



*Canine Calm natural remedy mist can help soothe dogs during thunderstorms, fireworks, training, competitions, adoptions, Halloween & other holidays, bath time, clinic or boarding visits.*

## experts review canine calm



**Leslie Munroe, founder RuffGrip, guest reviewer PawPrintsTheMagazine.com**

Lucia is a long, lanky, 78 lb GSD and I'm a petite, 120 lb, 5'1" shrimp. When these three worlds collide; thunderstorms, Lucia and my shrimpy self, I get 78 lbs of Shepherd climbing into my lap. She turns around and somehow manages to sit on one leg with her back against the side of me.



Thunder obsessive compulsive disorder (TOCD) will never take in to account the firm elbow and a stern "down." The ears hear nothing but thunder, the body cannot get close enough to feel safe. Now if the elbow has any effect it is simply to reinforce that indeed she is not close enough and there is a possibility of attaining such closeness by putting her two front paws on my shoulder, one foot on my thigh and to lean into to me. I call this "the parrot" or "the vulture" or simply, so freakin' annoying. While she is marginally more comforted by this position the drool dripping caused by her panting is landing on my head, shoulders and arm, ewww! Unfortunately due to my incredibly serious nature (not I realize if anyone took a picture I look like the world's BEST dog trainer, and I start giggling, between saying, off, off, off I'm laughing so hard that every dog that I have owned realizes I'm at their mercy.

I've honestly tried a lot of different things to help my dog's anxiety, but up to now nothing had worked.

I had the good fortune to be introduced to Vicki Thorne from Earth Heart Aromatherapy and she offered to send me a sample of her product, Canine Calm. I told her I had tried "everything," but she explained that it worked on 95% of dogs she used it on and it was all natural.

You've heard my story, so you KNOW what I was thinking "I will be the 5%, I will definitely be the 5%," but okay I'm always willing to try something new with an open mind.



The next thunderstorm comes and I'm ready to test the Canine Calm. Trust me, with the level of TOCD in my house I'm skeptical, very skeptical. But I spray some (okay a lot) on my hands and rub it all over the Lucia's head, who has just begun to ascend the steep slope of Mount Leslie. She looks at me quizzically, smells herself, turns around three times, CURLS UP in front of me, puts her head on the floor and snoozes. At this point I'm sure I'm totally being punked; I look for the camera...then I look at her with my mouth open saying "NO WAY!" No way did that just happen...



**Paris Permenter, co-founder, DogTipper.com**

Faithful readers of DogTipper know that Irie, our retriever mix, is plagued by anxiety caused by loud noises such as thunder or when she hears fireworks from nearby neighborhoods. She usually tries to burrow under the couch cushions or takes refuge behind one of us, her nervousness all too apparent.



So when a thunderstorm struck recently, we put Canine Calm to the test. Canine Calm is an all-natural misting agent intended to sooth dogs during these attacks of anxiety. Canine Calm contains water, polysorbate 20; pure essential oils of bergamot, tangerine, lavender, geranium, ylang ylang, marjoram and potassium sorbate.

The formula was developed by certified aromatherapist and master herbalist Vicki Rae Thorne, who founded Earth Heart in 1996 in order to bring the healing power of herbs to the pet world.

Canine Calm can be massaged behind a dog's ears or on the abdomen or misted into the air or on the dog's bedding or crate. Results are said to be very rapid, decreasing the dog's nervousness in a few minutes. Canine Calm is for external use only but is gentle and has a pleasant scent humans can appreciate.

So, with thunder beginning to rumble, we put it to the test, first massaging some behind Irie's ears:

The smell (at least to us) was heavenly...think of the pleasant, relaxing smell that greets you when you walk into a spa. Irie didn't seem to mind the smell at all.

We massaged it in behind her ears and on her chest and waited. The thunder grew closer. And Irie made a break for the closet, hiding behind the clothes.



We sat nearby and watched television (turning up the sound to drown out the thunder as much as we could.) After the storm was over, Irie came out and sat with us on the couch, panting heavily. This time, we misted the Canine Calm over her head. (The mister is very, very quiet and she didn't flinch at all with the sound of the mister.)

Within a minute or two, Irie's panting slowed and soon stopped.

Was she calmer because of the Canine Calm? Or was it because the storm was over and she was settling back down? We'll never know for sure but we would guess that the calming scent of Canine Calm was able to help her when her stress level was lower. On the first application, when her stress level was already ramped up by the approaching storm, she was too stressed for the Canine Calm to effectively work in her case. When her stress level started back down, it definitely seemed to help relax her faster than just waiting for the stress to subside.

