



PROGRAMME FOR DOGS AND CATS

Behaviour Support Programme

Behaviour problems often have a physical side: an overactive stress axis and a disturbed gut and brain axis. An animal whose nervous system cannot settle cannot learn to relax. This programme makes training possible; it does not replace it.

Which behaviour is it for?

Anxiety

Separation anxiety

Overstimulation

Aggression

Noise phobia

Compulsive licking or biting

Chronic stress

Stress with travel or vet visits

The programme at a glance

Start

BEFORE OR WITH PHASE 1

Gut Restoration Programme

Phase 1

FROM DAY 1

Lower acute stress

Phase 2

FROM WEEK 4

Lasting balance

Phase 3

ONCE STABLE

Maintenance

Why the gut?

Much of the building material for serotonin, dopamine and GABA is made in or through the gut. Chronic stress disturbs the microbiome, and a disturbed microbiome in turn increases sensitivity to stress. The Gut Restoration Programme (16 weeks) breaks that circle and makes the effect of the other phases more lasting.

What you may notice

Days 1 to 7

The first signs of more calm.

Weeks 1 to 4

A calmer baseline, better sleep and less overstimulation.

From week 4

Fewer fearful reactions and better contact with surroundings and owner.

Month 2 onwards

A more stable animal; move to maintenance in consultation.

No improvement after six weeks? Have the whole picture reviewed by your practitioner, and with severe fear or aggression by a behaviourist.

Three products start together.

CBD oil	Acts on fear and pain through the endocannabinoid system.
Relax Support	L-theanine, L-tryptophan and magnesium for relaxation and serotonin production.
Adaptogen Complex	Ashwagandha and rhodiola regulate the stress hormone cortisol and build resilience.

PHASE 2 **Lasting balance**

FROM WEEK 4

Phase 1 continues, with the addition of:

Myco Adaptogen Complex	Reishi and Lion's Mane for calm and nervous system recovery.
Liposomal Vitamin B Complex	B vitamins the nervous system uses up under stress, needed to produce neurotransmitters.

PHASE 3 **Maintenance**

ONCE STRESS IS STABLE

Prebiotic Fibers, Adaptogen Complex and Myco Adaptogen Complex keep the gut and stress axis stable. CBD oil and Relax Support can be tapered and restarted around predictable stressful moments.

At home

- A fixed daily routine and a quiet place where your animal can withdraw.
- Reward based training, preferably with a behaviourist. Punishment increases fear.
- Build up difficult situations step by step, within what your animal can cope with.

Dosing. First month: the therapeutic dose twice daily, then once daily. Cats and CBD oil: start with 1 drop 2 to 3 times daily, at most 2 to 3 drops per dose.

Safety

- Is your animal on trazodone, fluoxetine or clomipramine? Consult the veterinarian first about Relax Support (L-tryptophan). CBD oil alongside sedatives or antiepileptic drugs only in consultation too.
- A sudden change in behaviour can be pain or illness. Have the veterinarian check that first. With severe aggression, always involve a behaviourist.

PERSONAL ADVICE FROM YOUR PRACTITIONER

Animal's name _____

Start date _____

Dose _____

Additional consultation with practitioner, if needed _____

Additions from other programmes, if any _____