

Your Pet Can Improve Your Health

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World Animal Day is Saturday, October 4th. Delta Society, an international non-profit focused on improving people's health and well-being through positive relationships with animals, encourages you to raise a hand, paw, hoof or wing and celebrate this special day. Running like a cheetah, soaring like an eagle, hanging around like a baboon, sniffing like a bloodhound, living nine lives or cutting through whitecaps like a dolphin is certainly worth celebrating.

Anyone who has ever owned a pet knows the meaning of "emotional connection." We love it when our dogs take over the bed, our cat thinks he's a muffler or our parrot sings in the shower. They don't lie, they don't judge, they don't hate – they make us feel better and improve our health.

Did you know that research studies have shown...

- Loving a pet can lower your stress.
- By having a family pet in your house your chances of surviving the first year after a heart attack could be EIGHT TIMES GREATER. Eight times!
- Families who adopt a pet feel better and are happier within the first year.
- Doctors actually prescribe visits with animals for their coma patients and that these visits are recognized as a contributing factor in the patients coming out of their comas.
- Pet owners have fewer minor health issues; lowering their medical costs.
- When a pet visits shut-in seniors they can help the person overcome feelings of loneliness and isolation.

Delta Society encourages everyone to celebrate their incredible pets – for their own specialness and for the remarkable health benefit gifts they give you, your family and all those they meet. And, on this special day we urge non-pet owners to seriously consider adopting a pet you can kiss on the nose, scratch behind its ear, stroke its feathers, or thrill with a juicy new apple –a new friend in your house just may be what the doctor ordered!

About Delta Society

Founded in 1977, Delta Society is an international non-profit organization building awareness and empowering people to interact with companion, therapy and service animals as a way to improve their own health and well-being, as well as the health of others in their community. To learn more visit their website at <http://www.deltasociety.org>.

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