



### **Sasha – separation anxiety**

I am owned by a very sweet little Miniature Smooth Dachshund named Sasha. I have trained Dachshunds for almost seven years and she is the fourth Dachshund I have had. She is a rescue dog and I have had her for just over 2 yrs. Sasha has a nervous disposition I think partly from being a rescue dog and partly from her heritage. One of my other dogs was a fear biter all his life so I know that anxiety issues in dogs are not easy to correct. She had 2 main issues one is riding in the car, she constantly, (as in from the moment I start the car until we get out of it), wines and yawns quite loudly trying to calm herself down. Very distracting. The other is separation anxiety. I took her to see Helen for an evaluation of the car issue. Helen did her thing and gave me two bottles of remedies one was drops the other oils. I didn't think it would work immediately if at all. But much to my surprise and delight the first time I tried it we went to get my groceries. She happily munched on a pigs ear all the way there. Normally if I gave her a pigs ear she would completely ignore it until we arrived home then she would eat it. On the way home I didn't have another ear but to my amazement she was calm and quiet all the way home. This was fantastic as it gave me something for the first time ever to positively reinforce. I gave her the remedy four or five times then one day I didn't have time. I expected her to wine a bit but no she was quiet. I was delighted. I still get the odd whimper out of her but she is so much better. I am still using the remedy most of the time and praising any quiet behavior and hope that eventually it will all go away. I am greatly indebted to you Helen Thanks very much

Bruce Murray - Mt Druitt, NSW