

THE HEALTHY  
PET CARE SERIES



The  
**Truth**  
About **Pet**  
**Anxiety**

Photo by Lucy Tuck Photography

Help Your Pets Chill with Integrative Medicine,  
Medicinal Mushrooms and Cannabis

**DOC ROB SILVER DVM, MS**



Hi Doc. The E-book is great! I love the layout and the great bright colors! But the best part is the informative text. You write to us pet parents in a way that is basic and layered information in a style that is easy to comprehend! The tone is so sincere that it was as if my Standard Simon and I were in an office visit with you!

Congratulations on such a well done piece! I also enjoyed your last podcast. Again...the tone is perfect. I also noticed for the second time—my first time being last month's podcast which was my first introduction to you—that you are very reflective. In both podcasts at some point you stated that you wanted to go back to one of the previous questions in the Q&A and add some additional comments. In my opinion this demonstrates that this is more than just a career or business to you. Just wanted to share that feedback with you. No need to respond. I can't even begin to imagine how many of these emails you must get every day! Thanks for all you do to help our pets be healthy and happy!

—KB

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# About This Healthy PetCare Series

*The common pet problems covered in this Healthy Petcare eBook Series are examples of conditions most commonly responsive to the use of medical mushrooms, cannabis, CBD, supplements and diet. If your pet suffers from one of these problems, this book can help you understand your pet's problem(s), and offer you a clear path to add holistic therapies to your pet's health program.*



# Pet Anxiety Affects Everyone

*Anxiety and anxiety-based behavior problems are some of the main reasons pets are surrendered to animal shelters.*

Solving anxiety issues is not a simple matter of giving them a drug, or a CBD product, or a calming mushroom or herbal formula. These drugs or supplements can help to reduce your pet's level of reaction to some anxiety-creating trigger or stimulus, but without lifestyle modification and behavioral training, these quick fixes don't last. This is especially true of generalized anxiety issues, like PTSD, thunder-phobia or fireworks phobia, traveling in the car, vet visits, grooming visits, or anxiety-ridden social interactions such as we see in multiple cat households.

I have created this eBook on Pet Anxiety to help you navigate this complicated, but common problem that we see in our dogs and our cats.

Every dog or cat's problem, although similar to other pets with similar problems, is actually very special and very unique to that critter. I'm sure you feel that your pet is very special and a unique individual. I feel that way about my Lab, Ollie.

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Each pet is unique due to its DNA, which gives your pet its “biochemical individuality”. Pets respond best to an individualized program that takes its special and unique nature into account.

This integrative veterinary medical program for anxiety has been worked on and improved over my 40 years of practice as a holistic veterinarian. In this eBook I share two stories about pets I’ve worked with who have anxiety-based behavior problems. I am sharing with you a common problem we see in our cats, which is when they have social conflict in a household, creating anxiety and the behavioral problems of urinating and being destructive to the household.



**Cats are not just little dogs**, and some of the approaches I will share with you about taming this behavior in cats are similar to the practices I suggest for anxiety in dogs. Some, though, are specific for cats, just as there are some that are specific for dogs.

I am sharing in this eBook how I have adapted these techniques for my own dog. Ollie has terrible anxiety and PTSD from being rescued as a 3 month old puppy who was found with a broken leg and dislocated hip. He’s been a tough case to work with, and it’s very distressing for me to see him so constantly anxious, even when I am petting him or getting close to him.

I am hopeful that these anxious dog techniques I have developed may help your dog’s anxiety issues and help it to live a life with quality. These are the very same treatments for anxiety that I have used successfully for over 30 years in my integrative veterinary practice in Boulder, Colorado.

In the past 8 years, since cannabis has become “more” legal, and mushrooms have become quite popular, I’ve added the use of both cannabis and medicinal mushrooms to my protocols for pet anxieties. The use of either of these types of health supplements alone or together has been improving my success rate for this very challenging condition, as well as a number of other problems that you will find in the

other topics I discuss in other installments of this Healthy Pet eBook series.

The information in this book is based on evidence I have found in the scientific literature, combined with my own 40 years of practical clinical experience treating these anxious patients.

These integrative programs I am recommending for your dog or cat's anxieties will help considerably, but I can't guarantee that it will fix things completely without your active participation in supporting your four-legged companion.

*As mentioned, each pet's problem is similar to other pets with similar problems, but also unique, based on its own "special individuality".*

Pets with anxiety are often miserable, although they may be suffering quietly. Their anxiety can take many forms, from nervous diarrhea, to incessant barking, to scratching themselves nervously till they are raw, or possibly fear-biting, or fighting with other dogs. Cats may soil the household with their urine or feces, or be destructive to couches and woodwork, or get into fights with other cats. Pet anxiety make pets miserable, but it also makes their pet parents miserable.



