



A Natural Way To Calm Your Dog

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Some dogs are naturally fretful or overactive.

“Chihuahuas are small,” says Cindy Skarda, trainer and founder of The Canine Coach in southern Wisconsin. “They feel vulnerable and can become defensive and reactive.”

“Some of the herding breeds can have a constant focus on movement. If their need to work isn’t fulfilled, they can become fretful, sometimes panting, pacing or whining, and it can often lead to chasing cars or bicycles.”

There has been a growing trend among veterinarians to prescribe anti-anxiety medications for nervous dogs. While effective in many situations, these medications carry the same potential problems and contraindications as medications for humans.

Many canine professionals and owners have discovered alternatives to using these medications. Changing the diet, learning proper canine communication, and using natural remedies such as herbs and aromatherapy can be better choices to help relax dogs and improve behavior.

Skarda is passionate about her work and her clients. She approaches each situation holistically, using a variety of tools to assist both human and canine participants in her training classes. One of her favorite tools is Canine Calm™ aromatherapy mist, which works quickly and allows the training session to continue with a “calmer, more focused dog.”



Canine Calm™ aromatherapy mist was formulated over ten years ago by Vicki Rae Thorne, Master Herbalist and Certified Aromatherapist for Earth Heart™ Aromatherapy. Developed to help soothe nervous dogs in a kennel, the product is also used and recommended by groomers, trainers and veterinarians to safely and effectively calm jittery dogs. The product has been selected as one of the “Top 100 Best Pet Products for 2010” by FIDO-Friendly magazine.

Canine Calm™ contains pure essential oils from plants such as lavender, geranium and tangerine that have historically been used in remedies for relaxation. The product can be sprayed on bedding, inside the car, around a room, on your hands for use in massage, or you can simply spray yourself and hold your dog. Canine Calm™ is family-friendly and can be used with dogs as young as eight- to ten-weeks-old.

“Customers have reported a soothing effect on their dogs during thunderstorms, fireworks, parties, travel, competition, adoptions and other unsettling times, “ says Thorne. “They appreciate a safe natural product that is easy to use, works quickly, and smells good.”

Visit www.earthheartinc.com for more information.