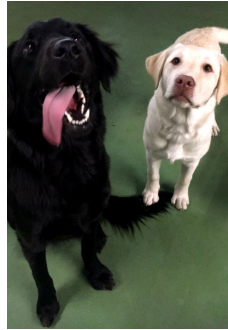


## Hypnosis Works!



Those of us who own pets know they make us happy. But a growing body of scientific research is showing that our pets can also make us healthy, or healthier.

That helps explain the increasing use of animals - dogs and cats mostly, but also birds, fish and even horses - in settings ranging from hospitals and nursing homes to schools, jails and mental institutions.



### The Healing Power of Pets

**Lower blood pressure, less risk of heart disease, reduced anxiety:** The number of scientifically proven health benefits of pet ownership is rising faster than the number of chew toys strewn around your house. These health pluses aren't just the result of the extra exercise you get walking your dog or playing hide-and-seek with your cat. The bond that you and your pet develop is also part of the equation. "Owning a pet gives you a sense of purpose and belonging that can increase feelings of positivity and lower stress levels, all of which translates to health benefits," says Allen McConnell, PhD, a psychology professor at Miami University who studies human-pet interaction.

The research proves it. In a study at the State University of New York at Buffalo, women asked to solve a math equation with their dogs nearby experienced less stress than women who worked near a

human pal. "When you interact with a friendly animal, your blood pressure lowers and your muscles relax," explains Stanley Coren, PhD, a psychology professor and neuropsychological researcher at the University of British Columbia who has published nine books on the connection between people and animals.



On a chemical level, owning a pet may also decrease levels of cortisol (a stress hormone that can damage your body) in your blood and raise levels of the feel-good brain chemical dopamine, meaning you'll feel better emotionally-you'll be happier and more positive. To maximize your pet's health-boosting powers, don't just vent your troubles aloud to your animal-reach out and pet him. People who pet dogs experience an uptick in immunoglobulin A, an antibody that bolsters the immune system.

It's not just the feel of soft fur that calms us: Stroking a pet snake can bring down its owner's blood pressure and heart rate, according to a study in the *Journal of Nervous and Mental Disease*. "People forget how important touch is-it can establish love and comfort," says Dr. Coren. Research shows that people who interact with animals experience a boost in levels of oxytocin, the hormone that promotes love and trust and

is linked to reduced blood pressure and heart rate. Regularly playing with your pet helps too. "Play, such as challenging your pet to find a hidden toy, helps build the bond between owner and pet and brings you closer," says Kate Perry, a certified dog trainer and the author of *Training for Both Ends of the Leash*. Plus, playing is great exercise!

Establishing an emotional bond with your pet, as you would with a family member or friend, also pays a health bonus. It's actually better for you to think of your animal as a furry person. "People get more physical and psychological benefits the more they anthropomorphize their pets," Dr. McConnell says. So if you've always wanted to throw your cat a birthday party, here's license to start planning your celebration! And invite some of your human friends: Studies also show that people with social support from pets or humans are more likely to survive heart disease.

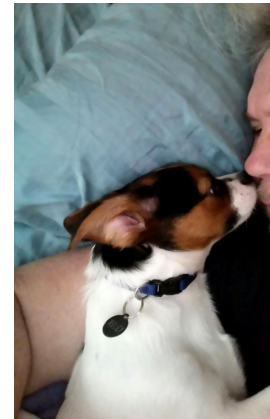
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## My New Buddy - Riley

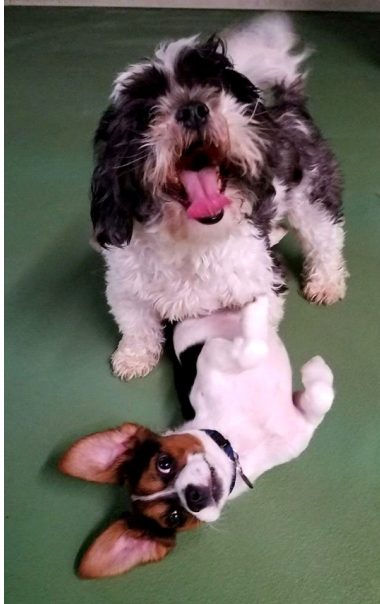
I adopted Riley back in October of 2016 through [Animal Resue R Us](#). These pictures are from his very first week with me. He is an absolute stress reducer and mood elevator.

Riley is now about one year old. He is a beagle mix and packed with personality, energy and lots of love!

One of his favorite places to hang out and play with his new friends is [Club Barks](#). Club Barks is a great daycare service that also offers boarding, grooming and training.



Below, Riley on his first day at Club Barks playing with Peyton.



Jersey City - Woodland Park  
Daycare  
Grooming  
ClubBarks.Com  
**1 WEEK FREE**



[Visit Club Barks](#)

## 32 Unbelievable Uses for Witch Hazel: Beauty, Health, Pet Care and Home

I have used witch hazel for years as an aftershave to close up the pores and clean any remaining residue. There are so many amazing uses for this natural substance so I wanted to share this with you.

It costs only a few dollars to buy a bottle of witch hazel. This astringent substance is actually an extract derived from the bark and leaves of a flowering plant called Hamamelis virginiana. Most people buy witch hazel to use on their skin. The astringent quality helps to cleanse my skin and get rid of excess oils, but it's really gentle and it doesn't dry it out either. As it turns out, witch hazel has a whole ton of handy uses! [Check it out here!](#)

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