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*Please remember that this book cannot substitute for a thorough examination and advice by a licensed veterinarian. Your veterinarian will learn a lot during your pet's medical appointment by physically examining them in their office. They will be listening to their heart, taking their temperature, and physically examining them in person.*

*There is only so much a book can do, but in partnership with your veterinarian, this book can help guide you in the use of supplements supportive of the conventional treatments your vet has recommended. This is the definition of Integrative Medicine, blending the best of conventional medicine with appropriate complementary and alternative therapies for which there is good evidence of their effectiveness.*



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# What Does Anxiety Look Like In A Dog Or Cat?

Pet Parents Tell Me:

*“Trixie is fine, until the afternoon and evening when the thunderstorms start rolling in, then she hides and shivers until the storms pass, which can be hours and hours.”*

*“Sandy will go ballistic when I take her in the car to go to the groomer or the vets, or even the dog park. I’d like to take her more with me, and I think she would like to go, but her behavior makes it impossible”*

*“When little kitty Spencer was adopted, he destroyed Akina’s dominance in the household. Thankfully, at least so far they aren’t urinating or pooping in the house, but they are always fighting. Once I had to take poor little Spencer to the vet because he had an abscess from fighting with Akina. They had to put him out to lance and drain that abscess, which took a toll on his energy, and my bank account”*

Although anxiety itself is not life threatening, it can make life pretty difficult for all involved. Many, many pets are euthanized daily because of their anxiety-based behavior problems. Gaining control over your pet’s anxiety can be really challenging, and can sometimes seem nearly impossible without the use of strong drugs like Prozac™ or Clomicalm™. Unfortunately, even with these strong drugs, approved by the FDA for anxiety, many pets do not respond effectively to them.



# CAT ANXIETY CAN RESULT IN HOUSEHOLD URINATION AND SOILING

*Allow me to introduce you to two of the cutest kitties I've ever seen, "Sebastian" and "Johnny". Jessica (not her real name) brought her new, Ragdoll purebred, a young male cat, into my office for fighting with her other older male Ragdoll who had started urinating in her house.*

Jessica was a cat lover. She had five kitties in her household when she added little "Johnny" to the mix. She bred these cats to make a little extra cash to help pay for their food and medical care. She did not have Johnny neutered, as she wanted him to breed to her youngest female, Sasha. If their offspring was as she had hoped, she was going to keep him to replace her existing aging male stud cat, Sebastian.

Unfortunately, the introduction of Johnny didn't go over so well with Sebastian. He was "intact," which means he was not neutered. Sebastian hissed and spit at poor little Johnny, and as a result, he cowered and hid whenever Sebastian came into the room.

They would fight occasionally by the food bowls or when Johnny wasn't submissive enough to Sebastian. Johnny grew older, larger, and stronger as he matured into an adult cat. One time, their fighting was so bad that Johnny (who lost), developed a catfight abscess that needed to be treated at my office. I lanced it and put Johnny on antibiotics to get over the bacterial infection that resulted from the puncture wounds of Sebastian's sharp claws.





## LION'S MANE AND CBD:CBG

At that time, Jessica and I discussed her “social” problem with these two males, and I suggested trying some CBD for both of them in hopes that its calming nature would allow them to get along better. I sent her home with a [CBD:CBG product](#), which has superior calming properties to CBD alone due to the additional CBG it contains.

I also sent her home with some powdered [Lion's Mane mushroom](#) extract to blend in with their wet food, also for its calming properties. I advised her to give each cat two-four drops of this CBD formula in their food, twice daily, along with a ¼ teaspoon daily, also mixed in the food, of Lion's Mane mushroom extract, and to call me in two weeks with a progress report.

Jessica called in two weeks to say that the CBD:CBG tincture had settled them down some, but the household wasn't perfectly calm all the time. I explained that the testosterone both cats have as a result of not being neutered was driving this behavior problem. If she had them neutered (which she was NOT considering since they were breeding males), this inappropriate urination

problem had a 70% chance of being solved, based on historical statistics tracking male behavior before and after neutering.

I let Jessica know that I had just recently completed manufacturing a soft chew for cats that contains both the CBD and CBG, as well as the Lion's Mane mushroom and the Cordyceps mushroom, and suggested they may be easier to administer these soft chews to her battling cats, as compared to the powder and the liquid tincture. These chews are called [SilverCat™ chews](#) and most cats will eat them readily.

## HOUSEHOLD MODIFICATIONS CAN HELP

I offered a few integrative approaches that didn't involve neutering her males to help with her problem. Cats are very territorial, and part of what was happening between Sebastian and Johnny were “turf wars.” One technique to help reduce the aggression between these two male cats involves giving each of them their own turf to preside over. If you have a large enough house, set aside two separate areas in your house that each cat can claim as their own turf, and keep each cat from going into the other cat's territory. Each area needs to have its own food and water and cat box. This way each can feel comfortable that their territory won't be invaded by the other male.



Cats express their “ownership” of a territory by marking it with their scent. They have scent glands on the bottoms of their paws, around the chin and jowls, and on top of their head in front of their ears. If you thought that your cat was rubbing up against you just because it loves you, think again.

