



THE BENEFITS OF OWNING A SIAMESE and/or ORIENTAL CAT

Sandra Sweetman

We all love and admire the Siamese and Oriental cats for their intelligence, personality, character, and the cats' renowned 'dog-like' devotedness to their owner. Have you considered the therapeutic benefits of owning one of these unique creatures?

When you own a Siamese cat they can help reduce your stress and anxiety. They can be soothing and this can then help you release calming chemicals in your body which will help decrease stress and anxiety levels. A short and sweet petting session is often enough to relax both of you and reduce any stress and anxiety levels you might be experiencing such as a bad day in the Office, your kids being difficult, or if you are just having '*one of those*' days. Petting your cat can also release the hormone oxytocin in your body which is known to induce feelings of love and trust.

A Siamese and/or Oriental cat also provides companionship and can help reduce feelings of loneliness. Although cats are known for their independence, a bond is established between the cat and its owner that can reinforce companionship. Any cat offers unconditional love that can be equal to and sometimes even greater than many human friends. Any cat will accept you just as you are. I often find them to be more accepting than people!

When you go '*through those bad*' times, your cat will always be there at your side. Losing a loved one is very painful and one of the best ways of coping is to own a cat. Siamese and/or Oriental cats have been shown to help people get over their loss more quickly and show less physical symptoms of pain. A cat can be a social support during difficult times.

There are also many health benefits associated with cat ownership.

Research has shown that cat owners are less likely to be at risk for having a stroke than any other pet owner. A study conducted by the University of Minnesota's Stroke Institute in Minneapolis has shown that those who do not own cats are 30-40% more likely to die of heart attacks than their cat-owning counterparts.

Due to the calming presence that a cat can provide, cat owners are known to have lower blood pressure than non-cat owners and exposure to pet fur in the house may result in increased resistance to allergens that can then help decrease the risk for allergies and asthma. As cat hair is one of the common ones, a child who is exposed to cats within the first few years of their life is more likely to develop an immune system that combats not only cat allergies but other kinds of allergens as well.

A cat's purr is one of the most comforting sounds in the world and while it signifies that your cat is happy and comfortable, the sound has also been long associated with a therapeutic healing ability on human bones and muscle.

The cat's purr creates vibrations at a frequency of 20-140 HZ, and studies have shown that frequencies in the 18-35 HZ range have a positive effect on joint mobility after an injury.

Overall, we all know that a dog can take much looking after such as taking for walks and daily exercise. (*I know this, I own one!*) Cats on the other side are far more self-sufficient. You can leave a cat and go to work and they won't rip your washing off the line or bark and howl until you return. Most cats are content just to snooze the day away making it the ideal house or unit pet. If you don't have a Siamese and/or Oriental then I suggest you get one straight away. You will find that once you have owned one you will never be without one ever again.

References:

<https://www.helpguide.org/>

<https://www.mentalfloss.com/>

<https://www.goodnet.org/>

<https://www.purina.com.au/>

<https://www.healthfitnessrevolution.com/>

