling around or flight response, the animal evaluates the situation - and calms down.

The faster beginning circles awaken the dogs or cats body, and the slower ones that follow allow deep relaxation, release muscle tension, deepen and enhance respiration, and aid physical and emotional healing.

T-touch techniques that work on the cellular memory of the animal:

- **Lying Leopard** - Instead of the fingers being curved they are lying flat and spread over a larger area - less invasive touches all over the body)
 - Comforting to some animals
 - Calming for thunderstorms as well as applying **Clouded Leopard** as well if this stroke is less effective

- **Raccoon Touch** - Tips of fingers (using light pressure) start at six o'clock position and finish off at 8 o'clock (small light touching circles).
 - Especially good for:
 - injury, surgery, arthritis, bruising (just apply lightly around injury or soreness)
 - Animals that chew everything or are mouthing your hands (apply touches to mouth and gums with wet finger, having a bowl of water beside you to dip fingers in as you go)
 - Fearful animals that bite or growl (concentrate around the mouth area – very, very gently light touching, also do circles around the tail area as well; the mouth and tail (back end) are where animals store their fear and aggression)
 - Just do normal “massage” for puppies who are teething with small tiny circles around mouth and work gums regularly)

- **Lick of the cow's tongue** - Spread fingers apart, with long diagonal strokes across the lay of the hair, down the shoulders, legs:
 - Connecting the back/behind to the front
 - For animals who are sore or fearful of being touched in the behind area

- **Python Lift** - This lift can be used on the shoulders, forearm, girth area, neck and hind legs. The whole hand is placed on the body or around the leg with enough pressure to gently lift the skin and support the muscle. The lift is only 1/2 " to 1". Hold for about 4 seconds and then SLOWLY return the skin to the starting position and then release - if you lift too much up the animal will hold its breath which we don't want.
 - Use on the arthritis leg a little below the joint of where the arthritis is
 - Start at the top and work down.

- **The Clouded Leopard** - Using the pads of the fingers lightly curved, do circles, keeping all three knuckles joints soft and moving as you make each circle.
 - For anxiety, pain, and all fearful animals
 - Calming at times of thunderstorms; massage tail joint - for fear biters or animals who are scared of loud noises, e.g. thunder, gun shots etc.

- **Massage Ears** - (gently) for animals in shock; e.g. car accidents (on the way to the hospital), car sickness, digestive problems, or to relax a cat or dog. Massage puppies who are teething with small tiny circles around mouth and work gums regularly.

* This really helps calm feral kitties or nervous kitties and cats with gentle ear work slowly rotating the base of the ear for 5 minutes.



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- **Belly Lifts** - Use on animals with bloating, intestinal disorders, hip dysplasia or a sore back (hold 10 sec to 1 min then slowly release)

*You can apply the touches everyday or only a couple of times a week is fine: no more than 5 minutes required (max of 5 minutes ONLY if animal is ill e.g. after surgery or very stressed). Use touches only after observing what your animals needs at the time, watch for changes and new responses, then work can be stopped on the animal, or you may need to work on another problem!

Some very common causes of stress for a cat may include:

- Smelling or seeing outdoor animals such as other visiting cats, or even birds, skunks, squirrels, dogs, or any other outdoor and/or unfamiliar animals
- Moving to a new house, or changes with the home such as redecorating, home renovations or construction
- The addition or loss of family members (including babies and other pets)
- Changes in your work schedule or daily habits

These can all be extremely stressful to a cat. Felines like their world to be very consistent, and changes within their world may cause them to feel their territory is being challenged or is in jeopardy.

Urine marking is frequently done by whole males and whole females to attract a mate Having your male kitty neutered or your female kitty spayed should take care of this problem. If your cat sees a visiting outdoor cat through the window, he may spray on the window sills or even on the curtains to the window. Sometimes, a cat will urinate on anything new that comes in to the home, such as suitcases, shopping bags, etc., that have a new smell. Cats who are highly territorial may feel the need to mark this new smell with their own smell. Cats can also mark or spray in hostility or defiance over a stranger coming in to the home and "over-staying" (in the cat's opinion). The cat may jump onto the bed after a visitor has been there to mark over that person's smell.

If you have a cat that is already fixed yet is still spraying:

This may be a sign of the cat feeling overcrowded (especially in a multi-cat home). This can also show as aggressive behaviour towards the other cats. Even if all your cats seemingly get along well together, it is important to remember that spraying and marking are done very deliberately by cats, and ALWAYS for a very specific reason - they are trying to communicate that something is wrong (from THEIR perspective).

Introducing a new adult cat

(with other cat/s at your home already)

Bringing home a dog when you have another one at home (or two or three or more) is one thing, but bringing a cat into a resident cat's territory is another thing altogether. Besides litter box problems, most of my "cat clients" were about aggression between a resident and an incoming cat. Blending cat families can be almost as complicated and fraught as two adult people moving in together with a group of unrelated and relatively unfamiliar adolescents. Let's just say that if cats could slam doors, they would.

But then, who needs to slam doors when you can hiss, spit and attack with five discrete weapon sites on your body? Yes, dogs too can fight and might not get along, but in general it is much easier to add a dog to the pack than it is to add a cat if you have one already.