Your cat, I am sure, loves you, but he or she also “owns” you by rubbing up against you or scratching your furniture or carpet. When they scratch, it’s not to sharpen their claws as many believe, but to mark it with the scent glands on the pads of their paws. This tells other cats that they “own” you, much like they own territory in your house. There is probably no stronger scent than that of cat urine, although cat poo comes in a close second. So, urinating in the house is also a means of owning it by marking it with their scent.

## GENERIC FELINE PHEROMONES

You can use their scent marking to your advantage, with the use of commercially available feline pheromones (E.g.: Feliway™ to mark your household with that generic feline scent.) All cats “own” this scent, so if you mark your household with the pheromone, it will help to reduce this inter-cat conflict. It helps, but it is not always 100% effective, so using the pheromones in combination with a CBD type of formulation and Lion’s Mane mushroom will work even better than using either technique alone.

Jessica’s cat behavior problem will not be easily solved since she needs to keep these cats intact for her breeding program. But for most cat owners, neutering your male just **before** the time it reaches sexual maturity, when the typically “bad” intact male behavior of urine marking or inter-cat aggression begins, can solve this problem. It has been found that, with neutering your male, 70% of the time it will stop the inappropriate urination in your household.

# OLLIE'S STORY: PORTRAIT OF A VERY ANXIOUS RESCUE POOCH

Ollie's story is a very personal one for me. I'm a "Labaholic", a serial Labrador Retriever lover and keeper. In my life I've had three labs so far. Beanie was my first lab, a black lab from a hunting dog line. He came to us as a young puppy from a breeder. He was our "baby" and we mourned his loss at 11 years young to dilated cardiomyopathy (DCM), he went into cardiac arrest while having surgery to remove a tumor in his groin.

Trigger was my chocolate Lab, who came, after having been chained up outside for years, with only one eye, having lost the other to glaucoma. He lost his other eye playing ball with me a year later. He misjudged the distance of the ball I was throwing, having only that single eye. It hit his good eye, which then developed glaucoma, and he became totally blind. I was his seeing-eye person! I learned a lot about living with a blind dog through Trigger, who also had bad knees and hips, and was 90 pounds and pretty overweight. I hurt my back a few times lifting him into my pickup! He later developed lung cancer, and in spite of all the good care and supplements I gave him for that, he did finally cross that "Rainbow Bridge", to the next world. Trigger was the sweetest dog I'd ever had. He was so grateful to not be tied up and neglected anymore.

Both Trigger and Ollie were found through a Labrador Retriever Rescue group in Golden, Colorado, [Safe Harbor Lab Rescue](#), an organization I highly recommend if you are looking for a sweet Labrador to come join your family. This group sends out a monthly newsletter, and one month I saw

Photo by Lucy Tuck Photography



this incredibly cute light yellow, almost white, puppy that had just come up for adoption. I shared that photo with my family, and they all agreed, that we had mourned the loss of Trigger long enough, and we were all ready to bring another Lab into our lives!!

Ollie was found as a 3 month old puppy stray in a small town south of Houston, Texas. He was rescued with a broken leg (femur) and dislocated hip. He had been an injured stray so long, that the broken bones had already healed. I can only imagine what terror he experienced with the pain and abandonment, and having to forage for food and shelter from the elements with a broken leg bone.

The animal control officers put him in a “kill” shelter, which meant that there was no vet at the shelter to give him pain meds, and he was slated for execution in a week. But, lucky for him (and for me!), a good Samaritan visited the shelter and saw Ollie, who is a very sweet and friendly little guy. They called Safe Harbor Lab Rescue to come and get him if they could. Safe Harbor sent a pilot who was a member of this rescue group with his private plane, down to pick him up. They also brought a few other labs that were in that kill shelter in Texas back to Golden, Colorado.

Safe Harbor took him to their vet orthopedic specialist who did surgery on his

hip to relieve his pain, and then fostered him out to a family until he found his forever home. That was when I saw his cute little picture in the “Lab Gab” Newsletter from this rescue group.

Ollie fit in right away with my family. He was really happy that we had a second dog, an older female, Violet, and the two of them were inseparable. I started him on a homemade raw diet, and adaptogens and other supplements to help strengthen him from his experience as a stray and from his post-surgical stress. The way he felt and was behaving was very understandable, given the awful situation from which he had just been rescued.

Photo by Lucy  
Tuck Photography



I hoped, that with our family's love, and the "tincture of time", he would get over his fears and the obvious PTSD he was experiencing. Labs tend to be very "needy", always wanting to be physically close to their primary human companion, which in Ollie's case, was me. Labs are always underfoot, and in the way, they want so much to be near to their human. Ollie loved it when I would lie down with him on his dog bed, but after about 5 minutes, he would start getting nervous, as he was aware of how physically close I was to him, and he would then get up and move away from me. He was very nervous about being too close to me at the same time that he needed to be close to me. Quite a conflict for him.

When I was not in my bedroom, he would then get up onto my bed. But, if I was in the bed, he never would get up. When my wife was watching movies with me on the bed, he'd start whining and getting excited, and jump up on the bed to be with us. I imagined that he was scared of me because I am a man, and not scared of my wife because she is a woman. If one of the cats were on the counter eating some food that had been left out, I'd raise my voice to reprimand them, and Ollie would slink out of the room as though I was scolding him. Loud noises or shouting would really set him off.

