

## Can a Dog's Behaviour Be Influenced By Nutrition?

Fear, anxiety, and stress are as common in the canine world as they are in the human world, and in most cases, they're triggered by similar ordeals. Trisha Pratt of German Shepherd Rescue Victoria (GSRV) has come across her share of distressed animals and related the story of one of her rescues that had a particular set of problems and how, in the end, the problem was solved by something as simple as the adoption of a diet specifically designed to reduce the influences of fear, anxiety and stress.

"We were asked to re-home a five-year-old male that, through a series of quite normal lifestyle changing events in the household, had become unmanageable in his original home. Nothing new in that we thought; besides, that's what we're here for", Trisha said. "However, this dog was different. And mind you, we've had some hard cases. Like many pets, he'd been medicated with fluoxetine and trazodone to try to get rid of the anxiety, but vet visits had become a nightmare, and quite frankly, the treatment wasn't working. He'd been de-sexed but he was still dog-reactive and, because of his size, his attitude could disturb some humans. However, it was more than that. Any changes would throw him off balance. If I took my coffee outside he'd come out with me and chase bees and bark and run madly around the place; he just could not settle.

"Now we're not new at this caper and we made some progress with training routines but it didn't take much to set him off again. Any change in routine would do it. He was always in the yellow zone. It was then, by a happy coincidence, that some LifeWise BIOTIC F.A.S. *Calm* arrived with our regular feed delivery from LifeWise. Their nutritionist Bill Wiadrowski, being aware that the rescue sector, by nature, often found itself dealing with highly stressed animals, sent a few bags to try. The change in our problem patient was immediate. He lives in the green zone now!

"We went for a walk that evening and the difference was noticeable. There are kangaroos down along a quiet bit of bushland near us; he saw them okay but wasn't distracted by them in the slightest. It was a different dog. He was so anxious he slept with one eye open. If I moved around he'd be up on his feet pacing anxiously. Since he's been on the F.A.S. *Calm* he sleeps soundly".

Trisha has had shepherds all her life and has been involved in the rescue sector for eight years. She said, "We get calls from the shelters, and even foster homes, to remove dogs that aren't coping. To have the LifeWise *Calm* food available to us is going to make such a difference to the lives of these dogs, and us for that matter. After all, it's the non-coping dogs that are being returned. With a comforting feed available, maybe we can see more dogs fitting into their original homes. It would certainly make our job easier".

As Trisha pointed out, another aspect of this is that now things are getting back to post-lockdown normal, more people are going back to work. "This change can be very stressful for our furry companions. Gone are the leisurely walks, the strenuous ball chasing, the spontaneous head massages. All of a sudden, they're left at home alone with nothing to do. This is hugely stressful for the poor dog. Having *Calm* available is going to make life so much easier for the owners and their fur companions".

*About the author... Bill Wiadrowski is a consulting nutritionist who has worked in the field of performance animal nutrition for over 50 years. His latest development is the LifeWise range of next generation foods that are rapidly gaining acclaim for their ability to repair common gut and skin sensitivities issues in domestic canines.*

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