We'll definitely continue to use Canine Calm and next time try to use it as soon as her stress begins, not when we first see the signs of the storm approaching. (Irie knows long before we do that a thunderstorm is coming.) And we think that it will be helpful when she's anxious about less stressful situations, such as when we have company or when she goes to the vet.

And, another bonus for us, Irie smells absolutely wonderful.

 **Deb Eldredge, DVM, award-winning author, dog sport competitor, blogger**  
**UticaPetHealthExaminer.com**



I had a sample of Canine Calm and got a ready made storm to test this out last night. Our Australian Shepherds are not bothered by storms and the Corgi is elderly so she doesn't really notice them any more. My older Belgian Tervuren started worrying about storms two years

ago. She will pace, whine and try to dig, as if to create a hiding place. My younger Terv simply jumps on top of me and lies down. This would not be too bad, except most storms come in warm weather and a Terv blanket is a bit much. Both dogs are at the minor end of anxiety - they will work during storms running agility, herding or tracking. Still, it would be nice to have a peaceful night's sleep when there are storms almost every night.

At 2:54 am, my older Terv woke me up last night. She was pacing, whining and starting to dig at the floor. My younger dog landed on top of me with great precision. I got up and found the Canine Calm sample. I gave each dog a quick spritz. The directions actually recommend spraying your hand and rubbing some on the dog's ears but 3 am is not my best time of day.

For my dogs, the results were amazing. Literally in minutes, both were lying peacefully on the floor. Everyone went back to sleep and slept quietly until "true" morning wake up time. Dogs with severe anxiety might not have such a dramatic response but I was impressed.



**Barbara Nefer, columnist About.com**

Dogs get anxious for many reasons, like noise and crowds, and some get separation anxiety when left alone. Vets treat the worst cases with medication, but what if you don't want to drug your dog? Canine Calm, a natural mist made by Earth Heart, soothes jittery canines with essential oils and other natural ingredients.



Canine Calm works on a proven principle. People have long used essential oils like lavender for their soothing properties, and this effect carries over nicely to pets.

The first thing you'll notice about Canine Calm, before you even observe its effects, is the product's pleasant smell. It contains pure essential oils of bergamot, tangerine, lavender, geranium, ylang ylang, and marjoram, so expect a soothing aroma rather than an artificial or chemical odor.

Dogs often find the scent just as appealing as humans. Two of my test dogs immediately starting sniffing each other once the mist was applied.

You can put Canine Calm directly on your dog or onto other objects, like bedding or a travel crate. My test subjects all used direct application, but you can choose the spot based on the anxiety you are attacking. For example, dogs who hate car trips will benefit from a misting in their carrier, and nervous canines who fear thunderstorms will appreciate the soothing scent on their beds to help them relax. You can even use it to help a newly-adopted pet during the transition to your household. If your dog doesn't like going to the groomer or home care like nail clipping and dental care, this product can make her more amendable.

Other potential uses for Canine Calm include calming your dog before a bath, vet visit or any other experience the animal typically dislikes or soothing him during 4th of July fireworks or Halloween doorbell ringing. Mist your dog before a walk if he tends to get overly excited by things he encounters outside.

One problem with medication is that it takes some time to take effect. Your dog may spend half an hour or more getting stressed out while you wait for the drug to kick in. Canine Calm starts to work as soon as

your pet breathes in the soothing mist. You can use it as often as you wish without worrying about side effects or long-term health effects, since it's not a drug.

Based on my tests on multiple canines, some dogs seem to benefit from this product more than others. You may see a dramatic effect on your pet, a more subtle calming, or, more rarely, no discernible change. This seems to be similar to the effect of essential oils on humans. I use lavender myself for relaxation, and I know others who love it just as I do, as well as people who notice no difference in their stress levels.

You can tell right away whether Canine Calm works for your dog or not because the effect is fast on dogs who react to this product. You'll see the animal's behavior and body language shift to a calmer level, with the exact amount of effectiveness varying among different dogs.

#### Pros

- Pleasant smell that's palatable to dogs and humans
- Easy to apply, and can be sprayed on your dog or other objects
- Fast acting
- Active ingredients are natural essential oils

#### Cons

- May not be effective for some dogs

Canine Calm costs under \$15 from its manufacturer, so it's worth trying a bottle to see if your dog is one of the many canines who succumb to its soothing effects. It's part of a positive trend toward natural pet remedies, with many natural supplements, and even probiotics, for dogs and cats.

If it works for your pet, I recommend getting a bottle for your home and for the car if you regularly take your pooch for rides. The bottles are small enough to store easily, and it's good to have one on hand if an unexpected stressful situation suddenly pops up.



**Leslie May, founder, RaiseAGreenDog.com**

Halloween can sometimes be a scary time for dogs. With all the activity, visitors, door bells rings, treats, and scary human costumes, your dog may need some help to get through all the activities.