This is PTSD, the loud voice must have triggered a "flashback", as it brought back to him the memory of the original trauma he had experienced. When first adopted,

I had thought perhaps he had wandered off from the yard where he was a young puppy, and had gotten hit by a car that had fractured his femur, and dislocated his hip on that same side.

He reacted to me, a male, and my loud voice. He was completely comfortable with the female members in my household. Even when other women would come visit our house, these were strangers to him, he would be very friendly to them, but not to the males who came to visit. For these reasons, I came to believe that maybe a man had yelled at him and had kicked him in his hind end. A kick like that from a big man could very easily cause that kind of injury to a small puppy's hip and leg. I've thought about talking to an animal communicator to get another perspective on his early history.

Watching Ollie lie on his doggie bed, his eyes always had this fearful/depressed look. When I'd call his name, he would cower a bit, like I was scolding him. These were consistent behaviors for poor little Ollie.

Once I saw that Ollie's PTSD was not going to go away on its own, I began a program of supplements and behavioral training in the hopes of freeing him up from the "prison" of his emotions.

Here's what I've been doing, and am still doing with Ollie to help him manage this fear and anxiety:

## ANTI-ANXIETY PHARMACEUTICALS: PROZAC™ AND PAXIL™ HELPED OLLIE A LITTLE BIT

As an integrative vet, I blend the best of conventional medicine with the best of alternative medicine. I'm not against the use of drugs, when appropriate and when there isn't a natural therapy that could work. I thought that Paxil™ (Paroxetine) might help Ollie. Paxil™ is a pharmaceutical drug, similar to Prozac™ (Fluoxetine), but with a strong anti-anxiety effect. It normally takes a month or two for the Paxil™ to have an observable anti-anxiety effect. I observed Ollie to be friendlier than usual, and to wag his tail more at about 6 weeks into the Paxil™ treatment. I was happy with these changes, but they were only minor changes, and he still was unhappy a lot.

I wanted to improve upon Ollie's fearful behavior, better than just the Paxil™ alone, so I tried a mushroom and CBD:CBG product I had recently designed and had manufactured for my website, [The Well-Pet Dispensary](#).

CBD and CBG are found in all of my [Doc Silver Naturals™](#) pet cannabis products. Studies have shown that lower doses of cannabinoids work better for anxiety than higher doses which work better for pain. Ollie weighed 60 pounds at that time, and I dosed him with 0.25 mg of CBD for each pound of body weight. That would mean giving him about 14 mg of the tincture twice daily, given with a little bit of fatty food, just before his meal. [The Silver Bullet™](#) tincture contains 60 mg of CBD per milliliter of volume. 14 mg is about 0.25 mL. There are measurements on the dropper pipette to make it easier to draw up a precise amount.

The [Relax Mushroom Chews™](#) are a formula I designed for the [Real Mushrooms™ company](#). It contains two calming mushrooms, Reishi and Lion's Mane, along with the calming amino acids, tryptophan, and theanine, the latter of which gives green tea its "Zen", even with its caffeine content. I also included in the formula some calming herbs like valerian, catnip, lemon balm and passion flower for an added calming effect. What's really cool, is that when you give both of these



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two formulas together, the tinctures and the mushroom chews, they work even better than either one of them alone.

I found that Ollie didn't like it when I gave him the liquid tinctures. Even though it was in his food, it still made him suspicious of me and his food. So, for Ollie's sake, I designed a soft chew 'specially for him, a tasty treat with hard-to-resist savory flavors from salmon and pork.

I added CBD and CBG, but also added organic Lion's Mane and Cordyceps mushroom extracts in substantial amounts. Ollie loves these! So now I can give him the supplements in these chews. He looks forward to them, he thinks they are just treats. (I don't tell him they are "functional" treats.)

I call these new tasty soft chews, [SilverDog Chews™](#). I give him both the SilverDog Chews™ and the [Mushroom Relax Chews™](#) at the same time. I gave both of these chews to him regularly, twice daily for 6 weeks.

After a week of giving these two products, he did start to act less nervous, and more willing to let me lie down with him for longer periods of time. After several months of giving him the two types of soft chews twice daily ([Relax Mushroom chews](#) and [SilverDog chews](#)), I noticed that when I'd call his name he started to wag his tail. This was definitely a positive change. His eyes had a fearful and depressed look

much less frequently. He also would just spontaneously get up on my bed when I was reading or watching TV.

I was hopeful, because I knew that these new behaviors were a sign that he was becoming less anxious and less under the influence of his PTSD.

