

## Bertie's nervous of all sorts

I have an eight-year-old Jack Russell, Bertie, and in the past three weeks he has developed a problem similar to that experienced on Firework Night. He is hyperventilating and listening for something to come, and because he has the run of the house and sleeps in our bedroom, he's jumping up and scratching us to wake us up and wants us to touch/ reassure him. This lasts for ages; in fact, we have arrived at the point where we put him in my car so we can sleep! He had always been a laid-back dog for a Jack Russell; he's our fourth one.

Our vet has examined him and said Bertie is in very good condition. His teeth need cleaning, but not urgently. We were advised to use the DAP diffuser, which hasn't worked, and I used some Bach Flower Remedy - which also didn't work.

It has been suggested that Bertie is picking up on a health problem my husband has, but we don't know what else to do. Please help.

Penny Davis, by email



### RICHARD ALLPORT ADVISES...

I've seen very poor results with DAP diffusers in general, and in this kind of anxious behaviour in particular. It will obviously help if you can find out the exact reason why Bertie has developed the anxiety.

Now, this may sound a little odd, but it doesn't contact an animal communicator? He or she may be able to 'talk' to Bertie and find out what he is

so worried about, which will naturally make it easier to find a solution. As a starting point, look at the website of an animal communicator I can personally recommend, Pea Hershey ([www.animalthoughts.com](http://www.animalthoughts.com)) and then take things from there.

In general, the following natural supplements all help to calm and soothe anxious dogs:

- **KalmAid** (a good combination of two anxiety-relieving amino acids)

- **Skullcap and Valerian** (a calming herbal mixture)
- **Dr Petals Fears** (a flower essence complex that does what the name on the bottle suggests - calms and soothes fears and phobias)

For more information on any of the supplements mentioned see pages 44-45 or visit the Natural Medicine Centre ([www.naturalmedicinecentre.co.uk](http://www.naturalmedicinecentre.co.uk))

## Blogger comments...

**Jane Barnes BVMS MRCVS,**

**Barnes Pet Nutrition, says...**  
The holistic approach aims to treat the individual both physically and psychologically. You have both types of problem here - you mentioned his teeth.

I developed Barnes Foods as a means of managing health problems holistically. If your dog is overexcitable, we need to reduce his overall energy intake by using a low-fat, low-protein diet, which is high in complex carbohydrate. This is absorbed slowly rather than giving him an energy boost. This should be fed as sparingly as possible.

We have a number of foods that should be helpful and our nutrition team can advise.

**Pennie Clayton, Canine Bowen Therapist, says...**

What a horrible problem for your dog to have. I have worked on a similar problem with a Jack Russell just before the firework season last year. The dog was a rescue who had been with his owners for just over a year, so they had experienced one firework season with him. He was very frightened and inconsolable during this time. We did three sessions of Canine Bowen therapy with him before the week leading up to 5 November and he was much calmer and even relaxed enough to curl up and go to sleep.

As you are experiencing similar problems, I suggest that you have a chat with a Canine Bowen therapist. It is a great therapy for relieving stress, as the dog dictates the session and not us, and decides how much Bowen he receives.

If you are interested in researching Bowen, take a look at [www.caninebowentechnique.com](http://www.caninebowentechnique.com) where you will find a list of therapists and more detailed information about Bowen.



Name: **Davey**  
Age: **3-8 years**  
Breed: **Staffordshire Bull Terrier Cross**

playful  
1.7m at 8 weeks stretch



## Take me home

Davey is an excitable but nervous girl. However, once relaxed she is extremely playful.

For further information please visit:  
[www.battersea.org.uk](http://www.battersea.org.uk) or call 01474 674994.