

Alternative Rx for DOGS

If your pup's plagued with these common woes, alternative treatments can put spring back in her step. —JODI HELMER

AILMENT	TRY	HOW IT WORKS	SPECIFICS
ARTHRITIS	Acupuncture	Needles inserted in nerves stimulate the immune system, reducing pain and swelling.	Treatments take about 30 minutes; dogs begin to feel relief immediately. Can be effective for several weeks.
HERNIATED DISC	Chiropractic	Adjusts affected areas of the spine to promote blood flow, relieve pain, and improve mobility.	Acute injuries improve faster than chronic woes, so dogs may need a few sessions or on-going adjustments.
POST-OPERATIVE PAIN	Aqua therapy	Underwater treadmills use buoyancy to take pressure off joints and build strength during recovery.	Sessions average 30 minutes two to three times a week for up to two months.



Let's Move, Morris!

Whether your cat's the greet-you-at-the-door variety or one that hides under the bed, moving to a new home will likely be tough on him. "Because cats are so territorial, any change to their environment can trigger a stress response," says Jackson Galaxy, cat behaviorist and resident expert on *Animal Planet's Cats 101*. Combat kitty's moving-day jitters with these stress-busting solutions.

STICK TO ROUTINES before and after moving day to ease your cat's mind. If you don't have set play and eating routines, start them.

OPTIMIZE KITTY'S DIET before the move—not during, which can cause more stress—because properly functioning metabolic processes help him combat stress naturally. The ideal diet is canned and grain free, or, if possible, made up of raw foods, says Gary Richter, DVM, of Holistic Veterinary Care in Oakland, California.

BLEND HERBS, in drops or powders, into your cat's food. Look for products with tryptophan, a calming amino acid, or valerian, an antianxiety herb. But always consult your vet before giving any supplement.

ADD A FEW DROPS of calming flower essences, like Bach's Pet Rescue Remedy or Spirit Essences, to his water as soon as you start packing. Rub one or two drops into your hands before petting him to help soothe you both.

ESTABLISH A BASE CAMP in a quiet room in your new home as soon as possible. Move in furniture and his litter box, bed, bowls, and toys; then place him in the room, close the door, and let him explore. Play soft music to muffle moving sounds from the rest of the house. Expand base camp gradually by moving his things one by one to other rooms—this could take several hours or even days, so be patient.

—JAYME OTTO

Quick Tip

If your dog's snoring disturbs *your* sleep, put a few drops of pine oil underneath his bed or basket where he won't ingest it. The aroma will stimulate his sinuses and facilitate breathing.

Flora for Fauna

Some houseplants won't harm leaf-chomping Chihuahuas or grass-munching calicos—but other plants prove toxic when dogs and cats ingest them, causing skin irritation, vomiting, and even a coma. The American Society for the Prevention of Cruelty to Animals offers safe plant options and ones to avoid.

NONTOXIC: African violet, bamboo, Christmas cactus, jasmine, rose, spider plant

TOXIC: Aloe, amaryllis, azalea, branching ivy, hydrangea, sago palm, lilies (for cats)

