



For Pets that Experience:

Aging

- Mist *Calm My Dog* or *Calm My Cat* 2-3 times daily (or add to food or water)
- Play *Calm My Pet CD*

Anxiety at Groomer, Vet & Kennel

- Mist *Calm My Stress* before, during and after visit. (can add to food or water at kennel)
- Play *Calm My Pet CD*

Barking

- Mist *Calm My Dog* 2-3 times daily
- Wear *Calm My Pet Pendant*
- Distract with a simple command then reward with a natural treat.

Excitable or Shy with Visitors

- Mist *Calm My Stress* before, during and after visit.
- Play *Calm My Pet CD*. Wear *Calm My Pet Pendant*
Put in crate or train to be calm on bed until visitors are sitting down.
- Throw random treats
- Use a food dispensing toy or bully stick to encourage your dog to be on their bed*
- Training methods to keep calm on mat or bed – *Chill Out Fido* book

Fireworks and Noises

- Mist *Calm My Stress* before, during and after.
- Play *Calm My Pet CD*
- Use a food-dispensing toy*
- Use desensitization training

Grieving

- Mist *Calm My Dog* or *Calm My Cat* 2-3 times daily (or add to food or water)
- Play *Calm My Pet CD*

Health Problems

- Mist *Calm My Dog* or *Calm My Cat* 2-3 times daily (or add to food or water)
- Play *Calm My Pet CD*
- Wear *Calm My Pet Pendant*

Hyperactivity

- Mist *Calm My Dog* or *Calm My Cat* 2-3 times daily (or add to food or water)
- Play *Calm My Pet CD*
- Wear *Calm My Pet Pendant*

Lack of Focus, Shows & Training

- Mist *Calm My Dog* before, during and after
- Wear *Calm My Pet Pendant*
- Use healthy all-meat treats for positive reward training

Nervousness with Car Rides

- Mist *Calm My Stress* before and during car ride.
- Diffuse *Calm Ride* in car for nausea and extra stress
- Play *Calm My Pet CD*

Separation Anxiety

- Mist *Calm My Dog* 2-3 times daily
- Mist *Calm My Stress* on pet, meat treats, pumpkin filled food dispensing toy or natural bully stick to give to pet in crate
- Play *Calm My Pet CD*

Shyness

- Mist *Calm My Dog* or *Calm My Cat* 2-3 times daily (or add to food or water)
- Play *Calm My Pet CD*
- Wear *Calm My Pet Pendant*

Stress in Household

- Mist *Calm My Stress* 2-3 times daily
- Play *Calm My Pet CD*

Tense Interactions

- Mist *Calm My Dog* or *Calm My Cat* 2-3 times daily
- Mist *Calm My Stress* on pet and mist on meat treats (can add to food or water)
- Play *Calm My Pet CD*
- Plenty of exercise enrichment and positive training

Thunderstorms

- Mist *Calm My Stress* before, during and after
- Play *Calm My Pet CD*.
- Use a food-dispensing toy*
- Use Desensitization training

*Caution using food rewards and food dispensing toys with multiple animals in the house unless animals are crated.

For Cats that Experience:

Meowing

- Mist *Calm My Cat* 2-3 times daily (or add to food or water).
- Play *Calm My Pet CD*
- Use plenty of exercise enrichment

Hiding

- Mist *Calm My Cat* 2-3 times daily (or add to food or water)
- Play *Calm My Pet CD*
- Use plenty of exercise enrichment

House Soiling

- Mist *Calm My Cat* 2-3 times daily (or add to food or water)
- Spray *Calm My Cat* in the litter box
- Play *Calm My Pet CD*
- Use plenty of exercise enrichment
- Use unscented litter in multiple litter boxes (clean daily)
- Consider using Cat Attract product in litter

Over Grooming

- Mist *Calm My Cat* 2-3 times daily (or add to food or water)
- Play *Calm My Pet CD*
- Use plenty of exercise enrichment

Tense Interactions

- Mist *Calm My Cat* 2-3 times daily
- Mist *Calm My Stress* on pet (or add to food or water)
- Play *Calm My Pet CD*
- Use plenty of exercise enrichment