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## BEHAVIORAL TRAINING, TRAINING AIDS, AND HANDS-ON THERAPIES

- When I first adopted Ollie, I spent a lot of time with a professional trainer. Training is essential for a healthy relationship with your dog. Training creates a language of communication between you and your pet, in addition to teaching your puppy to follow commands that can provide a safety net. For instance, if they run out into the street in front of a car, and you “command” them to COME or STOP, hopefully that will keep them from being hit by that car and avoid suffering a huge injury or even death.
- I tried a [Thundershirt™](#) on Ollie, but in trying to get it onto him, he felt stressed by that. I’ve seen Thundershirts or equivalent products work pretty well with some dogs. In fact, our other dog, Violet, really took to wearing one, which lowered her anxiety considerably. But for Ollie, there was no way I could get one of those on him.
- In order for Ollie to become more comfortable with physical contact, I started to use my hands to rub him in ways that would feel really good to him. I pet him as much as he would allow me, and massaged him, especially his damaged leg and hip. Once he relaxed into the good feelings from my hands, he started to really love my massages, especially of his sore hips and back. As

he became even more comfortable with my massages, I would make them last longer and longer. Pretty soon when I would stop the massage, he’d look back up at me and with his eyes, implore me to continue or go deeper!

- What is interesting, is that after Ollie had been taking the [SilverDog chews](#) and the [Mushroom Relax chews](#) regularly for 2 weeks, he was much more receptive to my petting and massages. Before the chews, he would tolerate only 5 minutes of massage before he would get nervous and get up to leave. By the time he had 6 weeks getting these chews regularly, he would complain when I stopped!!!! He loved it so much, and his fearfulness was so much better.
- When I think of all the things I was doing for his anxiety and PTSD fears, this hands-on contact worked the best, made him feel loved, and to less fearful. I know that this was a very important factor in his progress. I could not have gotten that physically close to him for that long of a period of time without the benefits of the cannabinoids and mushrooms!

# ANXIETY IN OUR PETS, EXPLAINED

*Behavioral problems are one of the main reasons dogs and cats are relinquished to animal shelters, and is the main reason that they are euthanized, as well. Behavioral problems can reflect fears, phobias, anxiety, or aggressiveness on the part of your pet.*





*You can recognize a behavioral problem in your pet when it displays unwanted responses (such as urinating, destructive behavior, or aggressiveness) to environmental stimuli, such as loud noises, encountering new persons or animals, new and unfamiliar environments that are not the familiar home environment, and separation from their primary person.*

When a dog or cat experiences fear or anxiety, they exhibit specific body language that can tell you they are stressed. They may lay their ears back on their heads, their tail carriage may change from a happy wagging to a more stressed position, they may pant, or they may be reclusive, among other stress-related behaviors.

**Unwanted dog behaviors** include destructive behavior, inappropriate urination or dribbling of urine, out of fear, or if left alone, they may be destructive to their environment.

Dogs who have **“separation anxiety”** when their pet parent leaves them alone at home can destroy the home environment by clawing at the doors and walls and have even been known to jump through windows and run away in search of their pet parents; they are soooo freaked out by being left alone.

**Unwanted cat behaviors** due to anxiety are often related to social interactions. These could be with other cats in the household, or with neighbor cats who may be outside the house. These cats outside the house may cause cats in the household to urinate near the window. This is their way to let the outside neighbor cat know that they “own” the house by smelling it up. Destructive behaviors, like scratching furniture, walls or woodwork is common. Some cats may defecate in the house as another way to spread their scent.

# Common Conventional Ways To Treat Anxiety

## ARE PSYCHIATRIC DRUGS A SOLUTION?

There is no magic pill to treat pet behavioral problems, but there are a few pharmaceutical drugs that are used to help manage this difficult-to-fix problem. Often these drugs, like clomipramine, gabapentin, or trazodone will sedate your pet, causing them to become “groggy”, a common side effect of their anxiety-reducing effects.

There is a class of psychiatric drugs, Prozac™ and Paxil™, that alter your pet’s behavior by their effect on the same calming neurotransmitter (serotonin) that CBD and other calming nutraceuticals affect. Behavioral training is preferred to the use of these drugs. But, not uncommonly, pets can be so freaked out that they need to have their racing minds slowed down by these drugs just so they can be more receptive to behavioral training.

## SUPPLEMENTS CAN REALLY HELP A LOT TO SUPPORT YOUR PETS’ HEALTHY BEHAVIOR

I have found that giving cannabinoids to my anxious cat and dog patients goes a long way towards helping reduce their anxiety without the use of psychiatric pharmaceuticals. The same is true for the use of the mushroom extracts mentioned. Blending mushrooms with cannabinoids is even more effective together than either given alone. The combined effect of mushrooms and cannabinoids is very profound.

Cannabinoids like CBD and CBG can be used concurrently with pharmaceutical drugs to help some of the tougher cases. They can help most of these very anxious pets. No problems with mixing these drugs with these supplements were ever observed by myself or the pet’s parents when standard dosages have been used.

Natural supplement options to help “settle” a pet’s behavior include the previously-mentioned mushroom extracts from Lion’s Mane (*Hericium erinaceus*) and Reishi (*Ganoderma lucidum*). Stacking these mushrooms with calming herbs, like catnip, valerian, passion flower, and lemon balm, and nutraceuticals such as tryptophan and theanine is what I’ve formulated into my [Relax Mushroom Chew™](#) formula.

