



For Lora's Luck Black Animal Rescue Ltd



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 TRAVELS 2

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



Valerian

Ginger

Slippery elm bark

Rhubarb

Peppermint

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Why not try LORA'S TRAVELS 1

Another way to help with anxiety and gassy tummies in vehicles, can also help dogs who have seizures to travel safely

LORA'S LULLS

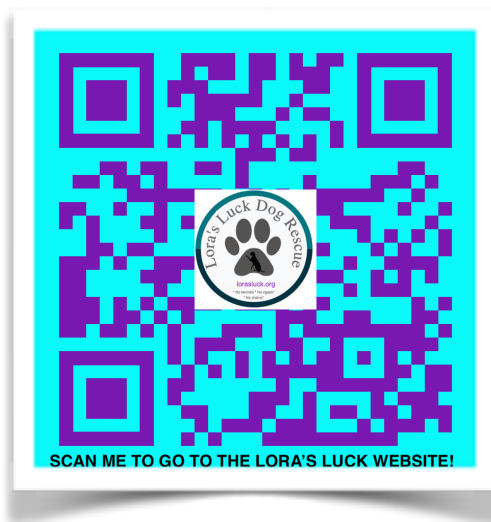
to help newly arrived dogs decompress and have proper sleep to process.

Or LORAPAX? (Valerian and non Valerian mixes)

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

We also have a new calmers range starting in 2024- *Lorasnooze*, *Loranox*, *Lora's Worries* and *Lorametus*- check our listings and PDFs for updates!

Ask for a free sample!



***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!



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AKASHIC For Lora's Luck

LORA'S TRAVELS 2

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

LARGER PRINT

A simple but effective herbal food supplement
body and mind boost, sleep aid and relaxant
available in a 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 business, we are experiencing post Brexit supply issues
but are constantly on the look out for the best value and quality
products for our customers.)

**All products are from small local businesses and organic
depending on sourcing/ availability, eco packaging for all
suitable containers on offer!**

LORA'S TRAVELS works on **travel sickness** in
dogs; dogs who are prone to **vomiting or gas in
the car/in general** or general **travel anxiety**, and
in times of **extra noise** like firework season while
you are out and about. It can even help with non

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idiopathic seizures (fits) where the blood tests for full epilepsy are negative or inconclusive. Some have reported it can help **as a supplement to their vet prescription/ advice** for full epilepsy to reduce the medications, which is good as long term seizure meds shorten a dog's life and cause organ failure.

LORA'S TRAVELS 2 can lower the **blood pressure** and reduce an irritated **stomach lining** too. But above all *LORA'S TRAVELS 2* is a **relaxant**, a gentle and safe way to help your dog (or you!) relax, enjoy the **journey**, and process the events of the day without a sore or grumbling tummy, for good psychological health.

You can just add the *LORA'S TRAVELS 2* herb mix yourself as directed by your Lora's Luck support team, or as below to your dog's food (raw/wet food ONLY), add to cooking veggies for a meal topper or use the easy guide below to make **tea** with the 'leaves'. However, if buying for humans we recommend the powder option and to just add hot water! If using without our FREE* consultation always start on a minimum amount and work up till you find the best balance for you or your dog.

The *LORA'S TRAVELS 2* mix has been tried and tested on humans and dogs for a decade with very positive results.

Ingredients

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.

ginger- Ginger roots contain a bioactive compound called gingerol, which has anti-inflammatory and antioxidant properties. These are used as a natural method of relieving common conditions like upset stomach or joint pain.

If your dog is experiencing digestive issues or is prone to motion sickness, a small amount of ginger may help ease their nausea.

slippery elm bark- used as a digestive tonic in this mix. Slippery elm is high in fibre, so it can help relieve both constipation and diarrhoea in dogs. It also alleviates vomiting and nausea in dogs who may be suffering from non-gastrointestinal diseases and ailments, so can be really effective for dogs who get travel sickness.

rhubarb- ground rhubarb stems (not the leaves as they are toxic to dogs) used as a reliever of high blood pressure/elevated heart rate, and blood glucose. Under stress, your dog's heart rate and blood sugars will rise. So rhubarb does a great job to level those out. It also lessens proteinuria (excessive amounts of protein in the urine) symptoms which can also be raising blood pressure under stress. **PLEASE NOTE** your dog may have diabetes or kidney issues if these symptoms stay elevated so always get a vet health check if your dog showing these health issues when not in the car.

peppermint- peppermint has been used for centuries and has been shown to help soothe digestive upsets, reduce inflammation, and even calm stress and anxiety. So it's a perfect ingredient to use to calm a dog while they are travelling in a vehicle.

