The health benefits of owning a pet.

mental health

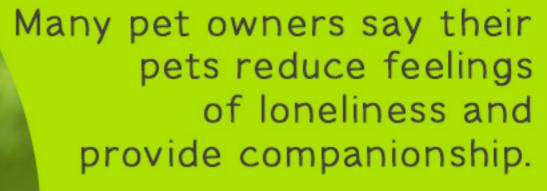As little as 15-30 minutes with your pet can reduce ANXIETY & STRESS.

animals increase SERATONIN and that makes you HAPPY!

Many pet owners say their pets reduce feelings of loneliness and provide companionship.

physical health

Interacting with your pet can release the hormone OXYTOCIN

Oxytocin is a hormone that REDUCES BLOOD PRESSURE INCREASES PAIN TOLERANCE AND REDUCES ANXIETY.

happy birthday PEOPLE WITH PETS LIVE AN AVERAGE OF 2 years longer THAN THOSE WITHOUT.

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4 the love of pets