## TRAINING, TRAINING, TRAINING!!!

This is the best and most long-lasting approach to changing your pet’s unwanted behavior. It’s not an easy thing to do, and you may need a specialist pet trainer or veterinary behaviorist to help you with the specific process, but it is worth the time, effort, and cost. When you adopt a pet, it is for the life of the animal, which may be 10-20 years. To have an unruly pet who hasn’t been properly trained, or who has behavioral problems for a life span of 10-20 years is a lot for people to manage and live with on a day-to-day basis for that much time. Remember, behavior problems are why these pets are so often put to sleep.

### What You Should Do.....

Maybe your dog is constantly barking, or it can’t be left alone without destroying your house’s inner walls and doors, scratching

at them furiously and incessantly. Whatever the problem, finding a solution through training is the best way to go, and provides a long-term solution which makes your pet easier to live with.

When you first adopt a new pet, either a puppy or an adult rescue dog, it’s important to immediately begin training them to understand commands like “stop,” “come,” etc. Training establishes a language and understanding between you and your pet.

Training also can help keep your dog safe. For instance, if your puppy runs out into the street: If they have been trained to come when you call, they will return on your command, and avoid being hit by that car.



*Dogs want to know how to please you. They want to know what they need to do to get another treat, a pat on the head, a scratch behind the ears, go on a w-a-l-k, or receive a kind word of encouragement.*

When it comes to training, the main principle is to use **positive reinforcement** versus **negative reinforcement**. With positive reinforcement, you reward good behavior at the moment that it happens.

With **unwanted behavior** (*let's not call it "bad" behavior, as that puts a negative emotional spin on it*), you first **distract** them from that behavior so they will stop. Sometimes just calling their name or slapping your hands together loudly, works. Some folks take an empty can of pop, fill it with rocks, and then rattle that to get their pet's attention so that they stop that particular behavior.

You only reward the desired behavior at the moment that they are doing it.

Dogs have a short attention span, they are like three year old children, and if you are rewarding them 10 minutes later for their behavior, they won't associate the positive reinforcement of the reward with the desired behavior. It is that association of desired behavior with **immediate** reward that trains them to continue to do that desired behavior.

Punishing bad behavior is not effective at all, it can create fears in the dog of being struck or reprimanded in an angry way and may make them shy away from being touched out of fear of being hit.

Anger has no place in training methods.

## COMMON CAT BEHAVIORS—"SOCIAL" ANXIETY

The most common behavioral issue with cats, stems from their social interactions, especially between two males, or in multiple-cat households. Cats are very territorial, and most household problems with cats result from what I call "Turf Wars." In my 40 years of experience as a veterinarian, once you add another cat after you have two cats, you are in more risk of potential adverse social interactions. My observations over the years found that households with three or more cats are more likely to have difficult behavior problems due to social anxieties.

In order to "own" a household, a cat uses its own scent to mark its territorial boundaries. They do this by scratching, especially near



entryways, as a “signpost” of their ownership. This can be very destructive to expensive furniture or rugs and can be a very challenging behavior to change. Even more challenging is when they mark their territory by urinating or defecating in your house.

Even after you clean up the urine, it has such a persistent scent that it will attract repeat urination in that same spot by the same cat or may attract another cat in the household to urinate on top of it to mark it with their own scent in competition. (Fun!)

Cleaning up the mess with enzymatic cleaners helps a lot. Locating the mess before it dries up, if possible, also really helps. If the urine is left to dry, and especially if over time there are repeat urination episodes in that spot, you may have to pull the carpet and the carpet pad and use a strong odor killer on the subfloor to remove the scent.

Ultraviolet light in a dark room will cause dried urine stains to fluoresce, which allows you to locate the dried urine so you can apply the enzymatic cleaner to that spot to remove its odor which will reduce repeat urination at that spot.

I know of a number of cases where even with all of those efforts, enough scent remained to attract more urination. Very frustrating, for sure! In these cases, the only solution is to remove the subfloor that had been soaked through with cat urine over a long period of time.

From a holistic, integrative, preventative, perspective, it’s best to try and avoid having the cats in your household getting started with their urine marking.

The most effective way to prevent this household soiling is to neuter both your male and your female cats as early as possible, before they reach sexual maturity. Once past puberty, their increased levels of reproductive hormones will increase this territorial behavior, and without those hormones, this behavior will be reduced or eliminated.

The use of generic feline pheromones in your household can also help all of the cats in the house feel like it is their scent that they are smelling, hence they “own” the territory of your house and have no need to scratch or urinate to scent-mark.

# Important Facts About Supplements For Anxiety In Your Pet



## CANNABIDIOL (CBD)

One of CBD's highest callings is to reduce anxiety and fear-based behaviors. It does this by activating two different membrane receptors at the same time, thus stimulating the production of two of the compounds (serotonin and anandamide) that are produced by the body upon activation of those receptors. Each of these neurotransmitters has a calming effect on the nervous system and on emotions.

