

Relax Your Dog Naturally

Regulate your dog's immune system with these natural remedies.

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Maintaining immune health is a matter of keeping the entire system in balance with itself, as well as with the whole animal. Because emotions play such an important role in an animal's immune capability, an important consideration is to help your dog relax. There are several natural methods to help you accomplish this, but the first step is to relax yourself. Then take a look at the following relaxation suggestions:

Chamomile (either garden, *Anthemus nobile*, or German, *Matricaria chamomilla*) is a mild-tasting herb that has the ability to relax the whole body, and it is an excellent stomach-calmer – good for any upset stomach, including one caused by motion sickness.

Ginger (*Zingiber officinalis*) can be used for treating colic (abdominal pain), dyspepsia (digestive impairment), and flatulence. Ginger is also one of the best-known remedies for preventing motion sickness.

Massage is perhaps the easiest and most enjoyable way to relax your dog. The best part of massage is that it benefits the giver as well as the receiver. It's been shown that a person's heart rate slows and blood pressure normalizes as she puts hands to fur.

Massage has also been proven to increase lymphocyte numbers and enhance their function. Furthermore, the relaxation that comes with a good massage is good for emotional health.

Oats (*Avena sativa*) are a nervine (an herb that balances, calms, and relaxes nervous-system function) that calm as they help balance an overactive nervous system. Some of this nervine quality may exist in cereal oats, so an additional dollop of cooked oats atop your dog's daily foods may ease some inner tensions.

Valerian root (*Valeriana officinalis*) is another mild sedative and nervine whose taste most dogs enjoy.

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