



HAMPL™ Pet Formulas

## Holistic Animal Remedies

Product Code <b>AN 001</b>	<b>Stress or Fear Spraying</b>	6 Pages:
<b>Cats, dogs and rabbits</b>		
Last Updated: 11-06-18		

This is a homeopathic and Bach flowers combination for stressed, upset and habit-forming pets who express themselves by marking outside the kitty litter or garden. These pets are normally sensitive and nervous-type pets that need help with their delicate, emotional side. **NOTE: Sometimes trying to urinate and missing the tray may also be a sign that the animal may have a urinary or bladder infection or inflammation.**

**If diagnosed, use the appropriate one of the following:**

AN014 HAMPL Cystitis Remedy (bladder inflammation)

AN015 HAMPL Urethral Clear (BLOCKAGE) Remedy (if there is a urinary blockage issue)

AN224 HAMPL Stone dissolving formula (bladder/kidneys)

### **URINE MARKING AND SPRAYING**

This is one of the most troublesome forms of marking that cats do. Remember, if your kitty should suddenly stop using the litter box, the first thing to do is take him in to your vet for a check-up to rule out FUS (Feline Urological Syndrome). FUS is an extremely common cause of inappropriate litter box behaviour in cats.

**There is a major difference between urine "marking" and urine "spraying" in cats.** Both are done deliberately by a cat, and are used to deliver a specific message, usually a message intended for other cats long after the sender is gone. Urine spraying is done by a cat backing up against a vertical surface such as a wall or curtain drapes, and spraying their urine against the surface while in a standing position. Urine marking is done with a cat in a squatting position, causing the urine to squirt onto a horizontal surface. The reason cat's urine has such a powerful odour is that there is a fatty ingredient in the cat's urine which allows it to cling to surfaces and objects, also causing the strong smell. Un-neutered male tom cats have urine that is especially pungent and unpleasant. Contrary to popular belief, BOTH male and female cats can spray and mark with their urine.

**When dealing with a cat who is spraying or marking by urine, and you've ruled out any medical reason for this behaviour, your next step is to try to figure out the cause of the behaviour.**

Stress is one of the leading causes for naturally fastidiously clean cats to start marking or spraying with their urine. By marking their home/territory with their own scent, this creates a sense of comfort and security to the cat.

### **Some very common causes of stress for a cat may include:**

- Smelling or seeing outdoor animals such as other visiting cats, or even birds, skunks, squirrels, dogs, or any other outdoor and/or unfamiliar animals
- Moving to a new house, or changes with the home such as redecorating, home renovations or construction
- The addition or loss of family members (including babies and other pets)
- Changes in your work schedule or daily habits

HAMPL CLINIC 60 Angove Street, North Perth. 6006. WA.  
Ph: (+ 61) 1300 132 966 Fax (+ 61) 1300 855 183 [www.HolisticAnimalRemedies.com](http://www.HolisticAnimalRemedies.com)



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These can all be extremely stressful to a cat. Felines like their world to be very consistent, and changes within their world may cause them to feel their territory is being challenged or is in jeopardy.

### **Urine marking is frequently done by whole males and whole females to attract a mate**

Having your male kitty neutered or your female kitty spayed should take care of this problem. If your cat sees a visiting outdoor cat through the window, he may spray on the window sills or even on the curtains to the window. Sometimes, a cat will urinate on anything new that comes in to the home, such as suitcases, shopping bags, etc., that have a new smell. Cats who are highly territorial may feel the need to mark this new smell with their own smell. Cats can also mark or spray in hostility or defiance over a stranger coming in to the home and "over-staying" (in the cat's opinion). The cat may jump onto the bed after a visitor has been there to mark over that person's smell.

### **If you have a cat that is already fixed yet is still spraying:**

This may be a sign of the cat feeling overcrowded (especially in a multi-cat home). This can also show as aggressive behaviour towards the other cats. Even if all your cats seemingly get along well together, it is important to remember that spraying and marking are done very deliberately by cats, and ALWAYS for a very specific reason - they are trying to communicate that something is wrong (from THEIR perspective).

### **Introducing a new adult cat** (with other cats at your home already)

Bringing home a dog when you have another one at home (or two or three or more) is one thing, but bringing a cat into a resident cat's territory is another thing altogether. Besides litter box problems, most of my "cat clients" were about aggression between a resident and an incoming cat. Blending cat families can be almost as complicated and fraught as two adult people moving in together with a group of unrelated and relatively unfamiliar adolescents. Let's just say that if cats could slam doors, they would.

