

# December

## “Nutrition Tip of the Month”

**The holidays are as stressful for your pets as they are for you. Be sure not to alter their diet during the holiday hustle and bustle. A diet change combined with stress is sure to lead to a trip to the ER!**

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Supplements that can minimize stress for your pet (and you!) during the holidays:

- Essential Oils: Peace and Calming or Lavendar
- Green Hope Flower Essences
- Naturvet Stress Away tablets
- Animal Apawthecary Tranquility Blend

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For more information on this, please ask. We are happy to help answer any questions you may have.