

## LAKWOOD ANIMAL HOSPITAL

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### **Tromos (Rescue Remedy)**

Put 8 to 10 drops into 1/4 cup of bottled water. Instill a few drops of this solution into your pet's mouth. Do this as frequently as needed until your pet is calm and relaxed.

If it is difficult to dose your pet in the mouth, consider this alternative: Make up the diluted solution in a spritzer water bottle. Gently mist over your pet's head frequently to dose. The mist will settle over your pet's face and absorb into the mucous membranes of the eyes, nose and mouth. Be sure not to startle or frighten your pet – you don't need to spray it directly into the face – point the nozzle upward over their head instead.

Thunderstorms – Put 8 to 10 drops into your pet's water dish so that each time he/she drinks, your pet will get a small dose. Also, make up the diluted solution as described above and give several doses per day over the entire thunderstorm season. In anticipation of a thunderstorm – give a dose of the diluted solution (or directly from the stock bottle) as many times as are needed over the minutes and hours the storm lasts, until your pet calms down.

Remember – there is never a danger of overdosing with this product. It is very safe. Your pet or your child could drink the whole bottle at once, and there would be no toxicity. But to be effective, multiple small doses are more helpful than one or two larger doses.

When given enough doses – to effect – i.e. until you see a response, most pets should respond to Tromos. Failure to respond usually occurs when not enough doses are given. If after giving as instructed, there is still no response, let us know. There are other Bach flower remedies that can be tried, or if the anxiety is severe, more potent homeopathic treatment can be prescribed by Dr. Sthamann.

Recently, one of her families tried applying peppermint oil to the pads of the feet to alleviate anxiety during storms. This is safe to try. Let Dr.Sthamann know if you find success.



