

# YOU HAVE GOT THE POWER

## CONTACT

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## FOR IMMEDIATE RELEASE

## Science Proves Pet Owners Have Less Stress *Press release*

**Los Angeles, CA, October 16, 2016** — A newly released scientific research study of the human-animal bond proves pet owners have lower stress levels. For example, dogs have been bred over thousands of years to bond with humans and their companionship helps with turbulent life transitions, crisis, stress, and loss. During stressful times, their love, enthusiastic greeting, and nonjudgmental support lead some to prefer the company of their dog. Dogs can help lower blood pressure as a person holds or strokes a pet, or interacts with a pet through daily activities, such as walking.

### Introduction

A new research paper written by Dr. Elena Pezzini proves the human-animal bond has a positive impact on stress reduction. For example, dogs have been bred over thousands of years to bond with humans and their companionship helps with turbulent life transitions, crisis, stress, and loss. Some people are more emotionally close to their dog than to their closest family members!

### Details

During stressful times, their love, enthusiastic greeting, and nonjudgmental support lead some to prefer the company of their dog. Dogs can help lower blood pressure as a person holds or strokes a pet, or interacts with a pet through daily activities, such as walking.

Dog owners report fewer nights of bad sleep fewer doctor visits and fewer days off from work, than non-dog owners. Studies show that older dog owners are more physically active and less lonelier than non-dog owners .

Researchers have found that both people and dogs also release oxytocin in positive interactions between humans. The release of oxytocin may explain reductions in cortisol and the feeling of wellbeing, which relationships with animals may provide.

Researchers have even found reduced blood pressure and heart rate among people who view dog videos! Here's a fun video to check out - <https://www.youtube.com/watch?v=CqDZpPVctgA>

*Reference: <http://search.proquest.com/docview/1749010667>*

### About

Dr. Elena Pezzini is a psychologist and human behavior coach who specializes in human-animal bonds and their effect on mental health. Her PhD dissertation, An Evaluation of Pet Owners' Attachment Style

and the Human-Animal Bond, was completed in 2015. Dr. Pezzini received her PhD from Northcentral University in Phoenix, AZ.

Dr. Pezzini is also a co-author of the #1 Amazon Bestseller book *Success from the Heart*, a collection of 35 stories of “heart-centered transformation.”

Amazon author page: [www.amazon.com/author/drelenapezzini](http://www.amazon.com/author/drelenapezzini)

As a coach, Dr. Pezzini focuses on helping entrepreneurs achieve their life and business goals. She has written several articles for Business Heroine Magazine.

Author page: [www.businessheroinemagazine.com/author/pezzini/](http://www.businessheroinemagazine.com/author/pezzini/)

Her non-profit organization, You Have Got The Power, is focused on empowering and inspiring people, with the help of psychology, coaching, hypnosis, and neuro-linguistic programming, to achieve their wildest dreams and fullest potential in life by facing and breaking through their fears.

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Dr. Elena is available for articles, podcasts, in-studio interviews, etc. She would be happy to bring her favorite service animal, Sammy (a super friendly golden lab), to demonstrate some of the stress-reducing techniques and the unique power of the human-animal bond.