

# *Pet* POWER

*Our best friends are just the tonic*

**T**he love of a pet can provide so much more than companionship, it has the potential to literally heal your life.

Studies have shown that the love a human feels towards a beloved pet – and what they give their owner back – releases feel-good biochemicals like dopamine, beta-endorphin, prolactin and oxytocin, which create a sense of wellbeing and stimulate feelings of happiness, self-confidence, safety and tranquillity.

These positive feelings can improve our state of health because they reduce the level of stress-related chemicals.

From a spiritual perspective, our thoughts and feelings contribute towards our circumstances and love has the greatest potential to heal our body and life.

Studies have shown that pet-loving adults and children experiencing illness or grief have a quicker recovery than those without pets. This is the basis behind pet therapy where trained pets are taken into rest homes, hospitals and hospices on a regular basis to bond with patients. Visit [www.caninefriends.org.nz](http://www.caninefriends.org.nz) for further information.

If you or someone you know is suffering from illness, grief, trauma or depression, a beloved furry friend might be just what the doctor ordered. Despite having to feed and clean up after them, a non-judgmental and unconditionally loving friend may be the key to emotional and physical health.

**For more information, check out [www.michellebuchanan.co.nz](http://www.michellebuchanan.co.nz)**



Holistic Health  
**Michelle Buchanan**

