



Breakthrough

Breakthrough Case Study: high anxiety

Ben is a 15-month-old Belgian Schipperke. Ben was raised in a kennel environment. He had very few social skills was anxious around people and other dogs.

Ben could not relax. He was constantly in a state of high anxiety, so, Hilary, Ben's new owner, sought advice from her vet. Hilary began feeding Breakthrough Dog Food. Breakthrough is the complete, dry, dog food version of the well-known serotonin enhancing diet devised by Val Strong.

As the effects of Breakthrough gradually reduced Ben's arousal levels, Hilary was able to begin a series of exercises to help Ben become less anxious.



Without the use of Breakthrough, Ben would not have been able to learn new behaviours, as his anxiety levels were too high. Ben continues to eat Breakthrough and Hilary is now a happy owner.

To read the full case history, showing the behavioural methods used, and to find out more about how Breakthrough dog food can play a major role in managing anxiety and stress in dogs, please go to:

breakthroughdog.co.uk/breakthrough-veterinary-resources/