Possible Contraindications, Side Effects, and Signs of Overdosage

Herbals should not be used by pregnant females, individuals with gastric acid secretions, or those suffering from heartburn, ulcers or very low blood pressure. Symptoms of overdose include gastric irritation, nausea, and vomiting, although side effects are rare.

LORA'S TRAVELS 2 are suitable for dogs over 12 weeks old. Not recommended for humans under 12 years old.

Dosages

HUMANS (general, please consult with us for **FREE*** for weight age and conditions related advice)

Powder: = *(adults) from 1 flat teaspoon to 2 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.

DOGS (general, please consult with us for **FREE*** for weight age and conditions related advice)

Powder: (dogs) make as per children under 12 add 1/2 teaspoon per 10kg of dog to meals once or twice a day maximum. 1 teaspoon (tsp) of herbs per 10kg of dog/severity of the anxiety. MAXIMUM GENERAL dose (up to 5kg 1/4 tsp , up to 10kg 1/2 tbsps, up to 20kg 1 tsp, 20-30kg 2 tsp, 30kg and over 3 tsp.)

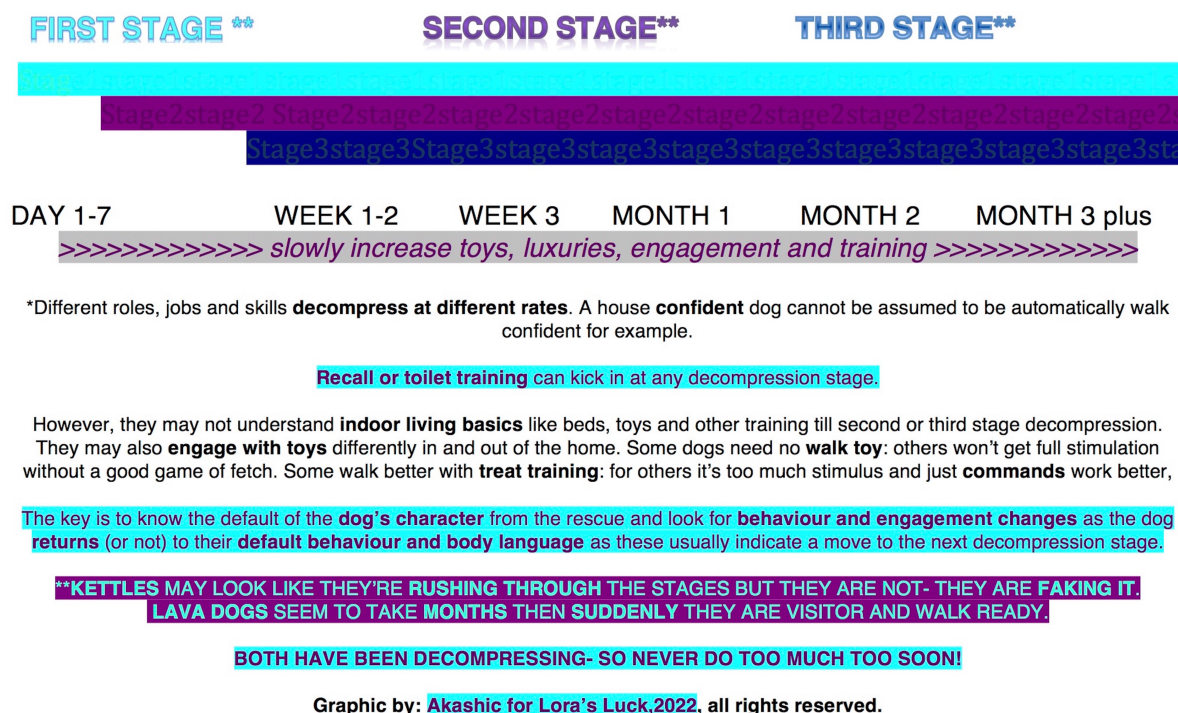
LORA'S TRAVELS 2 do not need to be a daily supplement- it's best used not less than two hours before travelling, and can be further decreased

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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 they get used to travelling (usually an average of 3 times) but we recommend at least three days on average either side of travelling every time for the first three weeks and assess from there for ALL new adopters.

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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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For more on 'kettle' and 'lava' dogs [click here](https://lorasluck.org/blogs/f/what-do-you-do-when-your-dog-walks-in-and-put-the-kettle-on) or
copy and paste this link into your browser
[https://lorasluck.org/blogs/f/what-do-you-do-when-
your-dog-walks-in-and-put-the-kettle-on](https://lorasluck.org/blogs/f/what-do-you-do-when-your-dog-walks-in-and-put-the-kettle-on)
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 or dogs that have been at high stress levels for some time are likely to need the higher or highest recommended dose twice a day at first before travelling. Every few times 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 in the car or on public transport 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 TRAVELS 2* 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. And **agave** is toxic to dogs.

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