This is not unreasonable when you think about it: Cats are both highly territorial and have a completely different system of greeting and becoming "acquainted" than dogs (and people for that matter). The closest living relative of house cats, the African Wild Cat.

Females each have their own core area, but their territories overlap to some extent. However, unless food is especially abundant, the females use a shared area only one at a time. Thus, a female will sit and look, smell and listen for signs of another cat. If the land is "open," she'll move into it. If it is occupied at the time being, she'll wait, sort of like we'd use a rest room. The males have exclusive use of their territory, which usually includes that of two or three females.

Now you know why your indoor/outdoor cat goes to the door, yowls to go out and then sits in the doorway until you lose patience and insist it make up its mind. But it's just being a cat: waiting to learn what it needs to know about the environment before venturing out. Cats also greet unfamiliar conspecifics completely differently than dogs and people. Some cats don't read the books, of course, but if left to their own devices, most cats greet other cats by avoiding any kind of close contact, including eye contact even if a good distance apart.

As a matter of fact, their behavior looks like they are doing everything BUT greeting: they sit far away from each other, avoid eye contact at all costs, and basically pretend there is no other cat in view. It's hard to label that greeting behavior, but that is how cats get things started. Cats will sometimes spend days or weeks, and sometimes months, just hanging out on the edge of another's territory, until the sight and scent of them has become familiar.

Understanding the ethology of cat behavior is thus the key to knowing how to best introduce cats, by accepting that cats do best if they can avoid



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being close together and in visual contact when they first meet. Based on that, here is the best way, in my experience, to introduce unfamiliar cats:

1. **NEVER force an introduction.** Holding one cat up to another is a recipe for disaster, and can destroy any chance of the cats ever getting along. First impressions are hugely important to cats, and in my experience, cats have memories like elephants, and tend to never forget aversive experiences or what they consider to be offensive behavior.
 2. **House the new cat in its own room, with comfortable spaces in which the cat can feel safe, with food and water on one side and a large litter box on another.** Remember that cats want to be up high and/or in areas in which they can't be attacked from behind. Under the bed may be the place a lot of new cats go for safety, but it is never a place that a cat will feel safe and relaxed. If a cat is hiding under the bed, it's scared, pure and simple, and not relaxed. Provide as many safe areas as you can create to give the cat the best chance of feeling comfortable in a new environment, remembering that cats want to be UP in space, not down. Make the new room as relaxing as possible.
 3. After a few days, as my cats can sleep inside or outside and free range, the new cat or kitten's room I will leave the door slightly open at night time. Cats will tend to adventure out at night being nocturnal animals. Once they have a quick look around, you find each time they will go into other rooms for a quick look getting familiar with smells and sights. But shut the door during the day so they can relax and feel safe and sleep. After a week (or less or more days), you will find if you leave the door open slightly during the day, they will feel confident to come out. But always have this room available to them to hide in when needing to. All cats take different amount of time to get confident, so continue feeding your new friend in their special little room. Until one day you will see they appear in the room everyone else is being feed – kitchen etc.
- This is exactly like the shared "home ranges" seen in wild cats, in which each cat gets to use common territory, but only one at a time. Give the new cats lots of treats in the new environment; partly as a way of classically conditioning it, partly as a way of evaluating its stress level.
- If the cat won't eat chicken or some other wonderful food, then you know it is still relatively stressed and you need to proceed slowly. After the cat has done some exploring, take it back to its own "core territory."
6. I hear that some people put up temp screens across doorways, so that each cat was in a room separated by screens and another room. At the least have a glass door or window between the cats, and give each cat the chance to move away from the door if they want to.



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7. If things don't go well and one cat looks alarmed or aggressive, go back a few steps and take a deep breath. Introducing cats can try anyone's patience, but patience is the key here. It can take cats up to 6 months to settle in with one another, that is not an uncommon period of time for unfamiliar cats to relax in each other's presence.

Note: If they haven't at least learned to tolerate each other after 12 months there is little chance that they ever will. Some cats learn to divide the house up into territories, upstairs one cat, downstairs the other. If that works for them, that might be just good enough.

Of course, cats are famous for not reading the books, so you may well have had two cats who got along beautifully from the word go. That does happen, quite often considering their natural history, but I can cite you hundreds of cases in which two cats were forced onto each other and despised each other ever after. Thus, you are wise to go slow and be conservative. "Better safe than sorry" is not just a trite saying here, it should be your mantra.

Cats and Dogs living to together?

Dogs and a cats can bond much better than two felines, when introduced as adults or infants.

If bringing a cat into a household with a dog, follow the same procedure, but be sure that the dog is on leash when they first interact. If you are bringing a dog in, keep the dog on leash until you are positive it won't chase the cat or frighten it in any way.

Teach the dog to respect the cat, if the dog has never lived with a cat before. So let them know its not on for him to bark or chase the cat.

Give the cat its own room where the dog can't ever bother it, and teach the dog to look at you every time he sees the cat to prevent chasing. Granted, some dogs and cats play chase as a game, but it's not a game to a cat until the friendship is well established, it's just predator with themselves as the prey.