



THE PARROT CALMING BUNDLE

Pet birds are prone to nervous behavior, especially bird's that pluck their feathers. Bird anxiety may result from hand-feeding, lack of training for foundational behaviors, and even issues related to brain chemistry.

The Parrot Calming Bundle contains our 3 popular parrot calming products - Parrot Calming Formula, Parrot Calming Herbs, and Hemp Seed.

PARROT CALMING FORMULA, 4 oz., An L-Theanine and GABA based product that supports a calmer mood. These are two amino acids that are normally found in the brain. Researchers believe they may be out of balance in birds' that are anxious.

Add this tasteless, colorless calming formula to 8 oz. of water for a steady calming dose throughout the day. You may double the dose if you're not seeing improvements in the challenging behavior. L-Theanine has no documented side-effects, but like any dietary supplement, you'll want to use the minimal amount to get the desired effects. Cut back if you notice drowsiness.

HEMP SEEDS: 1 lb. Hemp seeds have so many health benefits, from supplying important nutrients, heart health, inflammatory support, and they provide a calming support. Feed small birds ½ teaspoon per day and large birds 1 Tablespoon per day.

CALMING HERB SALAD/TEA: 2 oz., Adaptogen herbs are herbs that have stress-relieving properties. Our Calming Herb Salad, contains several bird-safe herbs such as lavender chamomile, lemon balm, and more. Mix the dried herbs with chop, serve in a dish, or steep them into a bird tea to serve to your bird 3 or more times a week. These herbs may be served on the same day as Parrot Calming Formula and Hemp Seed.

FOR BEST RESULTS:

Dietary supplements hammer away at the contributing nutritional factors of feather plucking. But, for best results in getting a handle on challenging bird behaviors, plan to support other critical elements in your birds' life. These include the following elements:



1. **PREVENTATIVE HEALTH CARE:** Work with your avian veterinarian to avert future health issues and to treat current health issues. An annual checkup is of utmost importance. [Find an avian vet here.](#)
2. **DIET / NUTRITION - SPECIES SPECIFIC:** Diet and nutrition are critical for averting future health issues. Improve your birds diet and nutrition by feeding about 40% high quality pellet and the other 60%, a diverse uncooked plant-based diet of vegetables, fruits, herbs, grains, and red palm oil and coconut oil. If you're worried about getting your bird to actually eat a better diet, this video should help: <https://youtu.be/15hD13AhE70>
3. **ENVIRONMENTAL ENRICHMENT:** Imagine if you could help your bird experience the enrichment and quality of life as their wild counterparts in the jungles and rainforests. Our intelligent birds' need daily exercise and enrichment. [Learn about the importance of foraging.](#) Buy a range of size-appropriate bird foraging toys so that your bird is occupied throughout the day. You can also make affordable foraging toys on your own. Check out the website: ParrotEnrichment.com
4. **BEHAVIOR TRAINING:** All pet's need training, and birds are no exception. There are two different types of training that your bird will benefit from. Training for **foundational behaviors** and **training for tricks**. Foundational behaviors are teaching your pet natural parrot behaviors, such as eating healthy foods, how to properly preen, and how to play and forage. [Clicker Training for Birds](#) is a good place to start, but if you're working on eliminating challenging behavior, you should consider working with a bird behaviorist so that you carry out the strategies properly.
5. **SPECIALIZED PEDIATRIC / GERIATRIC CARE:** Finally, young birds and older birds need special care to thrive. Your avian vet can assist you with your individual pets'



specific needs.