

Having a Pet Can be Better for Your Health Than a Person! **(see the third paragraph)**

Pets are good for your health. Studies have shown that people who have pets have lower blood pressure, healthier immune systems, take fewer pills, and require fewer doctor visits than those who don't.

I've long known—maybe you have too--that petting dogs and cats can lower blood pressure. But I only recently learned that according to some studies, the benefit continues even when the pet isn't present. So just owning a pet can help lower blood pressure, and according to those studies it can lower cholesterol and triglycerides too!

Another fascinating study showed that pet owners who had heart attacks were significantly more likely than non-pet owners to be alive a year later. Not only that, but having a pet had an even larger impact on the survival rate than having a spouse or friends.

If you get a dog, or if you already have one, make sure it gets a distemper vaccination, as there is evidence that suggests there is a link between having a dog with distemper and being susceptible to getting multiple sclerosis. Also, if you're allergic to some animals, then you'll need to choose a pet that you're not allergic to.

Here's one final--and important--benefit of having a pet, which was identified by some English researchers: unlike our relationships with most humans, our relationship with our pets is unaffected by the presence of a serious illness.

If you're considering getting a pet, you now know some good reasons for having one. On the other hand, if, like me, you already have a pet, I hope you've enjoyed learning about the health benefits it provides.