



Health Benefits of Having Pets



Pets are not just entertaining companions.



They can also contribute to better health.



Owning one involves a number of activities and natural processes that affect the physical, mental and social health in their human owners. Here are just a few of the known health benefits:



1 - Lowers Blood Pressure



Multiple studies indicate that petting an animal can lower blood pressure.



This reaction can have significant implications for people with high blood pressure.



Having a pet, along with appropriate medication, can provide sufficient blood pressure lowering effects to protect pet owners from heart disease and stroke.



2 - Pets Are Social Magnets



Pets are magnets for social interaction. They are natural conversation starters and can be a shared interest between animal lovers.



This easy ability to make new friends can help both your mental and physical health.



It can even improve your romantic life by helping you to meet people with similar interests.



3 - Keeps Older People
Moving and Engaged



Having an animal around can be particularly important for elderly people.



These darlings provide companionship and an exterior focal point for older people.



Caring for pets keep seniors physically active and socially engaged.



Elders who own one are generally happier and healthier than their non-pet-owning peers.



4 -Relieves Depression



Touching, talking to and playing with a pet releases dopamine and endorphins, brain chemicals that are known to improve ones mood.



People who have been diagnosed with depression benefit from these biochemical reactions that occur when they are in the house.



Domestic animals demand attention and distract people from negative thoughts. Caring for them create structure in the day, which keeps people moving and dispels bad moods.



All these factors make pet ownership a good idea for those struggling with depression.



5 - Helps Keep Your
Heart Healthy



Studies show that heart attack patients who have a pet enjoy a higher survival rate after their illness.



Pets help people to live longer, because of the calming chemicals that playing with domestic animals produces in the body.



Dogs, that have to be walked on a regular basis, induce more exercise in their owners and are especially good for heart health.



6 - Helps Children
Resist Allergies



Although many parents avoid having animals because their children are allergic, the opposite may be true.



Recent research suggests that children that are raised in homes with furry babies or on farms are less likely to have allergies than children born into non-pet environments.



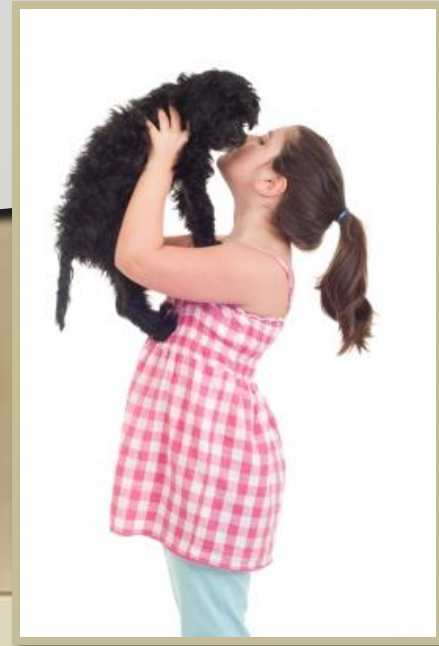
This resistance to allergies appears to develop simply from being in the same environment with animals, by building a stronger immune system.



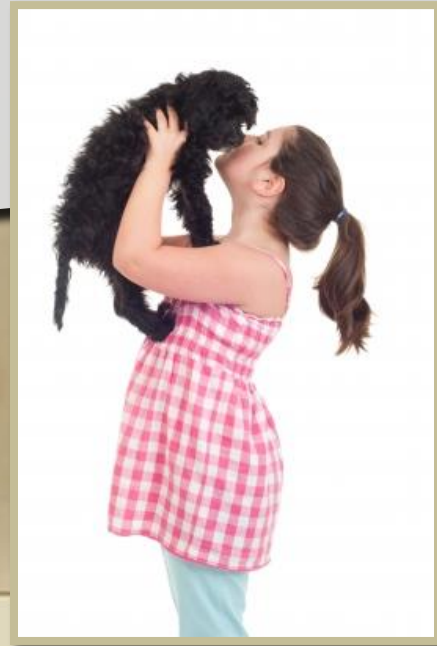
7 -Relieves Stress



Pets also give people unconditional love and acceptance of their unique quirks.



They are always willing to listen without judgment, which can help to reduce stress and anxiety.



Simply caring for an animal helps people to forget about their own problems and divert their attention.



This unique ability to calm people and relieve stress is one of the most important health benefits of owning a pet.



Are you thinking about getting a beautiful
portrait of your pet?



An artist by profession, Miri's paintings make a lasting keepsake of your furry or feathered friend.



THANK YOU!!!