CBD does not sedate at the dosages that we normally use it for anxiety, but it will have a sedative effect at higher doses if using full spectrum CBD products due to their THC content. Products with higher levels

of THC than are legal for hemp (>0.3%), those that can be found in dispensaries or provincial stores, can also cause sedation. Products that have higher amounts of myrcene, a sedating terpene, often found in THC-dominant cannabis dispensary products, and in hops and mangos will also have a sedating effect on your pets.

CBD is known to “sharpen the mind” at lower doses.

For anxiety and other behavioral issues addressed by CBD, I have found that lower doses seem to actually work better, in general, than higher doses for most animals.

I recommend that you start with the lower dose range, which can be effective for anxiety and even for mild pain, and then gradually increase that dose over time. First, though, give a lower starting dose of the CBD and/

or CBG for two weeks to allow enough time for the cannabinoids to saturate the blood and tissues and reach effective blood levels.

A few animals I've treated did need a higher dose for behavioral problems. It is always best and safest to start dosing low and slowly increase that dose over time to achieve the desired effect. Giving the CBD at an initial lower dose for 7-10 days to develop a "steady state" of CBD blood levels is a good idea. Once you reach that steady state, and if the results are not what you desire, then I suggest trying a higher dose (double the dose as a starting point for the change).

**A good starting dose for anxiety is 0.1 – 0.2 mg CBD per pound of body weight**

**twice daily, given with a small amount of food before each meal twice daily**

It might be, that after starting at that low a dose, you see absolutely no change after 10 days. That means that: 1) CBD won't work for your pet's behavior issue at all, 2) that you need to give it longer, for a full month, or 3) that your dog needs a higher dose to affect its behavior.

I give a range here because the dosage needed for a given individual can vary, and it might be that the lower end of this dosage range works fine for behavioral issues in some dogs, and it might be that the higher end of this dose works better for behavioral issues in other dogs.

This is the unusual thing about CBD and other cannabinoids: Individuals respond to a given dosage differently for the same condition. Because of this, we have to start with lower doses and then increase them gradually over time after establishing steady-state blood levels to find that "sweet spot" of *perfect dosing* for that perfect pet.

"Steady-state" blood levels occur after the cannabinoids have been administered for 10-14 days, at which point the CBD (or THC) saturates the tissues and the bloodstream to maintain a stable level of cannabinoids in the tissues for the dosage given, this tissue saturation will allow the CBD to be more effective at that dose.

## CANNABIGEROL (CBG)

CBG has been found to have more profound anxiolytic effects than the other cannabinoids. When combined with CBD, its anti-anxiety effect is amplified. CBG helps with anxious behaviors by activating two biochemical pathways different than the two pathways that are activated by CBD. This makes four unique pathways to reduce anxiety by using both cannabinoids together. When combined with other compatible anti-anxiety supplements, like Lion's Mane mushroom, detailed below, the effectiveness of these three extracts together is very profound.

## LION'S MANE MUSHROOM EXTRACTS AND ANXIETY

Although the calming effects of Lion's Mane mushrooms on dogs or cats hasn't been experimentally studied yet, it is reported anecdotally, by both pet owners and vets, that anxious dogs and cats will relax more when they are given Lion's Mane mushroom extracts.

One study in adult humans found that after four weeks of receiving a daily dose of Lion's Mane mushroom, scores for anxiety were statistically lower than those individuals in this group receiving a placebo treatment.<sup>1</sup>



<sup>1</sup> Nagano, et al. 2010: Reduction of depression and anxiety by 4 weeks Hericium erinaceus intake; Biomedical Research 31(4)231-237.

# Calming Devices

## THUNDERSHIRTS™

[Thundershirts™](#) and similar intentioned products use the same physical, emotional comfort and security that “swaddling” an infant in blankets provides.

### *PEMF (Pulsed Electromagnetic Force) loops*

This advanced technology using electromagnetic waves of a certain frequency has multiple influences on the body to reduce pain and inflammation but has also been shown to influence and improve behavior.

Currently, there are multiple brands available on the internet for pet-based PEMF units. The [Assisi Loop™](#) is the first PEMF branded for use in dogs, and this company funded a study to show the benefits of using the PEMF loop over the head of the animal (they actually have a holder for the loop that looks like the pet has a halo like a doggie or kitty angel!).

## CALMING SUPPLEMENTS

A number of herbs and nutraceuticals have been found to reduce anxious behavior, soothe, and calm. Some of these herbs and nutraceuticals I included in this calming formula and repeat here. I've added to this list other calming herbs and nutraceuticals that are commonly featured in calming products I've created that are also quite good at calming.

### TRYPTOPHAN

This amino acid is a precursor in the formation of the ultra-calming neurotransmitter, serotonin. Many people take it to allow them to calm down to fall asleep more easily. It is a safe and very effective calming agent.

## THEANINE

This amino acid is commonly found in green tea and has been found to have a number of applications, including down-regulating cancer cell growth and for calming. Theanine is what gives green tea its “Zen” effect and helps to keep the caffeine effect of green tea mellower.