We like Canine Calm from Earth Heart. Just a little spritz on the belly, and rubbed on the ears and it may be just the key to help your dog cope a little more easily with all the Halloween activities.



**Nancy Freedman-Smith, LifeWithDogs.tv**

Canine Calm contains pure essential oils from plants such as lavender, geranium and tangerine. Throughout history these remedies have been used for relaxation.

To test it, I sprayed it in my car when I picked up several new foster dogs. I also sprayed down their bedding, and as per instructions massaged them with it a few times. For good measure, I also sprayed my pant legs and their leashes. In all cases I found there was no way I could say for sure, but because there has been extensive research on the use of properties such as lavender and its calming properties

on dogs, I have decided to incorporate essential oils as part of my routine with new, and fearful dogs. It is impossible to accurately measure, but I feel it can't hurt. The dogs I tried it on all came around quick.



I am also upping my use of essential oils around the holidays. Holidays are times of great stress for pets. Visitors, change of routine, travel...all these things are upsetting to dogs and the use of essential oils may help dogs to cope a bit better.

I would like to add that both products smell amazing! I had to hide the Canine Calm from my high school freshman daughter who used it daily at the start of the school year before leaving the house! In hindsight, maybe the Canine Calm helped her breeze into a new school.

### *Jennifer Heisler, Lowcountry Dog Magazine*

Sometimes even the bravest dog has his moments of fear and anxiety. Maybe it's thunder, or a trip to the vet. Regardless, as a guardian you want to make it as easy as possible for your dogs to deal with challenging situations. Canine Calm is made to do just that.



To begin with, Canine Calm was easy to apply. Rather than trying to convince an already stressed-out dog to accept a pill, eat a treat, or allow me to put drops on his tongue, Canine Calm can be either sprayed into your hands and rubbed onto the dog or sprayed in the air around them, such as in a crate. Canine Calm smells great, with a hint of lavender and not at all like medicine, which made the dogs more receptive to it.

Canine Calm worked well for minor situations but unfortunately some anxieties were too great to completely overcome. Even in these situations, such as a thunderstorm, the spray seemed to take the dogs' anxiety down a notch. I like the spray because it is an herbal, more natural solution, as compared to prescription strength anti-anxiety medications. We'll continue to use Canine Calm as part of our regular routine.

### *Lisa Lotito, founder, GoodPawsGoodCause.org*

I recently came across a wonderful product that has made an impact on my life and in the lives of my dogs - Lenny and Lucy. I live about 20 miles east of Pittsburgh, PA and the rain this summer has been horrific. It seems we have a thunderstorm complete with hail, lightening and wind every other day! I know many people in the Eastern US are experiencing the same kind of weather conditions.



My Lucy is a "Nervous Nelly" - any strange beep, noise, and worst of all storm, sends her into a frenzie! Her behavior causes Lenny to get upset and the whole house suffers! I have a Thundershirt. I have Vetri-Science's Composure - both wonderful products that have worked for us in the past.

But, the newest product I found is by far the best. First, it is all natural - Second, it is easy to use - and Third - it doesn't break the bank!

Canine Calm is made by Earth Heart, Inc. It is a natural remedy mist that is made in the USA. It helps to soothe dogs during thunderstorms, fireworks, vet visits, grooming visits and more. It is effective and safe. The 2 ounce spray bottle has approximately 600 mists which makes it an economical choice.

To apply, all you need to do is apply directly to your dog - I spray a few times on her Fur The Earth bandana for long lasting remedy. Canine Calm is water based so it won't stain clothing or make fur sticky.

With the very first application, Lucy stopped panting. She was able to sit in the Living Room during the storm and not panic! My husband usually has to take both dogs to the basement and put on a "shoot-em up" movie to drown out the sound of the thunder. But, with Canine Calm, we have been able to weather the storm together with less stress and anxiety!

Another great feature - it smells great! It has Ylang-Ylang in it, so everytime I spray some, I feel like I am at the Spa! It is light and airy. The ONLY drawback of the product is the sound of the spray bottle (which is a pump not an aerosol) - it sort of freaks them out - but they have that phobia with all spray bottles. To fix that problem, I use a bandana or spraying directly to bedding or a pillow.



**Karen Norteman, ShaggyDogStories.net**

We've even discovered an "off-label" use for the spray. Thanks to the pure oil of geranium in the mix, you can use Canine Calm to deodorize smelly dog fur while grooming. You and your dog can enjoy the pleasant scent and the calming effects of the formula.



***Canine Calm has received special recognition & awards from trade and consumer magazines, noted dog blog sites, pet radio & more!***



**[www.earthheartinc.com](http://www.earthheartinc.com)**