My name is Tesla, the mascot for Westside Wellness … ----------ON COVER PAGE

I am fluffy, friendly, independent, fun to be around and my parents love me! In addition, there is scientific proof that having me around is really good for your overall health. Whether I am cuddling on my Mom's lap or just attacking her because I can, I provide amazing health benefits for my owners. Here are just a few of the health benefits I offer:  
  
**I HELP LOWER YOUR RISK OF HEART DISEASE**

[Studies have found that I can lower your stress levels](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3317329/), which in turn will have a knock-on effect on your risk of cardiovascular disease. Having me around, can actually lower ones risk of various heart diseases, including stroke, by around 30 percent.

**MY PURRING HELPS TO HEAL BONES, TENDONS AND MUSCLES**

My purring is one of the most comforting sounds in the world and while it certainly means I am happy and comfortable, the sound has also been long associated with a [therapeutic healing ability on human bones and muscle.](http://www.dailyinfographic.com/the-healing-power-of-cat-purrs-infographic)My purr creates vibrations at a frequency of 20-140 HZ, and studies have shown that [frequencies in the 18-35 HZ range have a positive effect](http://www.ncbi.nlm.nih.gov/pubmed/9303905) on joint mobility after injury, scientists have begun talking about how the cat noise could help humans.

**I HELP YOU SLEEP BETTER**

Several [studies](https://books.google.de/books?id=TsQSJVXt5VEC&pg=PT11&lpg=PT11&dq=half+of+people+sleep+better+with+cat+than+partner&source=bl&ots=OsJWREsocm&sig=nXwp9UyLHqshHoIWSPNiEMad4W0&hl=en&sa=X&redir_esc=y#v=onepage&q=half%20of%20people%20sleep%20better%20with%20cat%20than%20partner&f=false) in the UK have found that people (especially women) prefer to sleep with cats and they even report sleeping better with a cat than with a human bed companion. A recent [study](http://www.today.com/health/should-your-pets-sleep-bed-you-new-studys-surprising-answers-t61266) from the Mayo Clinic Center for Sleep Medicine was able to confirm those findings: 41 percent of the people in that study indicated that they slept better because of their pet, while only 20 percent said that it led to disturbances.

**I REDUCE STRESS AND ANXIETY**

Having a cat around you can actually trigger the release of calming chemicals in your body which lower your stress and anxiety levels. Cats are known for being super low-maintenance and a simple petting session is usually enough to make both you and your cat happy.

I CAN REDUCE **ALLERGIES FOR YOUR KIDS**

In 2002, the [National Institutes of Health](https://web.archive.org/web/20021004100013/http:/www.nih.gov/news/pr/aug2002/niaid-27.htm) released a study that found children under a year old who were exposed to a cat to be less likely to develop all kinds of allergies. According to Marshall Plaut, M.D., chief of the allergic mechanisms section at the National Institute of Allergy and Infectious Diseases, "high pet exposure early in life appears to protect against not only pet allergy but also other types of common allergies, such as allergy to dust mites, ragweed, and grass."

Overall, I am amazing and everyone should have a cat like me in their home not because I am so loveable, but because I help your health as well!