



PROGRAMME FOR DOGS AND CATS

Fear and Anxiety Support Programme

Fear of fireworks has nothing to do with a weak character; it is purely a stress response of the nervous system. The fear often grows every year. A calming product on the evening itself does not change that sensitivity. This programme therefore works in layers, each with its own build up time. When you start matters as much as what you use.

Who is it for?

Fear of fireworks

Thunderstorm fear

Noise phobia

Fear of bangs and gunshots

Panic at loud noises

Fear that grows every year

Which level suits your animal?

Mild fear

Startles, hides, recovers quickly.

Small package, at least 2 weeks before.

Clear stress

Pants, trembles, paces or will not eat, and stays restless afterwards.

Extended combined with small package, from 2 months before.

Severe fear

Panic, escaping, self injury or aggression.

Start 4 months before with the Gut Restoration Programme and a behaviourist.

The timeline, counted back from your main fireworks night

4 months before

Severe fear only: Gut Restoration Programme and a behaviourist.

2 months before

Extended package: Adaptogen Complex, Myco Adaptogen Complex, Relax Support and CBD oil.

At least 2 weeks before

Small package, every animal: Firework Essence daily, Firework Support roller.

The evening itself

Extra CBD oil and Relax Support, Firework Essence every 15 to 30 minutes at peaks, aroma spray on the bed.

All year round: balance as the foundation

An animal that is in balance all year copes better with fireworks stress. With chronic problems or severe fear, the Gut Restoration Programme is the starting point: through the gut and brain axis, the gut influences stress sensitivity. It can also be done earlier in the year, with stress reduction starting two months before.

Extreme fear and too little time? Start the Gut Restoration Programme anyway. Every week, inflammation, toxins and communication along the gut and brain axis settle further and the body comes more into balance.

The products

Adaptogen Complex

Ashwagandha and rhodiola regulate cortisol and adrenaline, so the body recovers faster after tension. Full effect after 6 to 8 weeks.

Relax Support

L-theanine, L-tryptophan, magnesium and B6 for relaxation and serotonin. Works within 30 to 60 minutes.

Firework Essence

Flower essence blend for emotional balance, calm, grounding and courage.

Myco Adaptogen Complex

Reishi, Lion's Mane, Chaga and Cordyceps for calm, nerve recovery and resilience.

CBD oil

Acts through the endocannabinoid system on fear, stress, sleep and pain, within 30 to 60 minutes.
Dogs: start at 1 drop per 10 kg 2 to 3 times daily, up to 3 to 4 drops per 10 kg depending on effect. Cats: start at 1 drop 2 to 3 times daily, at most 2 to 3 drops per dose.

Firework Support

Lavender, cedarwood, patchouli, cypress and frankincense calm the nervous system through scent. Optional: Anxiety Support and Stress Support.

On the evening itself

- Provide a safe, quiet hiding place. Close windows and curtains, put on calm music, the radio or TV.
- Walk your dog at quiet moments, on the lead in a well fitting harness.
- Do not leave your animal alone. Comforting is fine; ignoring or punishing makes fear worse.
- Offer distraction with (scent) games, chews, massage and attention.
- Know the first stress signals (panting, licking, yawning, trembling, ears back) and act early.
- **Getting used to it in the weeks before:** play music with bangs, such as Tchaikovsky's 1812 Overture, very quietly during meals or play and slowly raise the volume. Stop at signs of stress, and not on the evening itself.

Afterwards. Continue for 1 to 2 weeks. After more than two weeks of stress, the nervous system often stays out of balance. Start again with the foundation and discuss a follow up programme.

Safety

- Never apply essential oils to a cat's coat or skin, only at a distance on the bed. Diffuser for dogs only, in a ventilated room.
- On trazodone or fluoxetine? Consult your veterinarian first about Relax Support (L-tryptophan) and CBD oil.
- With panic, self injury or aggression, involve your veterinarian and a behaviourist. Supplements do not replace behavioural therapy.

Dosing. First month twice daily, then maintenance. If symptoms return, twice daily again; CBD oil up to three times daily.

PERSONAL ADVICE FROM YOUR PRACTITIONER

Animal's name

Start date

Dose

Additional consultation with practitioner, if needed

Additions from other programmes, if any