

Want to Feel Better? Go Stroke Your Cat!

by: Larry Chamberlain
Stroking your cat can be good for your health! It has long been known that pet ownership is good for you, we all need someone or something to love. It is also believed that stroking a pet, such as a cat, reduces stress levels and helps you to have a more positive perspective on life. Stroking a cat, and listening to the sound of its contented purring, reduces tension and lowers your blood pressure it is believed. A study was made of a group of people before and after they acquired a pet, the majority reported that their health had improved in as little as three to nine months. The people who owned dogs reported the greatest health benefits, because of the exercise involved in walking the dog, but cat owners too said that they felt a lot better even though they were not so active. Many senior citizens homes have "residential" cats, and staff report these pets as being of great benefit to the residents, helping them feel more comfortable and to remind them of normal home life. The physical contact with the pet can be therapeutic, and the activity needed to care for the cat gives the residences a sense of purpose. The need for medications falls quite substantially in nursing homes where there is a cat available for stroking, and the act of stroking can help recovery after an illness. Of course, it is not only seniors that benefit from the company of a cat. Whatever your age sharing your home with a cat means that you will need the services of your doctor less often and be less likely to feel isolated or lonely. Children also benefit from having pets in the home. Studies have shown that many children believe that their cat helps them with their relationships with other family members and friends. The American Journal of Cardiology published an article in 1995 attesting that those of us that own pets are more likely to make a recovery from a heart attack than non pet owners. One of the explanations for this was that stroking a pet releases endorphins into the brain calming the nervous system, and therefore lowering your heart rate. So, if you want to feel better, forget about your favorite tipple, forget about chocolate, simply go stroke your cat.

About the Author

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