

### *Comfort Zone DAP*® by Farnam

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I've been using Comfort Zone DAP since late December, 2002. I asked a select group of current and former clients to try it for me. I've recommended it to clients for SA, thunder phobia, and general spookiness/shyness. I've also been using with our Galgo who has some mild SA, mild to moderate Thunderphobia, and some general shyness/fearfulness.

Every one of the folks who've used it have reported positive, if sometimes subtle results. All were previously using other behavioral, nutritional, and/or pharmaceutical approaches to the problem behaviors with minimal or no results.

The addition of the Comfort Zone seemed to be the catalyst that moved the dog to the next level of improvement. The changes began to be subtly noticeable at about two-to-four weeks and reached a maximum improvement at about four months.

In some situations the results have been dramatic. One Greyhound spook, after more than two years of barely being able to handle approaching her owners and only as long as they were not looking at her is now fully interactive with them and is greeting visitors like any normal Greyhound. Prior to using the CZ, they used a combination of behavioral meds, meds to treat hypothyroidism, extensive behavioral therapy, and they added a second Greyhound. None of those things made more than a minimal difference.

Our own girl, a roughly ten-year-old Galgo, for the first time since we got her has made it through an average summer storm season (2002) without any serious stress responses. This was her third season with us. Typically she would begin to quake and pant at the first thunder clap. This year, combining CZ with daily melatonin during the season, her only response was to note the first thunder clap by raising her head then going back to whatever she was doing. I also noted some subtle changes in her general comfort level with the world around her and with being home alone. All of these improvements began after we began using the CZ.

I've discussed this with other behavior therapists at continuing education conferences. Their results have usually been more mixed. However, what seems to be emerging is that the longer a dog spent with its mother as a puppy, the more likely the CZ is to work. That would suggest that my results with Greyhounds have been better because these guys all spend so long with Mom, whereas most pups are weaned beginning at 3-4 weeks and separated from mom by about 6-8 weeks. In urban areas, it isn't unusual for pups to be on their own (abandoned or in homes) at four or five weeks of age so they are unlikely to benefit from CZ.

I have not tried to eliminate it to see if the behavioral changes hold. Some of the folks I've asked to try it have successfully weaned it out.

Since it is relatively inexpensive and absolutely harmless, I have added it to my treatment plan for any situation that involves fear or stress-based behaviors. The only problem I've encountered is one of compliance. Just as with the Feliway, folks want to be stingy. They really do have to commit to using it based on the area size (one per every 500 square feet) and they do have to keep it plugged in--not just move it from room to room or plug it in before a storm or before going out. And of course they need to check the fluid levels to be sure it hasn't run out.

The only negative I've gotten is from one client who is extremely sensitive to chemicals. She says that she can smell it and that it affects her adversely. I'm also quite allergic/sensitive, but I have not experienced this with the CZ (I have with the spray version of the Feliway, but that could be the propellant). No other clients have indicated any similar issues and none indicate that their dogs have been affected adversely.

The cheapest place to find Comfort Zone DAP and the refills is [Omahavaccine.com](http://Omahavaccine.com)

