





## LORACALMERS

#### A range of **calming herbals** for your pup\* (or you\*!) for **anxiety, reactivity, destructive behaviour** and **travelling**.

Add straight from the bag on wet or raw food, make a tea, or add a tasty and healthy seasoning to cooked meat, rice, pasta, noodle, fruit and veggie dishes for your dog!

#### Easy to store, prepare and use.

You have chosen LORA'S LULLS









Valerian

Vervain

Mistletoe Raspberry leaf







to help with anxiety, tummy issues and nausea while in the car or on public transport.

## On LORAPAX?

to reduce anxiety based behaviours like chewing, indoor toileting, reactivity, separation issues and encourage full restful sleep.





\*always check with your vet or GP if on any medication, or conditions that require to be careful of the heart, liver, kidneys, skin, blood, respiratory or digestive functions.

We offer FREE consultations to advise as well but only your GP or vet has access to your or your dog's medical records.

Available in sizes from 50ml to 2 litres!

AKASHIC For Lora's Luck

LORA'S LULLS

to help newly arrived dogs decompress and have proper sleep to process.

#### LARGER PRINT

A simple but effective herbal food supplement body boost, sleep and anxiety aid and relaxant available in pre mixed powder in a variety of sizes from 50ml trial size in jars or eco bags all the way up to 2 litre jars!

(All sizes can be ordered, please expect a minimum 5 working day turnaround on repeat orders so put your requests in in good time! Like many businesses, we are experiencing post Brexit supply issues but are constantly on the look out for the best value and quality products for our customers.)

*LORA'S LULLS* works on **decompressing** dogs; (when they first arrive in your home) dogs who are prone to **seizures** or general **anxiety**, and in times of **extra noise** like firework season. *LORA'S LULLS* can help with the **immune system** and **stomach** and reproductive issues too. But above all *LORA'S LULLS* is a **relaxant**, a gentle and safe way to help your dog (or you!) relax, get some **proper sleep**,

and process the events of the day for good psychological health.

You can either make *LORA'S LULLS* yourself with the herb mix and easy guide like a **pot of tea** with leaves, or add like seasoning to cooked food for your dog. The easiest way is to just spoon it on their (raw/wet food) dinner and stir of course!

The *LORA'S LULLS* mix has been tried and tested on humans and dogs for a decade with very positive results.

# Ingredients (all organic and local small businesses wherever possible.)

valerian root- helps with sleep disorders, especially the inability to sleep (insomnia). Valerian is also used orally for anxiety and psychological stress, so is perfect for decompressing dogs and their humans. Also known to help with travel sickness and/or car anxiety.

**vervain**- enhances mental/cognitive processing; anti-tumour effects; nerve cell protection; anxiety; convulsion reducing properties, antimicrobial.

edible mistletoe- improving cardiovascular health; relieves stress and anxiety; and boosts the immune system.

#### bora's buck btd

**raspberry leaf-** the most beneficial part of the plant is the leaves. They are high in iron, zinc, potassium, magnesium, and a number of vitamins including A, B, and C; and have been used for centuries to help with diarrhoea, infertility, backache, poor eyesight, and frequent urination. It also adds add tasty sweetish fruity tang to the mix that is 100% dog safe!

*LORA'S LULLS* are suitable for dogs over 12 weeks old. Not recommended for humans under 12 years old.

#### <u>Dosages</u>

# <u>HUMANS</u> (general, please consult with us for FREE\* for weight age and conditions related advice)

Powder: = \*(adults) from 2 flat teaspoons to 3 heaped teaspoons (adjust for need/ taste) per teapot or cafetiere of 1000 ml/ one litre, infuse with boiling water for at least 30 minutes- 1 hour drink as a hot herbal tea, effect should be felt after 100 ml. Add sugar, agave syrup or honey to taste. Powder: (children over 12) halve the amounts above with the same amount of water.

<u>DOGS</u> (general, please consult with us for FREE\* for weight age and conditions related advice)

Powder: (dogs) make as per children under 12 add 10ml to 20ml per 10kg of dog to meals once or twice a day maximum. 1 teaspoon (tsp)- 1 tablespoon (tbsp) of herbs per 10kg of dog/severity of the anxiety. MAXIMUM GENERAL dose (up to 5kg 1 tsp , up to 10kg 1 tbsp, up to 20kg 2 tsp, 20-30kg 1 tbsp, 30kg and over 2-3 tbsp.)

*LORA'S LULLS* do not need to be a daily supplement once the decompression period is over, agreed by most behaviourists and rescues to be an average of three months. Some dogs can be slowly weaned off it after first stage decompression ends (usually an average of 3 days) but we recommend at least three weeks on average and assess from there for ALL new adopters. Handy decompression guide for your (new) dog! Zoom in on the PDF for the fine print.

How the stages of decompression can overlap*					
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Stage 1 and	stage2 Stage2stage Stage3stage3	2stage2stage2 Stage3stage3st	2 stage2stage2 tage3stage3st	stage2stage2st age3stage3 <u>stag</u> e3	age2stage2stage2 ge3stage3stage3s
DAY 1-7	WEEK 1-2	WEEK 3 ase toys, luxurie	MONTH 1 es, engagemen	MONTH 2 nt and training >	MONTH 3 plus
*Different roles, job	s and skills <b>decompress</b>		house <b>confident</b> de or example.	og cannot be assume	d to be automatically walk
They may also en	Recall or to y not understand indoor li gage with toys differently le of fetch. Some walk bett	in and out of the hor	s, toys and other tra ne. Some dogs nee	aining till second or thi d no <b>walk toy</b> : others	won't get full stimulation
	the default of the <b>dog's ch</b> their <b>default behaviour a</b>				
	AY LOOK LIKE THEY'RE <b>F</b> A <b>DOGS</b> SEEM TO TAKE				
LAV					

For more on 'kettle' and 'lava' dogs <u>click here</u> or copy and paste this link into your browser <u>https://lorasluck.org/blogs/f/what-do-you-do-when-you-do-when-you-dog-walks-in-and-put-the-kettle-on</u> for our blog!

#### Warning:

**Humans-** do not drink this earlier than 2 hours before your desired bed time. Do not drive or operate machinery after drinking this tea.

**Dogs-** decompressing dogs are likely to need the higher or highest recommended dose twice a day at first. Every few days try one meal (they should be on 2-3 meals a day, reducing to two as the three month average decompression period ends) with none in to see how much more relaxed they are now compared to when they arrived. Reduce or increase dosages accordingly.

**Sweetening the tea-** some humans do find the taste of *LORA'S LULLS* bitter. Humans are safe to add sugar, agave syrup, stevia or honey to sweeten depending on any health issues they may have or doctor's dietary orders. **Use high sugar fruits (strawberries, cranberries, raspberries, apples, bananas); honey, molasses or dark brown sugar only for a sweeter flavoured supplement, never refined (white) sugar or agave syrup when giving it to a dog.** Too much **stevia** given to a dog can cause diarrhoea.

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