### *German chamomile (Matricaria recutita)*

The flowers of this plant and its essential oils contain terpenes and flavonoids that have a calming effect on the nervous system.

### *Phosphatidylcholine and choline chloride*

These two forms of choline provide a wide variety of benefits to the nervous system and the body as a whole. Choline is an important structural component of the cell membrane, and since all health depends on the ability of cells to communicate with each other using cell signal molecules that attach to membrane receptor proteins, the health of the cellular membrane is crucial to the health of the entire body.

Choline is a precursor in the formation of the neurotransmitter acetylcholine and has a positive influence on memory, mood, muscle control, and other nervous system functions.

## FISH OIL OR ALGAE OIL OR KRILL MEAL

The omega 3 fatty acids found in fish oil, algal oil or krill, especially the DHA (docosahexaenoic acid) have been found to improve training, and reduce anxious behavior. This is especially true when they are combined with phosphatidylcholine. Krill meal contains a combination of phosphatidylcholine and DHA and EPA omega three fatty acids.

## OTHER CALMING HERBS THAT CAN HELP:

- Valerian root
- Passion flower
- Hops
- Scutellaria
- Catnip
- California poppy



# Diet: “You Are What You Eat”

Diet can have an influence on behavior in several different ways:

## HIGH PROTEIN:

Studies have found that feeding a very high protein diet can contribute to aggressive behavior. In the same way, tryptophan has been shown to reduce aggressive behavior, so foods that are tryptophan-rich can be fed to take advantage of this amino acid’s calming effect.

## FOODS RICH IN TRYPTOPHAN

- Milk
- Canned tuna fish and fish in general
- Turkey, chicken, poultry
- Oats
- Cheese
- Nuts and seeds
- Tofu, beans, and lentils
- Eggs
- Other meat: pork and beef

## KETOGENIC DIET

This is a variation of what has become known as the “Atkin’s Diet” in humans. It uses a very high-fat content, moderate protein amount, and very low carbohydrates to convert your pet’s metabolism from a carbohydrate-digesting metabolism to a fat-digesting metabolism. It has been found to be helpful to reduce or eliminate seizures in epileptic patients and has also been found to benefit behavior issues in dogs, such as anxiety, ADHD-like behavior, mood, and cognition.

## PROCESSED FOODS VERSUS MINIMALLY-PROCESSED FOODS

Just as with our children, the feeding of fast foods and processed foods, especially those with added carbohydrates, sweeteners, and fried fats can also make our pets hyperactive and emotionally less stable than on a wholesome, minimally-processed diet.

Pet parents who feed a raw or home-prepared diet often remark that their pets seem “better behaved” on these wholesome foods.

# Lifestyle Modifications

The single most important thing you can do for your pet to ensure good behavioral health is to see that they are trained as soon as they join your household. Training creates a language of communication between you and your pet, and when properly done, provides positive reinforcement to show

your pet how you want it to behave. Negative reinforcement, as mentioned earlier, creates an adversarial relationship between you and your pet and is much less effective in getting them to do what you are training them to do.



# **SUMMARY Of Best Practices to Reduce Anxiety in Your Dog or Cat**

## PET ANXIETY-REDUCING PROGRAM SUMMARY

1. Training, positive reinforcement methods
2. Generic calming pheromones
3. Household “redistricting” to give each pet their own territory
4. Cannabinoids
  - a. CBD
  - b. CBG
  - c. The [Sterling Silver™](#) tincture
  - d. [SilverCat™](#) chews
5. Relaxing Mushrooms
  - a. [Lion’s Mane Pet capsules](#)
  - b. [Reishi Pet capsules](#)
  - c. [Mushroom Relax™](#) chews
6. Calming Supplements
  - a. Krill meal
  - b. Fish oil
  - c. Algal oil
  - d. L-tryptophan
  - e. L-theanine
  - f. Catnip
  - g. Valerian
  - h. Lemon Balm
  - i. Phosphatidylcholine



# Resources

## SOURCES FOR RECOMMENDED PRODUCTS

- Organic Mushroom Extracts from Real Mushrooms™
  - [5 Defenders™ Capsules](#)
  - [5 Defenders™ bulk powder](#)
  - [Chaga capsules](#)
  - [Chaga powder](#)
  - [Reishi capsules](#)
  - [Tremella fuciformis bulk powder](#)
- Fish oil: [UltraEFA™](#)
- Doc Silver Naturals™ CBD:CBG Tinctures: [The Silver Bullet™](#) & [Sterling Silver™](#)
- [Doc Silver Naturals™ CBD:CBG Soft chews and tinctures](#)
- Probiotic: [RxBiotic™](#)

## RESOURCE LIST: WEBSITES

- [Find a Holistic Vet Near You](#)
- [Find a Veterinary Herbalist Near You](#)
- [Doc Silver's Blog Site](#)
- [Doc Silver's eCommerce site where you can find these products and much more](#)
- [Real Mushrooms Website -- Good Mushroom Education and Information](#)

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