But then, who needs to slam doors when you can hiss, spit and attack with five discrete weapon sites on your body? Yes, dogs too can fight and might not get along, but in general it is much easier to add a dog to the pack than it is to add a cat if you have one already.

This is not unreasonable when you think about it: Cats are both highly territorial and have a completely different system of greeting and becoming "acquainted" than dogs (and people for that matter). The closest living relative of house cats, the African Wild Cat.

Females each have their own core area, but their territories overlap to some extent. However, unless food is especially abundant, the females use a shared area only one at a time. Thus, a female will sit and look, smell and listen for signs of another cat. If the land is "open," she'll move into it. If it is occupied at the time being, she'll wait, sort of like we'd use a rest room. The males have exclusive use of their territory, which usually includes that of two or three females.



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Now you know why your indoor/outdoor cat goes to the door, yowls to go out and then sits in the doorway until you lose patience and insist it make up its mind. But it's just being a cat: waiting to learn what it needs to know about the environment before venturing out. Cats also greet unfamiliar conspecifics completely differently than dogs and people. Some cats don't read the books, of course, but if left to their own devices, most cats greet other cats by avoiding any kind of close contact, including eye contact even if a good distance apart.

As a matter of fact, their behavior looks like they are doing everything BUT greeting: they sit far away from each other, avoid eye contact at all costs, and basically pretend there is no other cat in view. It's hard to label that greeting behavior, but that is how cats get things started. Cats will sometimes spend days or weeks, and sometimes months, just hanging out on the edge of another's territory, until the sight and scent of them has become familiar.

Understanding the ethology of cat behavior is thus the key to knowing how to best introduce cats, by accepting that cats do best if they can avoid being close together and in visual contact when they first meet. Based on that, here is the best way, in my experience, to introduce unfamiliar cats:

1. **NEVER force an introduction.** Holding one cat up to another is a recipe for disaster, and can destroy any chance of the cats ever getting along. First impressions are hugely important to cats, and in my experience, cats have memories like elephants, and tend to never forget aversive experiences or what they consider to be offensive behavior.

2. **House the new cat in its own room, with comfortable spaces in which the cat can feel safe, with food and water on one side and a large litter box on another.** Remember that cats want to be up high and/or in areas in which they can't be attacked from behind. Under the bed may be the place a lot of new cats go for safety, but it is never a place that a cat will feel safe and relaxed. If a cat is hiding under the bed, it's scared, pure and simple, and not relaxed. Provide as many safe areas as you can create to give the cat the best chance of feeling comfortable in a new environment, remembering that cats want to be UP in space, not down. Make the new room as relaxing as possible.

3. After a few days, as my cats can sleep inside or outside and free range, the new cat or kitten's room I will leave the door slightly open at night time. Cats will tend to adventure out at night being nocturnal animals. Once they have a quick look around, you find each time they will go into other rooms for a quick look getting familiar with smells and sights. But shut the door during the day so they can relax and feel safe and sleep. After a week (or less or more days), you will find if you leave the door open slightly during the day, they will feel confident to come out. But always have this room available to them to hide in when needing to. All cats take different amount of time to get confident, so continue feeding your new friend in their special little room. Until one day you will see they appear in the room everyone else is being feed – kitchen etc. This is exactly like the shared "home ranges" seen in wild cats, in which each cat gets to use common territory, but only one at a time. Give the new cats lots of treats in the new environment; partly as a way of classically conditioning it, partly as a way of evaluating its stress level.



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If the cat won't eat chicken or some other wonderful food, then you know it is still relatively stressed and you need to proceed slowly. After the cat has done some exploring, take it back to its own "core territory."

6. I hear that some people put up temp screens across doorways, so that each cat was in a room separated by screens and another room. At the least have a glass door or window between the cats, and give each cat the chance to move away from the door if they want to.

7. If things don't go well and one cat looks alarmed or aggressive, go back and few steps and take a deep breath. Introducing cats can try anyone's patience, but patience is the key here. It can take cats up to 6 months to settle in with one another, that is not an uncommon period of time for unfamiliar cats to relax in each other's presence. (Note: If they haven't at least learned to tolerate each other after 12 months there is little chance that they ever will. Some cats learn to divide the house up into territories, upstairs one cat, downstairs the other. If that works for them, that might be just good enough.)

