



Ayurvedic Health Center and Wellness Shop
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BELLINGHAM SHOP OFFERS AYURVEDIC PET HEALTH PRODUCTS

BELLINGHAM -- With interest in yoga and alternative health flourishing, it's no surprise that downward-dog devotees are also interested in wellness for their pets. That's why the Ayurvedic Wellness Shop in Bellingham recently began carrying ayurvedic pet products, say co-owners Juliet Jivanti and Ashlie LaLonde.

Based on ayurveda, an increasingly popular 5,000-year-old Indian healing science that has attracted enthusiasts such as Dr. Oz and Ellen DeGeneres, the herbal supplements can assist with issues such as improving immunity, relieving aging dogs' sore hips and treating stress and anxiety in pets.

"Veterinary medicine was covered in ayurvedic medical texts thousands of years ago," says Jivanti, a certified ayurvedic consultant who studied with the internationally known Dr. Vasant Lad of the Ayurvedic Institute in Albuquerque, N.M. She works with "human" clients at her Ayurvedic Health Center in Bellingham, founded in 2006.

She notes the ayurvedic practices are inexpensive yet effective, based primarily on herbs and easily implemented for travel or seasonal variations. For example:

- A few drops of sesame oil in each ear will help calm your pet's pre-journey jitters.
- Feeding your pet a recommended amount of tagar, an herbal powder, for several days before a trip can help settle anxiety.
- According to ayurveda, travel disrupts vata energy, one of three body types it identifies. To keep vata calm, try to stick to your routine and feed your pet at the same time, even on vacation.

Jivanti notes pet owners should always check with their vet for any contraindications.

For more information, visit the Ayurvedic Health Center and Wellness Shop, 203 W. Holly St., Suite 204, order at www.ayurvedichealthcenter.com or call (360) 734-2396. The shop's hours are 11 a.m. – 6 p.m., Tuesdays and 11 a.m. – 3 p.m., Wednesday – Friday.