Of course, cats are famous for not reading the books, so you may well have had two cats who got along beautifully from the word go. That does happen, quite often considering their natural history, but I can cite you hundreds of cases in which two cats were forced onto each other and despised each other ever after. Thus, you are wise to go slow and be conservative. "Better safe than sorry" is not just a trite saying here, it should be your mantra.

### **Cats and Dogs living to together?**

Dogs and a cats can bond much better than two felines, when introduced as adults or infants.

If bringing a cat into a household with a dog, follow the same procedure, but be sure that the dog is on leash when they first interact. If you are bringing a dog in, keep the dog on leash until you are positive it won't chase the cat or frighten it in any way.

Teach the dog to respect the cat, if the dog has never lived with a cat before. So let them know its not on for him to bark or chase the cat.

Give the cat its own room where the dog can't ever bother it, and teach the dog to look at you every time he sees the cat to prevent chasing. Granted, some dogs and cats play chase as a game, but it's not a game to a cat until the friendship is well established, it's just predator with themselves as the prey.



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Through 23 years of experience here is our recommendations - nutritional natural relaxants repairing, healing behavior, for all species.

### **1. Magnesium (mineral) and suggested "Homeopathic Remedies"**

We highly suggest Magnesium Glycinate powder or Magnesium liquid (ReMag Magnesium solution). Add a pinch or several drops bowl of goats milk etc - daily. Double the amount of larger pets.

### **2. B Complex (stress)**

Add natural B complex (for reducing stress). Add "Bee Pollen granules" in meals, which is a natural form of B complex. Adding a pinch (several grains) for toy dog, cat or small pet similar size. Or for small to med pets, 1 teaspoon, or larger pets add 1 tablespoon in daily meals - daily.

### **3. Ttouch therapy**

It is easy to do and pet owner to do this for their pets or farm animal at home or property. Use for all species.

Linda Tellington-Jones developed a technique that works wonderfully for modifying negative behaviors, taming wild or unsocialized animals gently, increasing trust and reducing aggressiveness, and for accelerated healing. The technique is named after its inventor the Tellington TTouch. It is derived from the human technique of Feldenkrais. This is a method that opens new neurological pathways to the brain by use of no habitual movements. The concept is based on the life-force intelligence of each cell of the body, each cell's connection with whole organism animal or human, and between. "At a cellular level", says Linda Tellington-Jones, "we're all the same". The TTouch stimulates cell intelligence, and "so turns on the corresponding brain cells like so many light bulbs."

Use of the Ttouch to stimulate the body cells and corresponding brain cells activates the brain and changes old habits and patterns. By asking and allowing the animal to think, and by an attitude of conscious respect and cooperation with her, the cellular intelligence becomes two-way communication.

The result is behavior and personality changes permanently, along with the increased speed of healing for wounds, injuries or stiffness.

## **HOW?**

"Ttouches" are single clockwise circles with the thumb anchored and the fingers resting on the animal start at 6 o'clock ( the bottom of the circle ) and push the skin around in a circle and a quarter then pauses and release.

When the touch is done properly (circles closed) it generates all four brainwave patterns in the animals receiving it, alpha, beta, theta, and delta.



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e.g. Normal daily activity uses the beta pattern, alpha is equivalent to human concentration or meditation, theta is a deep trance, and delta is the Level below consciousness usually associated with sleep.

Using the touch to stimulate the body cells and corresponding brain cells activates the brain and change old habits and patterns. e.g It enables the animal to think through rather than automatically reacting by instinct.

Instead of the habitual fight or freeze, fooling around or flight response, the animal evaluates the situation - and calms down. The faster-beginning circles awaken the dog's or cat's body, and the slower, on that follow allow deep relaxation, release muscle tension, deepen and enhance respiration, aid physical and emotional healing.

Ttouch techniques that work on the cellular memory of the animal.

Only need 5 minutes a day.

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**Email: [soulrhythms@msn.com](mailto:soulrhythms@msn.com)**

#### **Danielle Kuter**

Animal Advice Behaviour and resolving & clearing any type of disharmony - stressors

**Email: [dkuter@hotmail.com](mailto:dkuter@hotmail.com)**